



Company number: 4373019

Charity number: 1091156

**Centre for Mental Health**  
**Report and Financial Statements**  
**5 April 2025**



## Centre for Mental Health

### Reference and administrative details

#### For the year ended 5 April 2025

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**Company number** 4373019 in England & Wales

**Charity number** 1091156 in England & Wales

**Registered office and operational address** Technopark, 2A04, 90 London Road  
London  
SE1 6LN

**Trustees** Trustees, who are also directors under company law, who served during the year and up to the date of this report were as follows:

Professor Dame Susan Bailey	Retired 23.01.2025
Mr Michael Morley	Chair appointed 23.01.2025
Christopher Paul Chapman	Treasurer
Mr Andre Tomlin	
Professor Kamaldeep Singh Bhui	
Peter Malcolm Orlando Alleyne	
Morgan Elisabeth Vine	
Victoria Elizabeth Bleazard	
Emma Mamo	Appointed 23.01.2025
Ariel Breaux	Appointed 23.01.2025
Philip Ross	Appointed 23.01.2025

<b>Key management personnel and senior leadership team</b>	Mr Andrew Bell BA MA	Chief Executive
	Ms Jan Hutchinson MSc MA DipSW	Director of Operations
	Ms Agnieszka Dajczer MAcc	Associate Director of Finance and Resources
	Ms Kadra Abdinasir MSc BA Hons	Associate Director of Policy
	Mrs Jennifer Banks BA Hons	Associate Director of Business and Partnerships
	Dr David Woodhead BA Hons PhD	Associate Director of Research
	Ms Alethea Joshi BA Hons	Associate Director of Communications
	Ms Julie Bailie	Associate Director for Training and IPS Consultancy

**Bankers** National Westminster Bank  
20 Dean Street  
London  
W1A 1SX

**Solicitors** Russell Cooke  
8 Bedford Row  
London  
WC1R 4BX

**Auditors** Sayer Vincent LLP  
Chartered Accountants and Registered Auditors



**Centre for Mental Health**

**Reference and administrative details**

**For the year ended 5 April 2025**

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110 Golden Lane  
London EC1Y 0TG

## **Centre for Mental Health**

### **Report of the trustees**

#### **For the year ended 5 April 2025**

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The trustees present their report and the audited financial statements for the year ended 5 April 2025.

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association and the Statement of Recommended Practice - Accounting and Reporting by Charities (FRS102, 2015).

### **Objectives and activities**

We're Centre for Mental Health.

We take the lead in challenging policies, systems and society, so that everyone can have better mental health.

We do this by building research evidence to create fairer mental health policy.

Poverty, injustice and discrimination put some people at a much higher risk of poor mental health – but less likely to receive the right support.

By developing mental health research, economic analysis and policy ideas, we're equipping services and decision makers to meet people's needs and reduce mental health inequalities.

Our work is driving forward sustainable policy change, to pursue equality, social justice and good mental health for all.

The charity's main activities and who it tries to help are described in detail below. All its charitable activities focus on the advancement of learning in the science and practice of mental health care and are undertaken to further Centre for Mental Health's charitable purposes for the public benefit.

The trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

### **Introduction from Michael Morley and Andy Bell**



**Michael Morley, chair**



**Andy Bell, chief executive**

Mental health in the UK has been deteriorating over the last decade, with more people experiencing distress and ill health, at an ever-rising cost to individuals, communities, and society as a whole.

Mental health inequalities are social and economic inequalities. Injustice and inequity in society drive mental ill health through oppression, impoverishment and marginalisation.



## Centre for Mental Health

### Report of the trustees

#### For the year ended 5 April 2025

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We're Centre for Mental Health. Our charitable purpose is to challenge those inequalities, drawing on the best available evidence, intelligence, experience and knowledge. Our research, analysis, training, networks and advocacy are all dedicated to advancing equality and social justice in mental health.

This year, we've been working hard to achieve mental health equality nationwide and internationally. From ground-breaking research to life-changing training, we've been at the forefront of efforts to make mental health equality a reality. Our research highlighted the rising cost of mental ill health in England – at twice the size of the entire NHS budget – and the need for reform of mental health inpatient services. We've also set out solutions that work – from investing in early years services and young people's hubs to creating voluntary and community sector alliances to meet people's mental health needs more holistically. Our training reached 1,000 people to learn skills to help people with mental health difficulties into employment, and our networks have grown countrywide of people and organisations dedicated to better mental health for all.

We'd like to extend our thanks and appreciation to Dame Sue Bailey, who became our first President this year on her retirement as chair of the trustees. We are delighted Sue will remain with the Centre in this role, sharing with us her invaluable knowledge, insight and passion for mental health equality.

We're also delighted to welcome three new trustees to our board, Ariel Breau-Torres, Emma Mamo, and Philip Ross, and a new deputy chair, Victoria Bleazard.

2025 marks 40 years of the Centre's essential work. During that time, we've worked with many thousands of people across the country to make a difference to the lives of millions. We know our work is needed more than ever. We know there's a lot to do. And we are determined to continue to use our voice, our platforms, our knowledge, and our passion to create lasting and meaningful change.

#### Achievement of our objectives for 2024/25

During the last year, we have been focused on achieving the five high level goals set out in our five year strategy (for 2021-2025). These are:

- To secure a whole government long-term approach to protecting and promoting mental health for all, including housing, social security, health, business, justice, defence and the environment.
- To enable every child and young person to have a mentally healthy start in life through large-scale system change and investment.
- To ensure that people of all ages with mental health difficulties get equitable, effective and timely health and social care services, including physical health, work, and housing.
- To address the unequal social and economic determinants of mental health, including poverty, racism, discrimination and exclusion, fostering action locally and nationally, including from statutory bodies, civil society and businesses.
- To stimulate action to address inequalities in mental health across every dimension: working alongside communities and public services to find and share sustainable and effective solutions. In the next two years, we especially want to address mental health inequalities that have received less attention or been poorly served, including those facing neurodiverse communities, LGBTQ+ communities, racialised communities, refugee and asylum-seeking communities, older people, and people with 'complex' needs.

In the pursuit of these high-level goals, during 2024/25 we:

- Made the case for investing in children and young people's mental health through the collaborative Future Minds campaign <https://www.centreformentalhealth.org.uk/publications/future-minds/> and our report, *Invest in Childhood* <https://www.centreformentalhealth.org.uk/publications/invest-in-childhood/>.



## Centre for Mental Health

### Report of the trustees

#### For the year ended 5 April 2025

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Together, these have given the Government a clear case for change to turn around rising rates of distress among children and young people.

- Enabled the expansion of Individual Placement and Support to help people using mental health and drug and alcohol services to gain paid employment. We have provided a range of NHS England and Office of Health Improvement and Disparities funded and optional [training courses](#), tailored consultancy and support to local services, and to provide individual service fidelity reviews which highlight areas for development and improvement. Last year we trained 1,000 people in IPS, as services continue to expand nationwide.
- Explored the effects of poverty and the rising costs of living on people's mental health, working with Mind <https://www.centreformentalhealth.org.uk/publications/just-living-and-coping/> and with save the Children UK <https://www.centreformentalhealth.org.uk/publications/a-dual-crisis/> to highlight the harmful effects of poverty, financial difficulty and an increasingly hostile social security system on the mental health of adults and children alike.
- Worked with Mind to produce the first Big Mental Health Report that brings together evidence about the current state of the nation's mental health in England and Wales <https://www.centreformentalhealth.org.uk/publications/the-big-mental-health-report/>.
- Delivered our updated [Mentally Healthier Councils Network](#), supporting elected members and staff from local authorities to use their powers and responsibilities to boost mental health for all in their communities. More than 390 people from over 156 councils across the country have joined our network.
- Continued to work [towards being an Anti-Racist organisation](#), and published an independent review of the progress we have made since 2020 towards antiracism and the work we need to do to go further <https://www.centreformentalhealth.org.uk/anti-racism-at-centre-for-mental-health-our-work-in-progress/>.
- Hosted the Children and Young People's Mental Health Coalition, which this year published a major report on school attendance and children's mental health <https://cypmhc.org.uk/publications/not-in-school/> as well as bringing over 370 organisations together to campaign for better mental health for babies, children and young people nationwide.
- Evaluated innovative approaches to reducing mental health inequalities, like Nottingham's Healthy Little Minds programme for young families to help parents with their own mental health and the wellbeing of their babies <https://www.centreformentalhealth.org.uk/publications/here-for-as-long-as-you-need-us/>.
- Supported local councils, integrated care boards and combined authorities across the country to bring about equality in mental health locally. For example, this year we worked with local partners to carry out mental health needs assessments, to explore their priorities for improving mental health support, and to strengthen their voluntary and community sector services.
- Explained how the commercial determinants of mental health interact with wider social inequalities, and how governments and businesses can help to build a mentally healthier future together <https://www.centreformentalhealth.org.uk/publications/the-commercial-determinants-of-mental-health/>.
- Provided information to empower people living with a mental illness to know their voting rights during the 2024 General Election and shared research on overcoming the barriers to democratic participation <https://www.centreformentalhealth.org.uk/publications/a-fundamental-right/>.

We're a small team that makes a big impact. Over the last year:



## Centre for Mental Health

### Report of the trustees

#### For the year ended 5 April 2025

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- Our calls to action featured in the 2024 General Election manifestoes of all the major UK political parties, including Labour's commitment to create a national network of early support mental health hubs for young people.
- Individual Placement and Support employment services grew at a rapid rate – 23% bigger this year than last, reaching thousands more people in both mental health and substance use services nationwide, thanks to our advocacy, evidence, advice, and leading-edge training.
- Our research was used nationally, internationally, and locally across the UK to inform and inspire action for better mental health, from the World Economic Forum [Children's mental health is suffering. How can we help? | World Economic Forum](#) to Parliamentary and Welsh Assembly reports, and local health and wellbeing strategies.
- We welcomed 365 members to our Mentally Healthier Councils Network from over 180 different local authorities countrywide.
- Over 5,000 people received our monthly email bulletin and our publications were downloaded more than 28,000 times during the year
- We had over 170 media appearances, sharing our work and speaking out about mental health equality in online, print and broadcast media.

#### Financial Review

Unrestricted income for the year amounted to £1,194,183 (2023/24: £1,166,025), while unrestricted expenditure was significantly reduced to £1,156,273 (2023/24: £1,378,765). This resulted in a surplus of £37,910 for the year (2023/24: deficit of £212,740), as shown on the Statement of Financial Activities. The turnaround from deficit to surplus was primarily due to the organisation implementing a series of cost reduction measures during the year, including a restructure which resulted in some staff redundancies. These actions have improved financial sustainability and reduced ongoing operational costs.

Activity within restricted funds resulted in a decrease of £17,089 in restricted funds carried forward to the next year. This reduction does not represent a call on unrestricted reserves, as restricted surpluses are allocated to projects that span multiple financial years. Further details of restricted activities and funds are provided in note 17a to the accounts.

Total consolidated funds carried forward as of 5 April 2025 are £679,740 (2023/24: £658,919).

#### Risk Management

The Trustees are responsible for the management of the risks faced by the charity. Detailed considerations of risk are delegated to the Finance and Audit Committee, which is assisted by senior charity staff and external experts. Risks are identified, assessed and controls established throughout the year. A formal review of the charity's risk management processes is undertaken on a regular basis.

The key risks faced by the charity include:

- Business Continuity and Disaster Recovery.
- Financial Stability, the context for the Centre are ever changing and therefore is an ongoing primary focus of risk management.



## Centre for Mental Health

### Report of the trustees

#### For the year ended 5 April 2025

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- Lack of diversity, the Centre has identified Diversity as a key element to a successful organisation therefore is also a significant priority for risk management strategies.
- Reputational damage, all charities must maintain the highest standards of practice, however the Centre understand the implications when things go wrong.
- Going concern consideration, both the senior management team and the trustees have considered the assumptions created for the going concern consideration and the resulting conclusions, using different levels of uncertainty over significant amount of income and have agreed appropriate actions should income not materialise as planned. They have concluded that there are currently no material uncertainties about going concern due to the relatively high percentage of budgeted income that has already been committed for the financial year ending 5 April 2026 and that, should further budgeted income is not secured, robust plans are in place to make any necessary reductions in expenditure to maintain going concern status.

The key controls used by the charity include:

- formal reporting of risk management processes to Trustees' meetings,
- weekly cash flow review,
- regular executive meetings where the risk register is discussed,
- detailed terms of reference for all sub-committees,
- comprehensive strategic planning, budgeting and management accounting,
- established organisational and governance structure and lines of reporting,
- formal written policies,
- hierarchical authorisation and approval levels,
- making sure that our IT systems are safe and adhering to Cyber Safe certification requirements.

The Centre has a business continuity action plan to ensure we could continue to carry out our work and meet our obligations during the pandemic. The action plan enables all staff to work from home (with necessary equipment and adaptations) and that all our business processes can continue while staff, trustees and other stakeholders are all working remotely.

Through the risk management processes established by the charity, the Trustees are satisfied that the major risks identified have been adequately managed where necessary. It is recognised that systems can only provide reasonable but not absolute assurance that major risks have been adequately managed.

#### Reserves policy and going concern

Reserves are required to:

- smooth out surpluses and deficits year on year,
- replace capital expenditure or restructure the organisation,
- deal with the effects of any risks that materialise,
- allow the organisation to take on opportunities that may arise in a timely manner,
- deal with the unexpected.

Trustees are required to set an appropriate target level of reserves for the Charity and in doing so take into account the following factors:

- current and future financial needs,
- market and economic environment,
- cost of an orderly winddown; and
- appropriate levels of cash reserves.





## Centre for Mental Health

### Report of the trustees

#### For the year ended 5 April 2025

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Accordingly, the Trustees have decided to set a target range for free reserves of between £361,000 and £586,000 to be held as at 5 April 2025 (2023/24: £500,000 - £700,000) and reflecting next year's commitment. The minimum cash reserves were approved at £500,000 to account for restricted fund obligations.

Group free reserves held at 5 April 2025 amounted to £455,916, being group net assets of £679,740 less restricted funds of £223,824.

The Trustees consider that the level of reserves held is within policy range, given the need to be able to respond to fundraising opportunities, and that the going concern basis remains appropriate for the preparation of the group's accounts. This policy is reviewed as necessary by Trustees and at least once a year as part of the annual reporting process.

#### Trading subsidiary

Centre for Mental Health Training Ltd is a wholly owned subsidiary of Centre for Mental Health that carries out programme-related trading activity on behalf of the parent charity. During 2024/25 sales income was derived from several sources including IPS training courses and consultancy services. The subsidiary made a profit of £185,027 (2023/24: profit £103,263). The profit for 2024/25 has been donated via Gift Aid to the charitable parent in amount of £185,027. Further details are given in Note 11 to the financial statements.

#### Fundraising

Centre for Mental Health welcomes voluntary donations but does not engage in direct public fundraising and does not use professional fundraisers or commercial participators. Centre for Mental Health nevertheless observes and complies with the relevant fundraising regulations and codes. During the year there was no non-compliance of these regulations and codes and Centre for Mental Health received no complaints relating to its fundraising practice.

Most of our income derives from contracts and grants. We are nonetheless registered with the Fundraising Regulator (as prominently displayed on our website) and follow their guidance when evaluating potential approaches to grant giving bodies.

#### Objectives and activities planned for 2025/26

During the year, we will develop a new strategy for the next five years, to 2030. While we create it, we will continue to strive to achieve our five objectives.

Our plans for this year include:

- We will provide intelligence about evidence-based priority areas for investment nationally, including for the Government's next Spending Review and ten-year health plan.
- We will pursue the Future Minds campaign to secure vital investment in the mental health of babies, children and young people.



## Centre for Mental Health

### Report of the trustees

#### For the year ended 5 April 2025

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- We will support local councils and integrated care systems to create mentally healthier places through our growing networks and our direct strategic support offer.
- We will train more employment specialists and others to expand and improve the provision of Individual Placement and Support services across the UK, including through the UK Government's Connect to Work scheme.
- We will work with partners to evaluate the ground-breaking 24/7 neighbourhood mental health centres initiative to provide better alternatives to hospital in a crisis and to facilitate a long-term shift from hospital to the community in our mental health services.
- We will support the Children and Young People's Mental Health Coalition to provide a strong and united voice for change, building on the strengths of its 400 members across the country.
- We will convene a wide range of voices and views to inform mental health policy through an equalities and social justice perspective, drawing on real life experience and knowledge to challenge inequality and injustice.
- We will strengthen our academic partnerships, for example working with the University of York to build the evidence base for children and young people's mental health, and with Durham University to explore the legacies of the HIV epidemic on gay men's mental health in the UK.
- We will work with Mind to deliver the second Big Mental Health Report, monitoring data and intelligence about public mental health and mental health services in England and Wales.
- We will explore emerging areas of concern for mental health, forming new partnerships and convening solution-focused discussions through our roundtables and webinars.
- We will speak up and speak out about discrimination and injustice where they affect people's mental health, from institutional racism and reforms to the benefits system to the rights of trans people and the importance of tackling domestic abuse and male violence.

#### Structure, governance & management

The organisation is a charitable company limited by guarantee, incorporated on 13 February 2002 and registered as a charity on 1 March 1985.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. There were no trustee expenses reclaimed from the charity.

Centre for Mental Health is run by a Board of Trustees who are the Directors and Members of the charitable company; their details are set out above. Trustees concern themselves with matters of a strategic nature, deciding broad policy and ensuring good governance and compliance. Trustees meet regularly, both in plenary or in Committee groups to oversee the affairs of the Centre. Trustees are recruited for their expertise and experience in mental health, in charity governance, in fundraising and in financial management as well as their commitment to and enthusiasm for the Centre's aims and objectives.

The Nominations Committee oversees the recruitment, induction, and training of all trustees. All trustees participate in external and internal training opportunities covering developments in mental health as well as charity governance and trustee responsibilities.



## Centre for Mental Health

### Report of the trustees

#### For the year ended 5 April 2025

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The Finance and Audit Committee has a key role in establishing annual budgets and monitoring performance against the budget on monthly basis during the year, overseeing the organisation's financial control and systems, reviewing, and recommending to the board approval of the annual financial statements, including the selection of appropriate accounting policies and practices, recommending the appointment of the external auditor, and the appropriate fee. The Finance and Audit Committee play a very important role in detecting and preventing fraud.

The Remuneration Committee decides on the organisation's remuneration policy and are responsible for setting the remuneration package for chief executive and all employees. The Committee reviews the salary levels each year making sure the pay remains fair and competitive to its employees and affordable to the organisation considering the risk and the long term strategic goals.

Trustees delegate day to day management to the Executive team lead by the Chief Executive. Trustees are advised of the terms of reference for executive committees and processes for operational management.

The charity carried out a governance review in October 2021 using the Charity Governance Code as the basis for reviewing our current arrangements and identifying any necessary changes.

Following our review, and as part of our antiracism action plan, we have established a new Equalities and Human Resources Committee. This new committee is responsible for ensuring we adopt best practice relating to equalities and human resources issues, and to scrutinise the ways we work on behalf of the board.

#### Appointment of trustees

Trustees are appointed by the board's Nominations Committee. Towards the end of 2024, we undertook an open recruitment exercise through which we recruited three new trustees, who joined the board in January 2025.

Our previous chair resigned at the end of 2024 and following an open recruitment exercise, Michael Morley, our previous Deputy Chair was appointed by Trustees the role of Chair from January 2025.

#### Statement of responsibilities of the trustees

The trustees, who are also directors of Centre for Mental Health for the purposes of company law, are responsible for preparing the report of the trustees' annual report including the strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and group of the incoming resources and application of resources, including the income and expenditure, of the group for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently,
- observe the methods and principles in the Charities SORP,
- make judgements and estimates that are reasonable and prudent,
- state whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements; and



## Centre for Mental Health

### Report of the trustees

#### For the year ended 5 April 2025

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- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and group and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 5 April 2025 was 10 (2024 - 11). The trustees are members of the charity, but this entitles them only to voting rights. The trustees have no beneficial interest in the group or the charity.

#### Auditors

Sayer Vincent LLP were re-appointed as the charitable company's auditors during the year and have expressed their willingness to continue in that capacity.

The report of the trustees has been prepared in accordance with the special provisions applicable to companies subject to the small regime.

The trustees' annual report which has been approved by the trustees on 24 July 2025 and signed on their behalf by

Michael Morley  
Chairman

## **Independent auditor's report**

### **To the members of**

### **Centre for Mental Health**

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#### **Opinion**

We have audited the financial statements of Centre for Mental Health (the 'parent charitable company') and its subsidiary (the 'group') for the year ended 5 April 2025 which comprise the consolidated statement of financial activities, the group and parent charitable company balance sheets, the consolidated statement of cash flows and the notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the group's and of the parent charitable company's affairs as at 5 April 2025 and of the group's incoming resources and application of resources, including its income and expenditure, for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006 and the Charities Act 2011

#### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the group financial statements section of our report. We are independent of the group and parent charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Centre for Mental Health's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

## **Independent auditor's report**

### **To the members of**

### **Centre for Mental Health**

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#### **Other Information**

The other information comprises the information included in the trustees' annual report, other than the group financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the group financial statements does not cover the other information, and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the group financial statements or our knowledge obtained in the course of the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the group financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report for the financial year for which the financial statements are prepared is consistent with the financial statements
- The trustees' annual report has been prepared in accordance with applicable legal requirements

#### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the group and the parent charitable company and their environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 and Charities Act 2011 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept by the parent charitable company, or returns adequate for our audit have not been received from branches not visited by us; or
  - The parent charitable company financial statements are not in agreement with the accounting records and returns; or
  - Certain disclosures of trustees' remuneration specified by law are not made; or
  - We have not received all the information and explanations we require for our audit; or
  - The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

## **Independent auditor's report**

### **To the members of**

### **Centre for Mental Health**

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#### **Responsibilities of trustees**

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, the trustees (who are also the directors of the parent charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the group's and the parent charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the group or the parent charitable company or to cease operations, or have no realistic alternative but to do so.

#### **Auditor's responsibilities for the audit of the financial statements**

We have been appointed auditor under the Companies Act 2006 and section 151 of the Charities Act 2011 and report in accordance with those Acts.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists.

Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

#### **Capability of the audit in detecting irregularities**

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management and the Finance Committee, which included obtaining and reviewing supporting documentation, concerning the group's policies and procedures relating to:
- Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
- Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;

## **Independent auditor's report**

### **To the members of**

#### **Centre for Mental Health**

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- The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.
- We obtained an understanding of the legal and regulatory framework that the group operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the group from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

**A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.**



## **Independent auditor's report**

### **To the members of**

### **Centre for Mental Health**

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#### **Use of our report**

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006 and section 144 of the Charities Act 2011 and regulations made under section 154 of that Act. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

A handwritten signature in dark ink, appearing to read 'Sayer Vincent LLP', is positioned above the printed name of the auditor.

Joanna Pittman (Senior statutory auditor)

4 August 2025

for and on behalf of Sayer Vincent LLP, Statutory Auditor

110 Golden Lane, LONDON, EC1Y 0TG

Sayer Vincent LLP is eligible to act as auditor in terms of section 1212 of the Companies Act 2006

## Centre for Mental Health

### Notes to the financial statements

#### For the year ended 5 April 2025

##### 5 Net income/(expenditure) for the year

This is stated after charging:

	2025 £	2024 £
Operating lease rentals:	<b>23,514</b>	29,217
Other	-	-
Auditors' remuneration (excluding VAT):		
Audit	<b>14,700</b>	14,000

##### 6 Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2025 £	2024 £
Salaries and wages	<b>971,140</b>	1,096,175
Termination payment	<b>11,292</b>	-
Social security costs	<b>103,329</b>	115,773
Employer's contribution to defined contribution pension schemes	<b>86,970</b>	97,289
	<b>1,172,731</b>	<b>1,309,237</b>

The following number of employees received employee benefits (excluding employer pension costs and employer's national insurance) during the year between:

	2025 No.	2024 No.
£60,000 - £69,999	<b>2</b>	2
£70,000 - £79,999	-	1
£80,000 - £89,999	<b>1</b>	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £240,396 (2024: £272,677). The decrease is due to the fact that Director of Operation's post has been made part time, the key management personnel is now 3 employees (3 in previous year).

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil). No trustees' expenses were reimbursed during the financial year (2024: £nil).

# Centre for Mental Health

## Notes to the financial statements

### For the year ended 5 April 2025

#### 7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows: 24.7 (2024: 28.8)

	2025 No.	2024 No.
Raising funds	2.5	2.9
Employment Support Programme	3.0	3.0
Adults research	6.4	7.9
Children and Young People	3.0	4.0
Influencing Policy and Practice	5.2	5.1
Economics	0.2	1.0
Support	3.4	3.9
Governance	1.0	1.0
	<b>24.7</b>	<b>28.8</b>

#### 8 Related party transactions

There are no donations from related parties which are outside the normal course of business and no restricted donations from related parties.

#### 9 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes. The charity's trading subsidiary Centre for Mental Health Training Limited gift aids available profits to the parent charity. Its charge to corporation tax in the year was:

	2025 £	2024 £
UK corporation tax at 19% (2023: 19%)	-	-

#### 10 Investments

Investments comprise:

	The group 2025 £	2024 £	The charity 2025 £	2024 £
Unlisted shares in UK registered companies	-	-	1,000	1,000
	<b>-</b>	<b>-</b>	<b>1,000</b>	<b>1,000</b>

The investments comprise the whole of the issued ordinary share capital of Centre for Mental Health Training Ltd and are shown at par.

# Centre for Mental Health

## Notes to the financial statements

### For the year ended 5 April 2025

#### 11 Subsidiary undertaking

The charitable company owns the whole of the issued ordinary share capital of Centre for Mental Health Training Limited, a company registered in England. The subsidiary is used solely for primary purpose trading activities. All activities have been consolidated on a line by line basis in the statement of financial activities. Available profits are gift aided to the charitable company. A summary of the results of the subsidiary is shown below:

	2025	2024
	£	£
Turnover	<b>942,595</b>	906,807
Cost of sales	<b>(759,547)</b>	(806,181)
Gross profit	<b>183,048</b>	100,626
Administrative expenses	-	-
Other operating income	-	-
Operating profit / (loss)	<b>183,048</b>	100,626
Interest receivable	<b>1,979</b>	2,637
Profit / (loss) on ordinary activities	<b>185,027</b>	103,263
Donation under gift aid to parent undertaking	<b>(103,263)</b>	(90,411)
Profit / (loss) for the financial year	<b>81,764</b>	12,852
The aggregate of the assets, liabilities and funds was:		
Assets	<b>403,440</b>	358,396
Liabilities	<b>(217,413)</b>	(254,133)
Funds	<b>186,027</b>	104,263

#### 12 Parent charity

The parent charity's gross income and the results for the year are disclosed as follows:

	2025	2024
	£	£
Gross income	<b>1,234,031</b>	1,305,126
Result for the year	<b>(60,943)</b>	(210,602)

#### 13 Debtors

	The group 2025	2024	The charity 2025	2024
	£	£	£	£
Fees and charges	<b>272,735</b>	261,316	<b>198,436</b>	115,488
Accrued income	<b>43,834</b>	17,852	<b>9,926</b>	2,017
Other debtors	<b>1,384</b>	4,500	<b>1,384</b>	4,500
Prepayments	<b>10,239</b>	19,070	<b>8,777</b>	18,403
Inter-company debtor	-	-	<b>77,122</b>	77,791
	<b>328,192</b>	302,738	<b>295,645</b>	218,199

# Centre for Mental Health

## Notes to the financial statements

### For the year ended 5 April 2025

#### 14 Creditors: amounts falling due within one year

	The group 2025 £	2024 £	The charity 2025 £	2024 £
Trade creditors	42,546	17,378	15,367	9,053
Taxation and social security	21,010	31,807	21,010	31,807
VAT creditor	79,662	87,813	69,354	53,178
Accruals	22,764	23,552	14,978	10,549
Deferred income	159,644	157,408	64,626	37,029
	<b>325,626</b>	<b>317,958</b>	<b>185,335</b>	<b>141,616</b>

#### 15 Deferred income

Deferred income comprises income invoiced for training and consultancy services in advance.

	The group 2025 £	2024 £	The charity 2025 £	2024 £
Balance at the beginning of the year	157,408	233,148	37,029	63,286
Amount released to income in the year	(135,134)	(221,393)	(33,696)	(63,286)
Amount deferred in the year	137,370	145,653	61,292	37,029
Balance at the end of the year	<b>159,644</b>	<b>157,408</b>	<b>64,625</b>	<b>37,029</b>

#### 16a Analysis of group net assets between funds (current year)

	General unrestricted £	Designated funds £	Restricted funds £	Total funds £
Net current assets	455,916	-	223,824	679,740
<b>Net assets at the end of the year</b>	<b>455,916</b>	<b>-</b>	<b>223,824</b>	<b>679,740</b>

# Centre for Mental Health

## Notes to the financial statements

### For the year ended 5 April 2025

#### 16b Analysis of group net assets between funds (prior year)

	General unrestricted £	Designated funds £	Restricted funds £	Total funds £
Net current assets	418,006	-	240,913	658,919
<b>Net assets at the end of the year</b>	<b>418,006</b>	<b>-</b>	<b>240,913</b>	<b>658,919</b>

#### 17a Movements in funds (current year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	At the end of the year £
<b>Restricted funds:</b>					
<b>Adults Research incl. Prisons and Criminal Justice</b>					
Creating a mentally healthy society CAF	39,132	-	(39,132)	-	-
Place-based physical activity intervention	28,300	9,540	(37,840)	-	-
Black Maternal Mental Health		10,000	(7,500)		2,500
<b>Children and Young People</b>					
ATTUNE project	-	17,535	(17,535)	-	-
Changemakers project	4,342	29,439	(33,781)	-	-
PPL additional funding for Changemakers	22,760	-	(18,260)		4,500
Youth Sport and Mental Health Project	-	12,500	(12,500)	-	-
Family Footsteps	4,699	24,115	(28,814)	-	-
CYPMHC	76,180	194,397	(119,303)	-	151,274
<b>Influencing Policy and Practice</b>					
Mental health champions network	10,500	26,815	(27,315)	-	10,000
BIG Mental health report (State of Nation)	55,000	55,550	(55,000)	-	55,550
<b>Total restricted funds</b>	<b>240,913</b>	<b>379,891</b>	<b>(396,980)</b>	<b>-</b>	<b>223,824</b>
<b>Unrestricted funds:</b>					
General funds	418,006	1,194,183	(1,156,273)	-	455,916
<b>Total unrestricted funds</b>	<b>418,006</b>	<b>1,194,183</b>	<b>(1,156,273)</b>	<b>-</b>	<b>455,916</b>
<b>Total funds</b>	<b>658,919</b>	<b>1,574,074</b>	<b>(1,553,253)</b>	<b>-</b>	<b>679,740</b>

# Centre for Mental Health

## Notes to the financial statements

### For the year ended 5 April 2025

#### 17b Movements in funds (prior year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	At the end of the year £
<b>Restricted funds:</b>					
<b>Adults Research incl. Prisons and Criminal Justice</b>					
Creating a mentally healthy society CAF	78,182	-	(39,050)	-	<b>39,132</b>
Place-based physical activity intervention	28,450	32,350	(32,500)	-	<b>28,300</b>
<b>Children and Young People</b>					
ATTUNE project	-	17,488	(17,488)	-	-
Changemakers project	692	91,938	(88,288)	-	<b>4,342</b>
PPL additional funding for Changemakers	-	33,333	(10,573)	-	<b>22,760</b>
Spirit of 2012 Evaluation	6,250	16,500	(22,750)	-	-
Youth Sport and Mental Health Project	-	25,000	(25,000)	-	-
Family Footsteps	-	13,449	(8,750)	-	<b>4,699</b>
CYPMHC	90,489	115,680	(129,989)	-	<b>76,180</b>
<b>Influencing Policy and Practice</b>					
COPACT	-	10,800	(10,800)	-	-
Mental health champions network	21,860	30,665	(42,025)	-	<b>10,500</b>
BIG Mental health report (State of Nation)	-	55,000	-	-	
<b>Total restricted funds</b>	<b>225,923</b>	<b>442,203</b>	<b>(427,213)</b>	<b>-</b>	<b>240,913</b>
<b>Unrestricted funds:</b>					
General funds	630,746	1,166,025	(1,378,765)	-	<b>418,006</b>
<b>Total unrestricted funds</b>	<b>630,746</b>	<b>1,166,025</b>	<b>(1,378,765)</b>	<b>-</b>	<b>418,006</b>
<b>Total funds</b>	<b>856,669</b>	<b>1,608,228</b>	<b>(1,805,978)</b>	<b>-</b>	<b>658,919</b>

## 17 Purposes of restricted funds

### Influencing Policy and Practice

Experience based investigation and co-design approaches to prevent and reduce Mental Health Act use' (**COPACT**) is a project funded by the National Institute for Health and Care Research (NIHR) and lead by University of Oxford. This project will run until March 2023 and the Centre will lead the patient and public involvement element of work and will engage with service users and advise on the design and delivery of the project.

**BIG Mental Health report (State of Nation)** - this 8-year grant award has been provided by the Exilarch Foundation. This new project, led by Mind, has an ambitious vision to provide the first comprehensive picture of the nation's mental health. This project will be a major positive step forward for the nation's mental health, providing a case for action to help influence the creation of a much-needed nationwide mental health strategy and help achieve meaningful and long-lasting impact. Centre for Mental Health will help with the synthesis of evidence. They will also produce the 'almanac' aspect to the project – a trusted, one-stop shop for mental health research

The **Mental Health Champions Network** has received extension funding from the Health Foundation until January 2026. We host the Network and this enables the Centre to reach local government in a unique way with our knowledge about how councils can protect and promote mental health in their communities. We are able to share the findings of our research and that of other organisations via the Network, providing up-to-date information to members on topics including the cost-of-living crisis and its impact on mental health, the role of schools in addressing children's wellbeing, and mental health in later life.

### Children and Young People funding

Understanding mechanisms and mental health impacts of Adverse Childhood Experiences to co-design preventive arts and digital interventions' (**ATTUNE**) is a project funded by the Medical Research Council (MRC) and lead by University of Oxford. The project will run until August 2025 and the Centre's Associate Director for Children and Young People's Mental Health is a Co-Investigator on the project. The Centre will also be facilitating the Young People Advisory Group alongside Young People Cornwall.

### Spirit of 2012 evaluation

The Spirit of 2012 provided additional funding to our partners on the Young Changemakers project, The Diana Award, to evaluate their anti-racist bullying training which aims to build on the Young Changemakers programme in schools. The Centre are conducting this evaluation on behalf of the Diana Award to track the training programme's impact on its beneficiaries.

The **Youth Sport and Mental Health Project** is a project led by Active Esses Foundation funded by National Lottery Community Fund, Sport England Local Delivery Pilot, North Essex NHS ICS, and HAF. Centre for Mental Health is the expert external evaluation partner for the Youth Sport and Mental Health Project over the 3 years of the programme. The main focus will be to evaluate the impact of the project on Locally Trusted Organisations (LTOs) relating to their increased skills, knowledge, capacity, and impact on children/young people engaged. Centre for Mental Health will support the measurement of the impact on system partners in mental health.

**Family Footsteps** is led by Kings College London, funded by the Wellcome Trust and includes Centre for Mental Health and Bethlem Gallery as collaborators. The project is focused in understanding why psychopathology runs in families. Centre for Mental Health are leading on the recruitment of families from underrepresented communities, processing workshop transcripts, dissemination of 'myth busting' materials to parents, and dissemination to clinicians and policy makers.

**Young Changemakers** -this project is a collaboration between UK Youth, Centre for Mental Health, and The Diana Award and is funded by The People's Postcode Lottery and Comic Relief. The project will equip young people with the tools to produce youth-led social action projects aimed at tackling mental health inequalities in racialised communities. The Centre are responsible for evaluating the programme as well as providing policy influencing opportunities for the cohorts of young people. This will culminate in annual reports.



## Centre for Mental Health

### Notes to the financial statements

#### For the year ended 5 April 2025

#### 17 Purposes of restricted funds continued

**PPL -additional funding for Changemakers** - Building on the previous funding from People's Post Code Lottery, the partnership (Centre for Mental Health, UK Youth and The Diana Award) secured additional funding to expand the work of the project. Centre for Mental Health will utilise the additional funding to offer internships to young Black people; top up the 'embedding' pot to increase activities in this area to embed our learning; a series of policy round tables and to coproduce a peer research toolkit with young Black people involved in the programme as peer researchers.

**Children and Young People Mental Health Coalition (CYPMHC)** a membership body that brings together leading charities to campaign jointly on the mental health and wellbeing of children and young people. It is hosted by Centre for Mental Health.

**Shifting the Dial project** came to an end in March 2022 with total overspent of £999, the transfer from unrestricted to restricted funds is balancing off the overspent.

#### Adults Research incl. Prisons and Criminal Justice

**Creating mentally healthy society CAF** - Alliance-building to create a mentally health society is funded by the Charities Aid Foundation (CAF) and lead by Rethink Mental Illness. The project aims to build and mobilise a coalition of the willing to facilitate good mental health and resilience in all areas of society, in particular four new alliance areas. The Centre will evaluate this project over two years which will culminate in a final report.

#### Place-based physical activity interventions evaluation

The Centre has been funded alongside Rethink Mental Illness to evaluate a three-year place-based physical activity intervention targeting people with a severe mental illness who are inactive. We are conducting an impact evaluation and proof of concept for two pilot sites.

The **Black Maternal Mental Health** Project has received 3-year funding from the Esmee Fairbairn Trust and is a collaboration led by The Motherhood Group with Centre for Mental Health and the Maternal Mental Health Alliance. The project aims are to elevate black maternal voices and tackle systemic gaps in support. We will compile women's stories and calls to action into a published report focused on driving policy improvements. Over 3 years our collaborate approach combines policy advocacy, awareness building, and community empowerment for change.

#### 18 Operating lease commitments

The charity and group's total future minimum lease payments under non-cancellable operating leases is as follows for each of

	Property		Equipment	
	2025	2024	2025	2024
	£	£	£	£
Less than one year	17,190	14,608	-	-
Over five years	-	-	-	-
	17,190	14,608	-	-

#### 19 Legal status of the charity

The charity is a company limited by guarantee and has no share capital. The liability of each member in the event of winding up is limited to £1.