Company number: 4373019
Charity number: 1091156

Centre for Mental Health

Report and Financial Statements

5 April 2026

Centre for Mental Health

Reference and administrative details

For the year ended 5 April 2026

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:

Key management personnel and senior leadership team

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 Maternity Leave
Ms Catherine Rennie MSc BA Hons	Associate Director of Communications Maternity Cover
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

Centre for Mental Health

Reference and administrative details

For the year ended 5 April 2026

Auditors

Sayer Vincent LLP
Chartered Accountants and Registered Auditors

110 Golden Lane
London EC1Y 0TG

The trustees present their report and the audited financial statements for the year ended 5 April 2026.

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.

Centre for Mental Health

Report of the trustees

For the year ended 5 April 2026

Introduction from Michael Morley and Andy Bell

Michael Morley, chair

Andy Bell, chief executive

The nation's mental health has been getting worse over the last decade. More people are experiencing mental distress and common mental health problems, and more people are seeking help for their mental health. Mental health inequality reflects social and economic inequality. It is unjust and it is not inevitable.

Our job at Centre for Mental Health is to explore what causes mental health inequalities and what can be done to tackle them. We provide information, ideas, and intelligence to shape policies for better mental health for all.

This year, we created a new five-year strategy to take us up to 2030. 'A mentally healthier future' commits us to actions to achieve our three big ambitions: that our essential needs are met so we can all have better mental health; that we can all get the mental health support we need at the right time; and that no one faces inequity or injustice because of their mental health.

We're now putting those words into practice. We're building knowledge about what makes a difference to people and communities. We're creating learning through our training in individual placement and support. We're convening people and communities through our networks and collaborations. And we're leading and speaking out about injustices in mental health.

This year, we will sustain and strengthen our commitment to anti-racism, not just in words but in actions. We will take every opportunity to put evidence into policy and practice, nationally and locally. And we will practice with humility and a commitment to listen and learn as much as we speak out.

Collaboration and partnership are essential for our work. We know that we make an impact by working with people, communities and organisations that share our determination to build a mentally healthier future. Our thanks go to everyone who has worked with us, supported us, and used our work to make a difference in their community.

This is a difficult time for mental health. There are existential threats, from conflict and the climate crisis, as well as changes in technology, society and the economy that affect us all but which all too often exacerbate existing inequalities and injustices. We are committed to addressing these challenges and their effects on our mental health.

Our annual report reflects on the work we have done over the last year towards achieving our ambitions, and how we will continue to pursue justice in mental health in the year to come.

Achievement of our objectives for 2025/26

This year, we created a new five-year strategy for Centre for Mental Health. We set out three high-level ambitions and committed to the actions we will take to achieve our ambitions:

- Our essential needs are met so we can all have better mental health.
- We can all get the mental health support we need at the right time.
- No one faces inequity or injustice because of their mental health.

To create a mentally healthier future for all, over the next five years to 2030, we will:

BUILD KNOWLEDGE for better mental health	...through ground-breaking research, economic analysis, evaluation, assessments, and support to local systems
CONVENE people and communities	...through our nationwide networks and by working alongside community and user-led groups
SPEAK OUT about inequity & injustice	...through our communications and our policy advocacy and influencing; by using our voice to tackle racism and discrimination
LEAD and support leadership in mental health	...by generating and testing ideas, supporting local leaders, and promoting just and fair policies and practices on a foundation of independence
LEARN and provide learning opportunities	...through our training, with our partnerships, by challenging ourselves to work differently, and by continuing our work towards anti-racism

In the pursuit of these objectives, during 2025/26 we:

- Published the Future Minds roadmap to secure vital investment in the mental health of babies, children and young people.
- Supported local authorities to create mentally healthier places through our Mentally Healthier Councils Framework.
- Trained 900 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.
- Worked with partners on the ongoing evaluation of 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.
- Hosted the Children and Young People's Mental Health Coalition to provide a strong and united voice for change, building on the strengths of its 450 members across the country.
- Worked with Mind to deliver the second annual Big Mental Health Report, monitoring data and intelligence about public mental health and mental health services in England and Wales.
- Produced research on the impacts of racism and racial trauma on mental health, and how public services can prevent, reverse, mitigate and heal through trauma-informed and culturally sensitive approaches.
- Evaluated ground-breaking approaches to tackling mental health inequalities, such as the Pilgrim Trust's Young Women in Mind programme and Barnardo's Inner Resilience and Development services for children facing a mental health crisis.
- Produced research on the evidence about how to prevent mental health difficulties among children and young people, through our Invest in Childhood report.
- Convened events and roundtables to address pressing but too often neglected issues for mental health equality, including the links between substance use and mental health care, and the mental health needs of people with Attention Deficit Hyperactivity Disorder (ADHD).
- Analysed and made sense of the latest research and data about mental health, including major findings about the rising prevalence of common mental health problems among adults, about mental health crisis care, and about mental health services in England.
- Provided evidence to multiple government consultations and Parliamentary inquiries, including Alan Milburn's investigation into young adults and work.
- Continued our Equally Well UK campaign to secure equal physical health for people with a mental illness through systemic change and improvement in health and care services.

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

- Individual Placement and Support employment services in England have grown at a rapid rate, 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 to inform and inspire action for better mental health. For example, our work was cited by the UK House of Commons Health and Social Care Committee's report into community mental health services, and by the World Psychiatric Association in its groundbreaking *Global Economic Case for Mental Health*.
- The UK Government's decision to end the incarceration of girls in Youth Offending Institutions this year was informed by our research on the experiences of girls and young women in the Children and Young People's Secure Estate.

- We supported 439 members of our Mentally Healthier Councils Network from local authorities countrywide.
- Over 5,600 people received our monthly email bulletin and our publications were downloaded more than 26,000 times during the year
- We had over 120 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 totalled £1,183,647 (2024/25: £1,194,183), while unrestricted expenditure amounted to £1,157,172 (2024/25: £1,156,273). This resulted in an unrestricted surplus of £26,475 for the year (2024/25: £37,910), as reported in the Statement of Financial Activities.

The return to a surplus position, following a deficit in 2023/24 and sustained for a second consecutive year, is primarily attributable to cost reduction measures implemented during 2023/24. These included an organisational restructure and a reduction in staffing levels. As a result, ongoing operating costs have decreased, contributing to improved financial sustainability.

Restricted fund activity generated a net increase of £203,730 in funds carried forward. This increase does not place any demand on unrestricted reserves, as restricted income is designated for specific projects, many of which span multiple financial years. Further information on restricted fund movements is provided in note 17a to the accounts.

Total consolidated funds carried forward at 5 April 2026 amounted to £909,945 (2024/25: £679,740).

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. We undertake a formal review of the charity's risk management processes on a regular basis.

The key risks faced by the charity include:

- Business continuity and disaster recovery
- Financial stability, the context for the Centre is ever changing and therefore is an ongoing primary focus of risk management
- 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 2027 and that, should further budgeted income not be 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, first established 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. We recognise that systems can only provide reasonable but not absolute assurance that major risks have been adequately 0managed.

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
- Appropriate levels of cash reserves.

Accordingly, the Trustees have decided to set a target range for free reserves of between £425,000 and £650,000 to be held as at 5 April 2026 (2024/25: £361,000 - £586,000) 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 2026 amounted to £482,391, being group net assets of £909,945 less restricted funds of £427,554.

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 2025/26 sales income was derived from several sources including IPS training courses and consultancy services. The subsidiary made a profit of £107,781 (2024/25: profit £185,027). The profit for 2025/26 has been donated via Gift Aid to the charitable parent in amount of £107,781. Further details are given in Note 11 to the financial statements.

Fundraising

Centre for Mental Health welcomes voluntary donations through online platforms but does not use professional fundraisers or commercial participators. Centre for Mental Health 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 registered with the Fundraising Regulator (as prominently displayed on our website) and follow their guidance when engaging in public fundraising evaluating potential approaches to grant giving bodies.

Objectives and activities planned for 2026/27

This year, we will be focused on implementing our new five-year strategy, *A mentally healthier future*. We will:

- **Build knowledge for better mental health:** through ground-breaking research, economic analysis, evaluation, assessments, and strategic support to local systems
- **Convene people and communities**: through our nationwide networks, by hosting the Children and Young People's Mental Health Coalition, through our events, and by working alongside community and user-led groups
- **Speak out about inequity and injustice**: through our communications and our policy advocacy and influencing; by using our voice to tackle racism and other forms of discrimination
- **Lead and support leadership in mental health**: by generating and testing ideas, supporting local leaders, and promoting just and fair policies and practices on a foundation of independence
- **Learn and provide learning opportunities**: through our training, with our partnerships, by challenging ourselves to work differently, and by continuing our work towards anti-racism

Our plans for this year include:

- We will support the Head On campaign with our partners in this ground-breaking Wellcome Trust funded initiative to boost mental health as a national policy priority through our research and policy analysis

- We will campaign for young people's mental health through Future Minds, with the Centre for Young Lives, YoungMinds and the Prudence Trust, including work to build evidence for the next Spending Review
- 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 Government's *Connect to Work* scheme
- We will complete work with partners to evaluate the 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 work with Mind to deliver the third annual *Big Mental Health Report*, monitoring data and intelligence about public mental health and mental health services in England and Wales
- We will begin new research into how to make mental health services veteran-friendly
- We will continue to strive for equal physical health support for people living with mental illness through Equally Well UK
- We will make the case for a cross-government approach to mental health, including the adoption of a whole government plan for England and 'mental health in all policies' approaches nationally, internationally and locally
- We will publish research on the value of welfare advice in mental health services, and advocate for their inclusion across inpatient and community services nationwide.

Structure, governance and 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 remuneration or other benefits from the charity. During the year, expenses totalling £159 were reimbursed to two trustees during the financial year. Other payments are disclosed under note 6.

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 and 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 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 and Governance Committee determines the organisation's remuneration policy and is responsible for setting the remuneration package for the chief executive and all employees. The Committee reviews salary levels annually to ensure that pay remains fair, competitive, and affordable, taking into account organisational risk and long-term strategic objectives. The Committee also oversees the recruitment, induction, and training of trustees. All trustees are encouraged to participate in both external and internal training opportunities, including those covering developments in mental health, as well as charity governance and trustee responsibilities.

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 trustees recognise the importance of strong governance and in 2026 reviewed the charity's governance arrangements against the Charities Governance Code, a voluntary code of good practice for charities in England and Wales. The Board believes that the charity's governance arrangements are consistent with the principles of the Code and reflect good practice for an organisation of its size and complexity.

The Board periodically reviews its governance arrangements and takes action where appropriate to strengthen governance, board effectiveness and accountability.

Appointment of trustees

Trustees are recommended for appointment by the Remuneration and Governance Committee and are formally appointed by the full Board of Trustees. Towards the end of 2024, the organisation undertook an open recruitment process, resulting in the appointment of three new trustees who joined the Board in January 2025.

During the financial year 2025/26, Victoria Bleazard was appointed as Deputy Chair.

One trustee retired in July 2025. Since that time, the composition of the Board has remained unchanged.

All trustees serve an initial term of three years and may be reappointed for a maximum of two further three-year terms.

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 Statement of Recommended Practice (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

- 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 2026 was 9 (2025: 10). 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 30 July 2026 and signed on their behalf by

Michael Morley
Chair

Independent auditor's report

To the members of

Centre for Mental Health

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 2026 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 2026 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

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

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 Charites 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;

- 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. This description forms part of our auditor's report.

Independent auditor's report

To the members of

Centre for Mental Health

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.

Joanna Pittman (Senior statutory auditor)
Date
for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House, 108-114 Golden Lane, LONDON, EC1Y 0TL

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

Centre for Mental Health

Consolidated statement of financial activities (incorporating an income and expenditure account)

For the year ended 5 April 2026

	Note	Unrestricted £	Restricted £	**2026 Total £**	Unrestricted £	Restricted £	**2025 Total £**
Income from:							
Donations and legacies	2	2,471	-	**2,471**	2,603	-	**2,603**
Charitable activities							
Employment Support Programme	3	378,235	-	**378,235**	464,869	-	**464,869**
Adults Research	3	164,534	16,360	**180,894**	201,234	19,540	**220,774**
Children and Young People	3	407,544	340,653	**748,197**	369,650	277,986	**647,636**
Economics	3	52,142	-	**52,142**	21,455	-	**21,455**
Influencing Policy and Practice	3	140,514	187,290	**327,804**	126,322	82,365	**208,687**
Other Programmes		29,599	-	**29,599**	-	-	**-**
Investments - Interest receivable		8,608	-	**8,608**	8,050	-	**8,050**
Total income		1,183,647	544,303	**1,727,950**	1,194,183	379,891	**1,574,074**
Expenditure on:							
Raising funds	4	162,587	-	**162,587**	168,739	-	**168,739**
Charitable activities							
Employment Support Programme	4	314,760	-	**314,760**	302,764	-	**302,764**
Adults Research	4	196,837	6,360	**203,197**	168,997	84,472	**253,469**
Children and Young People	4	158,993	231,337	**390,330**	137,678	230,193	**367,871**
Economics	4	48,046	-	**48,046**	42,749	-	**42,749**
Influencing Policy and Practice	4	246,595	102,876	**349,471**	335,346	82,315	**417,661**
Other Programmes	4	29,354	-	**29,354**	-	-	**-**
Total expenditure		1,157,172	340,573	**1,497,745**	1,156,273	396,980	**1,553,253**
Net income / (expenditure) before transfers between funds	5	26,475	203,730	**230,205**	37,910	(17,089)	**20,821**
Transfers between funds		-	-	**-**	-	-	**-**
Net movement in funds		26,475	203,730	**230,205**	37,910	(17,089)	**20,821**
Reconciliation of funds:							
Total funds brought forward		455,916	223,824	**679,740**	418,006	240,913	**658,919**
Total funds carried forward		482,391	427,554	**909,945**	455,916	223,824	**679,740**

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 19 to the financial statements.

Centre for Mental Health

Balance sheets

Company no. 4373019

As at 5 April 2026

	Note	The group 2026 £	The group 2025 £	The charity 2026 £	The charity 2025 £
Fixed assets:					
Investments	10	**-**	-	**1,000**	1,000
		-	**-**	**1,000**	1,000
Current assets:					
Debtors	13	**442,834**	328,192	**322,381**	295,645
Cash at bank and in hand		**1,074,911**	677,174	**622,748**	383,403
		1,517,745	1,005,366	**945,129**	679,048
Liabilities:					
Creditors: amounts falling due within one year	14	**607,800**	325,626	**143,966**	185,335
Net current assets		**909,945**	679,740	**801,163**	493,713
Total assets less current liabilities		**909,945**	679,740	**802,163**	494,713
Total net assets		**909,945**	679,740	**802,163**	494,713
Funds:	17a				
Restricted income funds		**427,554**	223,824	**427,554**	223,824
Unrestricted income funds:					
General funds		**482,391**	455,916	**374,609**	270,889
Total unrestricted funds		**482,391**	455,916	**374,609**	270,889
Total funds		**909,945**	679,740	**802,163**	494,713

The surplus of the Charity for the year ended 2026 was £307,450 (2025: Deficit - £60,943).
Approved by the trustees on 30 July 2026 and signed on their behalf by

Michael Morley
Chair

Centre for Mental Health

Consolidated statement of cash flows

For the year ended 5 April 2026

	2026	2025
	£	£
Cash flows from operating activities		
Net cash (used in) /provided by operating activities	**389,129**	(5,015)
Cash flows from investing activities:		
Dividends, interest and rents from investments	**8,608**	8,050
Change in cash and cash equivalents in the year	**397,737**	3,035
Cash and cash equivalents at the beginning of the year	**677,174**	674,139
Cash and cash equivalents at the end of the year	**1,074,911**	677,174

Reconciliation of net income / (expenditure) to net cash flow from operating activities

	2026	2025
	£	£
Net expenditure for the reporting period (as per the statement of financial activities)	**230,205**	20,821
Dividends, interest and rent from investments	**(8,608)**	(8,050)
Decrease in debtors	**(114,642)**	(25,454)
Increase in creditors	**282,174**	7,668
Net cash provided (used in) operating activities	**389,129**	(5,015)

1 Accounting policies

a) Statutory information

Centre for Mental Health is a charitable company limited by guarantee and is incorporated in England & Wales. The registered office address is Technopark, 2A04, 90 London Road, London SE1 6LN.

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

These financial statements consolidate the results of the charitable company and its wholly-owned subsidiary Centre for Mental Health Training Limited on a line by line basis. Transactions and balances between the charitable company and its subsidiary have been eliminated from the consolidated financial statements. Balances between the two companies are disclosed in the notes of the charitable company's balance sheet. A separate statement of financial activities, or income and expenditure account, for the charitable company itself is not presented because the Group has taken advantage of the exemptions afforded by section 408 of the Companies Act 2006 and has not presented its own statement of financial activities in these financial statements.

c) Public benefit entity

The charitable company meets the definition of a public benefit entity under FRS 102.

d) Going concern

The trustees consider that there are no material uncertainties about the charitable company's ability to continue as a going concern.

In order to arrive at this conclusion, the management and trustees have considered the financial and operating outlook of the charitable company using different levels of uncertainty over significant levels of unsecured income. Based on this assessment they have concluded that even in a worst-case scenario, with appropriate management actions identified should they be needed, the ability of the charitable company to continue operating will not be impacted during the year ahead.

The management and trustees will continue to review cash flow projections on a regular basis during this period and will implement appropriate actions, should they be needed, if cash flow balances were to fall below agreed trigger points.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is a treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

1 Accounting policies (continued)

f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to the costs incurred by the charitable company in inducing third parties to make voluntary contributions to it, as well as the cost of any activities with a fundraising purpose
- Expenditure on charitable activities includes the costs of carrying out research, collating and communicating the findings, being work undertaken to further the purposes of the charity and their associated support costs
- Other expenditure represents those items not falling into any other heading

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

j) Allocation of support costs

Resources expended are allocated to the particular activity where the cost relates directly to that activity. However, the cost of overall direction and administration of each activity, comprising the salary and overhead costs of the central function, is apportioned on the following basis which are an estimate, based on staff time, of the amount attributable to each activity.

Where such information about the aims, objectives and projects of the charity is also provided to potential donors, activity costs are apportioned between fundraising and charitable activities on the basis of area of literature occupied by each activity.

Employment Support	19%
Adults Research incl. Prisons and Criminal Justice	17%
Children and Young People	18%
Economics	2%
Influencing policy and practice	29%
Costs of raising funds	15%

1 Accounting policies (continued)

k) Operating leases
Rental charges are charged on a straight line basis over the term of the lease.

l) Investments in subsidiary
Investments in the subsidiary are at cost.

m) Debtors
Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

n) Cash at bank and in hand
Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

o) Creditors and provisions
Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.
The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

p) Pensions
The charity participated in one flexible contributory group personal pension scheme . The charity's staging date for pensions auto-enrolment was 1 April 2016 and any relevant staff not previously participating in a pension scheme were auto-enrolled at that date.

2 Income from donations and legacies

	Unrestricted £	Restricted £	**2026 Total £**	Unrestricted £	Restricted £	2025 Total £
Donations	2,471	-	**2,471**	2,603	-	2,603
	2,471	-	**2,471**	2,603	-	2,603

3 Income from charitable activities

	Unrestricted £	Restricted £	**2026 Total £**	Unrestricted £	Restricted £	2025 Total £
IPS training income	378,235	-	**378,235**	464,869	-	464,869
Sub-total for Employment Support Programme	378,235	-	**378,235**	464,869	-	464,869
Birmingham and Solihull MH FT	-	-	**-**	40,133	-	40,133
NHS England	19,013	-	**19,013**	-	-	-
NHS North Central London ICB	-		**-**	6,975		6,975
University of Plymouth	3,946	-	**3,946**	7,892	-	7,892
Sussex Partnership NHS FT	18,576	-	**18,576**	-	-	-
Kerr Darnley Ltd	8,500	-	**8,500**	-	-	-
NHS Frimley ICB	-	-	**-**	6,000	-	6,000
University of Durham	-	-	**-**	6,180	-	6,180
Natural England	-	-	**-**	6,250	-	6,250
Jamma Wellbeing	28,350	-	**28,350**	-	-	-
SEL Mind	-	-	**-**	23,233	-	23,233
Rethink Mental Illness	-	6,360	**6,360**	-	9,540	9,540
Prison Advice & Care Trust	3,312	-	**3,312**	9,260	-	9,260
My Happy Mind	12,750		**12,750**	-		-
NHS Benchmarking Network	5,796	-	**5,796**	-	-	-
Royal Free London NHS Foundation Trust	25,050	-	**25,050**	-	-	-
North Staffordshire Combined Healthcare NHS FT	29,604	-	**29,604**	20,000	-	20,000
Royal Borough of Greenwich	3,337	-	**3,337**	63,388	-	63,388
The Electoral Commission	-	-	**-**	5,333	-	5,333
Wellcome Trust	6,180	-	**6,180**	6,090	-	6,090
Esmee Fairbairn Foundation	-	10,000	**10,000**	-	10,000	10,000
Other income	120	-	**120**	500	-	500
Sub-total for Adults	164,534	16,360	**180,894**	201,234	19,540	220,774

3 Income from charitable activities (continued)

CYPMHC- funders	-	214,062	**214,062**	-	194,397	194,397
Barnardo's	41,666	-	**41,666**	62,029	-	62,029
Nottingham CityCare Partnership	-	-	**-**	106,158	-	106,158
Kooth PLC	-	-	**-**	17,726	-	17,726
Maudlsey Charity	-	-	**-**	1,333	-	1,333
NHS England	102,715	-	**102,715**	101,891	-	101,891
IPSOS Mori	104,927	-	**104,927**	-	-	-
Medical Research Council	-	7,287	**7,287**	-	17,535	17,535
NIHR	-	31,477	**31,477**	-	-	-
PPL & Comic Relief	-	-	**-**	-	29,439	29,439
Nottingham City Council	-	-	**-**	1,150	-	1,150
Wellcome Trust	-	18,086	**18,086**	-	24,115	24,115
The National Lottery	-	22,887	**22,887**	-	12,500	12,500
Prudence Trust	-	16,854	**16,854**	3,018	-	3,018
The Pilgrim Trust	37,623	-	**37,623**	21,087	-	21,087
The Bowland Charitable Trust	25,000	-	**25,000**	25,000	-	25,000
Maudsley Charity	2,667		**2,667**	-	-	-
West Midlands Combined Authority	92,404	-	**92,404**	23,939	-	23,939
Save the Children UK	-	-	**-**	6,168	-	6,168
The Health Foundation	-	30,000	**30,000**	-	-	-
Other income - Children and Young People	542	-	**542**	151	-	151
Sub-total for Children and Young People	407,544	340,653	**748,197**	369,650	277,986	647,636

3 Income from charitable activities (continued)

	Unrestricted	Restricted	**2026 Total**	Unrestricted	Restricted	2025 Total
BACP	5,000	-	**5,000**	-	-	-
Cygnet Health Centre	2,719		**2,719**	-	-	-
Exilarch (via Mind)	-	56,106	**56,106**	-	55,550	55,550
Esmee Fairbairn Foundation	8,000	-	**8,000**	-	-	-
Royal College of Nursing	-	-	**-**	14,758	-	14,758
Prudence Trusts	-	-	**-**	12,359	-	12,359
Forces in Mind Trust	-	-	**-**	10,954	-	10,954
Rotherdam MBC	3,364	-	**3,364**	-	-	-
MIND	4,333	-	**4,333**	14,333	-	14,333
Myriad	3,611		**3,611**			
NHIR	35,426	-	**35,426**	13,732	-	13,732
University of Birmingham	3,539	-	**3,539**	2,289	-	2,289
University of Nottingham	-	-	**-**	2,029	-	2,029
University of York	39,667	-	**39,667**	5,090	-	5,090
UCL	7,662	-	**7,662**	7,440	-	7,440
South London and Maudlsey NHS FT	-	-	**-**	4,900	-	4,900
Various	20,793	-	**20,793**	29,347	-	29,347
Macmillan Cancer Support	6,400	-	**6,400**	-	-	-
Wellcome Trust	-	111,100	**111,100**	-	-	-
The Pilgim Trust	-	-	**-**	9,091	-	9,091
The Health Foundation	-	20,084	**20,084**	-	26,815	26,815
Sub-total for Influencing policy and practice	140,514	187,290	**327,804**	126,322	82,365	208,687
NHS Confederation	3,092	-	**3,092**	21,455	**-**	21,455
Coventry and Warwickshire ICB	9,964	-	**9,964**	-	-	-
Parent Infant Foundation	32,003	-	**32,003**	-	**-**	-
Citizens Advice	7,083	-	**7,083**	-	**-**	-
Sub-total for Economics	52,142	-	**52,142**	21,455	-	21,455
University of Durham	29,164	-	**29,164**	-	-	-
NatWest	435	-	**435** -	8,050	-	8,050 -
Sub-total for Other	29,599	-	**29,599**	8,050	-	8,050
Total income from charitable	1,172,568	544,303	**1,716,871**	1,191,580	379,891	1,571,471

Comparative information for the year ended 5 April 2025 has been reclassified to align with the current year presentation. During the year, a review of the categorisation by activity was undertaken to ensure that the analysis more accurately reflects Adults and Children and Young People's projects, including those finalised during the year.

4a Analysis of expenditure (current year)

		Charitable activities									
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Other Programmes	Governance costs	Support costs	**2026 Total**	2025 Total
	£	£	£	£	£	£			£	**£**	£
Staff costs (Note 6)	131,444	167,517	126,025	185,873	22,951	260,670	29,354	48,790	40,983	**1,013,607**	1,172,731
Direct project costs	567	111,458	46,142	145,446	20,215	23,145	-	-	14,769	**361,742**	278,022
Travel and subsistence	494	-	154	2,392	-	1,286	-	-	1,561	**5,887**	4,217
Printing, postage and stationery	-	-	14	26	-	-	-	-	5	**45**	301
IT costs	188	-	702	2,179	-	5,712	-	-	21,709	**30,490**	32,233
Communication and events	-	-	-	10,868	-	-	-	-	-	**10,868**	457
Establishment costs	1,937	156	3,356	4,012	-	3,216	-	-	47,079	**59,756**	50,558
Legal, finance and other	-	-	-	-	-		-	-	50	**50**	34
Audit	-	-	-	-	-	-	-	-	15,300	**15,300**	14,700
	134,630	279,131	176,393	350,796	43,166	294,029	29,354	48,790	141,456	**1,497,745**	1,553,253
Support and governance costs	27,957	35,629	26,804	39,534	4,880	55,442	-	(48,790)	(141,456)	**-**	-
Total expenditure 2026	**162,587**	**314,760**	**203,197**	**390,330**	**48,046**	**349,471**	**29,354**	**-**	**-**	**1,497,745**	-
Total expenditure 2025	168,739	302,764	253,469	367,871	42,749	417,661	-	-	-	-	1,553,253

4b Analysis of expenditure (prior year)

		Charitable activities							
	Cost of raising funds	Employment Support Programme	Adults Research incl. PCJ	Children and Young People	Economics	Influencing Policy and Practice	Governance costs	Support costs	**2025 Total**
	£	£	£	£	£	£	£	£	**£**
Staff costs (Note 6)	139,930	133,206	201,048	219,099	36,133	341,349	54,989	46,977	**1,172,731**
Direct project costs	1,629	144,549	14,165	103,996	-	9,448	-	4,235	**278,022**
Travel and subsistence	193	-	-	2,395	-	931	-	698	**4,217**
Printing, postage and stationery	8	-	8	-	-	166	-	119	**301**
IT costs	-	-	1,437	1,500	-	2,174	-	27,122	**32,233**
Communication and events	-	-	-	-	-	457	-	-	**457**
Establishment costs	1,358	620	-	765	-	637	-	47,178	**50,558**
Legal, finance and other	-	-	-	-	-	-	-	34	**34**
Audit	-	-	-	-	-	-	-	14,700	**14,700**
	143,118	278,375	216,658	327,755	36,133	355,162	54,989	141,063	**1,553,253**
Support and governance costs	25,621	24,389	36,811	40,116	6,616	62,499	(54,989)	(141,063)	**-**
Total expenditure 2025	**168,739**	**302,764**	**253,469**	**367,871**	**42,749**	**417,661**		**-**	**1,553,253**

Comparative information for the year ended 5 April 2025 has been reclassified to align with the current year presentation. During the year, a review of the categorisation by activity was undertaken to ensure that the analysis more accurately reflects Adults and Children and Young People's projects, including those finalised during the year.

5 Net income/(expenditure) for the year

This is stated after charging:

	2026	2025
	£	£
Operating lease rentals:	**18,108**	23,514
Auditors' remuneration (excluding VAT):		
Audit	**15,300**	14,700

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

Staff costs were as follows:

	2026	2025
	£	£
Salaries and wages	**846,390**	971,140
Termination payment	**-**	11,292
Social security costs	**92,656**	103,329
Employer’s contribution to defined contribution pension schemes	**74,561**	86,970
	1,013,607	1,172,731

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

	2026	2025
	No.	No.
£60,000 - £69,999	**2**	2
£70,000 - £79,999	**-**	-
£80,000 - £89,999	**1**	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £212,181 (2025: £240,396). The decrease is due to to the fact that Director of Operation's post has been made part time , the key management personnel is 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 (2025: £nil). One charity trustee received payment for professional or other services supplied to the charity at £4,800 (2025: £nil). Expenses totalling £159 were reimbursed to two trustees during the financial year (2025: £nil).

7 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was as follows: 20.9 (2025: 24.7)

	2026	2025
	No.	No.
Raising funds	**2.0**	2.5
Employment Support Programme	**3.0**	3.0
Adults research	**5.0**	6.4
Children and Young People	**1.2**	3.0
Influencing Policy and Practice	**4.7**	5.2
Economics	**0.5**	0.2
Other programmes	**0.5**	-
Support	**3.0**	3.4
Governance	**1.0**	1.0
	20.9	**24.7**

8 Related party transactions

Apart from reimbursements to trustees disclosed in note 6, there were no other related party payments.

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:

	2026	2025
	£	£
UK corporation tax at 19% (2025: 19%)	**-**	-

10 Investments

Investments comprise:

	The group		**The charity**	
	2026	2025	**2026**	2025
	£	£	**£**	£
Unlisted shares in UK registered companies	**-**	-	**1,000**	1,000
	-	-	**1,000**	1,000

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

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:

	2026	2025
	£	£
Turnover	**849,520**	942,595
Cost of sales	**(746,225)**	(759,547)
Gross profit	**103,295**	183,048
Administrative expenses	**-**	-
Other operating income	**-**	-
Operating profit / (loss)	**103,295**	183,048
Interest receivable	**4,486**	1,979
Profit / (loss) on ordinary activities	**107,781**	185,027
Donation under gift aid to parent undertaking	**(185,027)**	(103,263)
Profit / (loss) for the financial year	**(77,246)**	81,764
The aggregate of the assets, liabilities and funds was:		
Assets	**708,170**	403,440
Liabilities	**(599,389)**	(217,413)
Funds	**108,781**	186,027

12 Parent charity

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

	2026	2025
	£	£
Gross income	**1,518,822**	1,234,031
Result for the year	**307,450**	(60,943)

13 Debtors

	The group		**The charity**	
	2026	2025	**2026**	2025
	£	£	**£**	£
Fees and charges	**319,624**	272,735	**72,817**	198,436
Accrued income	**105,927**	43,834	**97,353**	9,926
Other debtors	**6,300**	1,384	**6,300**	1,384
Prepayments	**10,983**	10,239	**10,356**	8,777
Inter-company debtor	**-**	-	**135,555**	77,122
	442,834	328,192	**322,381**	295,645

14 Creditors: amounts falling due within one year

	The group 2026 £	2025 £	The charity 2026 £	2025 £
Trade creditors	**48,515**	42,546	**24,134**	15,367
Taxation and social security	**29,104**	21,010	**29,104**	21,010
VAT creditor	**109,983**	79,662	**59,849**	69,354
Accruals	**24,370**	22,764	**18,059**	14,978
Deferred income	**395,828**	159,644	**12,820**	64,626
	607,800	325,626	**143,966**	185,335

15 Deferred income

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

	The group 2026 £	2025 £	The charity 2026 £	2025 £
Balance at the beginning of the year	**159,644**	157,408	**64,625**	37,029
Amount released to income in the year	**(124,507)**	(135,134)	**(63,375)**	(33,696)
Amount deferred in the year	**360,691**	137,370	**11,570**	61,292
Balance at the end of the year	**395,828**	159,644	**12,820**	64,625

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

	General unrestricted £	Designated funds £	Restricted funds £	**Total funds £**
Net current assets	482,391	-	427,554	**909,945**
Net assets at the end of the year	**482,391**	**-**	**427,554**	**909,945**

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

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

17a Movements in funds (current year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	**At the end of the year £**
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
Place-based physical activity intervention	-	6,360	(6,360)	-	**-**
Black Maternal Mental Health	2,500	10,000	-	-	**12,500**
Children and Young People			-		
ATTUNE project	-	7,287	(7,287)	-	**-**
Future Minds Campaign The Health Foundation	-	30,000	(30,000)	-	**-**
Future Minds Campaign (phase 2)-Young Minds/Prudence Trust	-	16,854	(16,854)	-	**-**
PPL additional funding for Changemakers	4,500	-	(4,500)	-	**-**
Youth Sport and Mental Health Project	-	22,887	(22,887)	-	**-**
Family Footsteps	-	18,086	-	-	**18,086**
My Story and Me 2	-	31,477	(20,460)	-	**11,017**
CYPMHC	151,274	214,062	(129,349)	-	**235,987**
Influencing Policy and Practice			-		
Mental health champions network	10,000	20,084	(30,084)	-	**-**
BIG Mental health report (State of Nation)	55,550	56,106	(55,550)	-	**56,106**
Head On - Wellcome Policy Lead EOI	-	111,100	(17,242)	-	**93,858**
Total restricted funds	223,824	544,303	(340,573)	-	**427,554**
Unrestricted funds:					
General funds	455,916	1,183,647	(1,157,172)	-	**482,391**
Total unrestricted funds	455,916	1,183,647	(1,157,172)	-	**482,391**
Total funds	679,740	1,727,950	(1,497,745)	-	**909,945**

17b Movements in funds (prior year)

	At the start of the year £	Income & gains £	Expenditure & losses £	Transfers £	**At the end of the year £**
Restricted funds:					
Adults Research incl. Prisons and Criminal Justice					
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**
Children and Young People					
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**
Influencing Policy and Practice					
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**
Total restricted funds	240,913	379,891	(396,980)	-	**223,824**
Unrestricted funds:					
General funds	418,006	1,194,183	(1,156,273)	-	**455,916**
Total unrestricted funds	418,006	1,194,183	(1,156,273)	-	**455,916**
Total funds	658,919	1,574,074	(1,553,253)	-	**679,740**

17 Purposes of restricted funds

Influencing Policy and Practice

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.

Head On - Wellcome Policy Lead EOI Wellcome Grant Funding of up to a total of £1 million was provided for an initial 2-year period (to September 2027) to support CSOs (Civil Society Organisations) to test new approaches to influencing UK Government mental health policy. Funding was awarded to support work in 4 areas: Data and Evidence, Political Engagement, Policy, and Public Engagement. All activity is working towards a shared, overarching goal of improving mental health outcomes in the UK, with a specific focus on increasing early intervention in anxiety, depression, and psychosis. Centre for Mental Health was awarded the Policy thematic area as lead organisation with funding £220k over two years and we have created a project working alongside key partners known as 'Head on'.

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 has ended August 2025 and the Centre's Associate Director of Policy were a Co-Investigator on the project. The Centre will also be facilitating the Young People Advisory Group alongside Young People Cornwall.

Future Minds Campaign -The Health Foundation grant. The campaign proposes short-burst campaigning activities that seek to reframe young people's mental health as a health inequality issue, shaped by wider social and economic conditions such as poverty, education access, housing insecurity, and lack of access to support. This campaign directly supported Health Equals' aim to change public and political conversations around the building blocks of health, showing how unequal life circumstances impact mental health and wellbeing and limit life chances. The additional award of funding from the Health Foundation aligns with Health Equals' mission by spotlighting how young people's mental health is profoundly influenced by the building blocks of health such as work, education, income and living in supportive communities.

Future Minds Campaign (phase 2)-funded by the Prudence Trust in partnership with YoungMinds, provided additional support to extend the work originally funded through the Future Minds Campaign – The Health Foundation grant. This extension built on the campaign's core aim of reframing young people's mental health as a health inequality issue shaped by wider social and economic conditions, including poverty, education access, housing insecurity, and unequal access to support. The additional funding further strengthened Health Equals' mission to shift public and political conversations towards the building blocks of health, highlighting how unequal life circumstances significantly affect young people's mental health, wellbeing, and future opportunities.

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.

17 Purposes of restricted funds continued

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.

***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.

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 the following periods:

	Property	
	2026	2025
	£	£
Less than one year	**17,986**	17,190
One to five years		
	17,986	17,190

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.