



ANNUAL REVIEW

07/08

Foundation for People
with Learning Disabilities

Mental Health Foundation

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Dr Andrew McCulloch
Chief Executive



Dr Mike Shooter
Chairman

Foreword from Chief Executive and Chairman

We're delighted to introduce this year's annual review which is brimming with examples of the work undertaken by the Mental Health Foundation and Foundation for People with Learning Disabilities over the last 12 months. The year has seen us publish new research on smoking and mental health, children and young people's mental health, spirituality, personality disorders, antenatal screening and the economic costs of autism. We've also provided a steady stream of public information that demystifies mental health and helps people help themselves, their loved ones and the people they work with.

It's been a year of innovation in which we have launched new web-based information resources, developed partnerships outside the mental health sector and supported initiatives like the Mental Health Film Festival in Scotland. With Government and NHS organisations looking increasingly towards the third sector for ideas and best practice, we want to keep the Foundation at the forefront of innovation in mental health and learning disabilities. We will keep on researching topics that others miss or overlook, exploring new ways of working and seeking alternative solutions to long-standing problems. This means working in partnership with experts in other fields - whether they are service users, carers, policy makers, practitioners, commissioners or researchers. We are proud of the reputation for excellence that the Foundation has earned over time and, with continued support from donors, funders, staff and partners, will continue to break new ground as we begin our diamond jubilee year in 2009.

We hope that you will enjoy reading about our year and that the testimonies from people we have worked with bring these projects to life.

Friendship and mental health

The year started and ended with our annual awareness raising week. The theme for Mental Health Action Week 2007 was friendship and mental health. Friendships are vital for good mental health, but our research reveals that it can be hard for people with mental health problems to maintain them. It can also be tough for the friends of people with mental health problems to know how to provide support and maintain friendships. We contacted more than 500 people, and found out about the experiences of both people with mental health problems and people who have supported friends during periods of mental illness.

We worked with photographer Spencer Rowell to create a series of posters featuring three sets of friends who shared their stories about supporting each other through difficult times. We also published *Keeping us going* about how friends can help each other through mental health problems. The campaign was supported by comedian Jo Brand, author and poet Gwyneth Lewis, and chefs Sanjay Dwivedi and Alan Coxon.



Speaking out

"At first I was bit wary of getting involved with the media – I thought perhaps things would get distorted and words would be put in my mouth. As it turns out people were really friendly and it was a really good experience. It helped my confidence with talking to and meeting new people.

I think it's really useful for people to hear about real experiences from ordinary people rather than being lectured or preached at. Everybody's different, but it helps to hear from a real person – people can relate to it and it can help someone who's going through something similar – rather than thinking 'I'm the only one with this problem and I'll be ostracised if I speak about it' it might encourage them to come forward.

The whole experience has opened my eyes to the fact that people are doing something through the media for a good reason, to raise awareness."

Sandra Cummins on her experience of being a media volunteer for Mental Health Action Week.



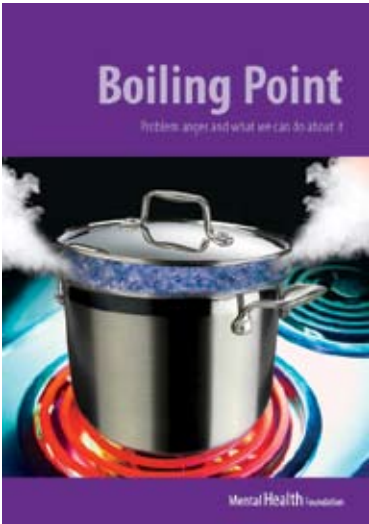
Promoting service user involvement

We are proud of our continuing relationship with VOX, the national mental health service user-led organisation in Scotland. VOX emerged in 2006 from a need to ensure that those who have (or have had) mental health problems have a voice within policy and service developments.

The Foundation has played a key supporting role throughout the life of VOX, helping to ensure that it has the capacity to successfully develop into a credible, service user-led organisation. In practice this has meant building the capacity of the VOX management board and staff team, developing a business plan, and helping VOX to access Scottish Government core funding. We have also provided a policy advisory role.

Most recently this support has extended to helping VOX with strategic planning and to securing funding. It is now better placed to proactively engage with diverse communities, such as those in later life, young people, people from black and minority ethnic groups, and remote highland and island communities. We are currently supporting VOX through its next stage of organisational development with a view to it becoming independent early in 2009.

Anger and mental health



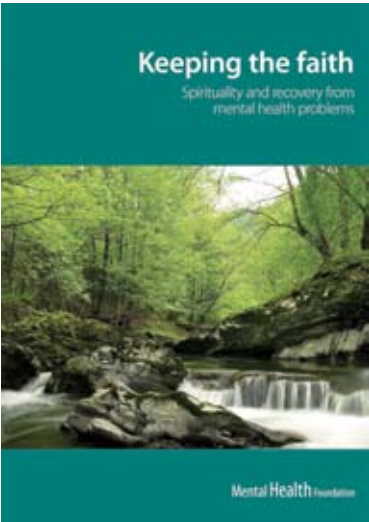
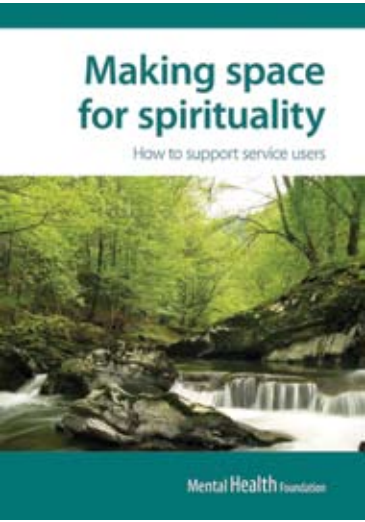
In 2008 Mental Health Action Week focused on anger and mental health. Our *Boiling Point* report shows that problem anger is left untackled in the UK despite being linked to aggression, family breakdown, and physical and mental health problems. Anger is a vital emotion, and essential to our survival, but it can become entrenched in everyday life for some people, interfering with their thinking, feeling and behaviour and creating misery for themselves and others. Whilst not a mental illness in itself, many of the everyday tools used in mental health - such as talking therapies - can be applied to help people cope better with their anger. The report makes recommendations for research, education and service development work in this neglected area. The campaign received impressive media coverage during the launch week, featuring in 265 press, radio and TV articles.

This year we also reached out to new audiences via the internet. We created a microsite at www.yourboilingpoint.org.uk featuring a Facebook application, video and a space where people could share their 'rants' with other visitors. The site generated significant media coverage, featuring on both national and regional TV news programmes. To date the site has been visited by 8,000 people and contributed to a substantial increase in traffic to the Foundation's main website. Using new media and presenting our campaign messages in a light-hearted way, we were able to successfully reach audiences that often do not engage with our offline campaigns. Since launch we have had a huge response and have provided public information about anger across the UK. We are now collaborating with the BBC on their forthcoming anger campaign.

Mental Health Action Week 2008 coincided with our second *One Big Laugh* comedy night at the Bloomsbury Theatre in London. Comedians Hardeep Singh Kohli, Rich Hall, Brendan Burns and Simon Amstell each brought their distinctive and hilarious thoughts on anger and mental health to a sell-out audience, raising more than £10,000 for the Foundation in the process.

Meaningful lives

The Foundation has long been committed to exploring all the aspects of our lives that keep us mentally healthy and that promote recovery from mental illness. In 2006 we published *The Impact of Spirituality on Mental Health* which set out our understanding of spirituality and its relationship with mental health. In 2007, with financial support from the Department of Health, we published the first major study of good practice initiatives in spirituality and mental health, *Keeping the faith*. It makes recommendations for commissioners, mental health service managers and clinicians - each underpinned by a recognition that spirituality should be considered as part of a whole-person approach to care and treatment. To coincide with the launch of the report we published a new booklet, *Making space for spirituality*, which gives advice and practical steps on how to support and respond to the spiritual needs of service users. We are now working with a range of stakeholders to further understanding of this important topic.



Improving children and young people’s mental health



In September 2007 we published *Listen Up!* the final report of a five year research project into services provided for young people experiencing mental health and emotional problems. Following a key note speech from Sir Al Aynsley-Green, the Children’s Commissioner for England, young people and staff from partner sites across the UK presented their findings and debated the future of service provision for young people.

Young people’s views were central to the project. They told us that they wanted fast track access to treatment and care; the opportunity to build a rapport with one person (rather than lots of different people) to guide them through services; greater sensitivity from service professionals; alternatives to medication; and preventative strategies and access to resources prior to crisis point.

We worked with young people in eight partner sites across the United Kingdom to find out more about their actual experience of using services. This research found that the voluntary sector is providing the kind of mental health services that young people want – flexible, informal and holistic – but often in the face of chronic funding shortages. It concluded that there also needs to be a fundamental change to the way in which Children and Adolescent Mental Health Services (CAMHS) are delivered so that they become more accessible and responsive across the board, and the statutory sector needs to adopt the person-centred approach commonly used by the voluntary sector.

In December the Government launched its new Children’s Plan which included many of the recommendations made in the *Listen Up!* report. Our longstanding commitment to improving the mental health of children and young people has now been recognised by the Paul Hamlyn Foundation which has invited the Mental Health Foundation to lead a £5m project, called *Right Here*, that will be launched in October 2008.

Putting local projects on the map

“As one of the roadshow events of the Listen Up! project, The Market Place ran an event in Leeds’ Carriageworks Theatre called HYPE IT UP. The purpose of the event was to launch a short film created by HYPE (Helping Young People through Experience) a young person’s participation group at The Market Place and also to share good practice with professionals in the city around creative ways of engaging and involving young people to participate in decision making.



The event was a brilliant platform for us to show off the work that we do. Over the three years of working closely with the Mental Health Foundation, I’ve seen many other benefits of this involvement – it has helped put The Market Place on the map and acknowledged our commitment to young people and participation. It’s given us the opportunity to make contact and learn from other organisations undertaking outstanding work with young people across the UK, and also to be part of a strategic movement to hopefully make changes for the better in children and young people’s services.”

Lizzie Neill from The Market Place in Leeds on her involvement in *Listen Up!*

Improving Services

In 2006 we were commissioned by the Strategic Network for Mental Health to help them take forward their vision of developing recovery focused practice within their mental health services. We have worked with the four organisations that make up the Network to establish pilot sites where staff and service users worked together to define a local recovery project. Action learning sets brought together service users and staff from across the eight pilot sites to develop a shared understanding of recovery and to support project development. Service users were involved in every aspect of the project from local level to representation at the national project steering group. Their commitment and willingness to travel across the country to take part has been crucial in making the project a success. The first phase of the project is now complete and a formal project evaluation will be published in November 2008.



Connecting through experience

"The most compelling aspect of this user/survivor piece of work was that it got to the heart of people's experiences, both of their mental distress and of the services they were using. This was very heartening when so much research tries to shoehorn direct experience into pre-determined outcome measures which often don't reflect the complex, lived experience of users and survivors. As fellow service users/survivors, it felt as though we were able to connect at a personal level to the people we were talking to. From this intimate and shared position, it was possible to feel and to understand the experiences we were hearing about.

Participating in this Mental Health Foundation project has helped me to develop both as a person and as a survivor researcher. I had recently completed a MSc in Mental Health Services Research and Learning the Lessons presented me with the opportunity to use my new-found knowledge alongside my desire to help others find a voice. In the project I felt engaged, respected, trusted – and, significantly, properly remunerated! I'd like to see the Learning the Lessons research project put down as a marker for future practice."

Kay Sheldon on her experience as a survivor researcher on the *Learning the Lessons* project.

Pioneering research

In October 2007 we completed a 24-month evaluation of community-based services for people with a diagnosis of personality disorder. *Learning the Lessons* was a collaborative study between the Mental Health Foundation, Imperial College London, University College London, the Institute of Psychiatry and the University of Liverpool. It was launched in response to concerns about the quality of services for people with a diagnosis of personality disorder. Many working in mental health and social care feel they are unable to help people with this diagnosis and some believe that they should not be offered a service at all. Unsurprisingly, service users have reported being dissatisfied with services.

The Mental Health Foundation was responsible for evaluating services from the perspective of service users and their carers. We recruited and supervised a team of 11 service user researchers. They were involved at all levels of the project, including advice on the design of the interview schedule, carrying out interviews and focus groups, analysing data and contributing to the final report.

Working across 11 community-based services we interviewed 89 managers and staff, 133 service users and carers, and conducted a national survey. Our research showed that the sites are delivering high quality care to a group of people who have been poorly served in the past. These dedicated community-based services are at an early stage of development. Service users who get involved can make a significant difference to the way that those services develop in the future. Our work has enabled commissioners of services to hear the voices of mental health service users. They, along with service providers, can ensure that services are designed appropriately and will meet the real needs of people with personality disorders.

We are particularly proud that Foundation staff Sarah Gibson and Sarah Gillespie won a Young Scientist Award in recognition of their work. The award was presented by the British and Irish Group for the study of Personality Disorders, a special interest group linked to the British Psychological Society.

Effective campaigning

As a founding member of the *We Need to Talk* coalition of mental health charities we have campaigned hard for improved access to psychological therapies. Our combined efforts bore fruit on World Mental Health day in October 2007, when the Government announced a £170m investment in its *Improving Access to Psychological Therapies* programme. We were also a partner in the first annual *Psychological Therapies in the NHS* conference in December 2007. The two-day event brought together leading clinicians, policy makers, academics and service users from across the UK to consider the future of psychological therapies in the NHS. The conference closed with delegates signing up to the New Savoy Declaration which calls on the NHS 'to offer appropriate psychological therapies free at the point of delivery to all people who need them' within six years.

Our campaigning continues with the recent publication of *While we are waiting* which highlights the suffering of people waiting for access to talking therapies and calls upon the Government to require PCTs to publish data on waiting times.

Making recovery a reality

"At first I was absolutely terrified but the project leader explained what it was and it just snowballed and snowballed. From the start it dramatically changed my outlook to my whole life in a good way. I think that recovery is such a personal journey - it is whatever works for you. As long as it makes you feel better that is what is important.



The whole idea of Recovery In Action is to take away the fear of getting better because a lot of people with mental health problems are afraid of getting better because they feel they may lose their place, or their benefits. It shouldn't be like that. With no other illness are you afraid of getting better.

The project has helped people recover, you can never stop that, it is ongoing. And with everybody's ideas, views, opinions, we keep on progressing. That is why it is such a vast idea. Recovery in Action is an ongoing thing for me. It's given me something to strive for. Hopefully we are making a difference with it."

Darren Bennett on his involvement in Recovery In Action.

Sharing knowledge and expertise

"We are delighted to share our knowledge of the realities facing users/ survivors in one of the most deprived areas of London with the Mental Health Foundation. In return the Foundation is supporting us to develop exciting and innovative projects piloting life coaching for users and easing the transition from using CAMHS to adult services.



As a small charity where resources are stretched it is invaluable to have access to the fundraising expertise of the Mental Health Foundation. It is great to see a national charity working in partnership with the grassroots user movement to develop creative and empowering ways of improving users/survivors' quality of life."

Teresa from Southwark Mind on working with the Foundation.

Working in partnership

During the year we strengthened relationships with other organisations and developed new ones beyond the traditional boundaries of the mental health sector. We explored opportunities with a number of organisations, including the British Heart Foundation, Diabetes UK, the Stroke Association and Girlguiding UK. In the long term these will enable us take our messages about mental health and wellbeing to new audiences and, by making mental health a mainstream health issue, help to reduce the stigma associated with it.

In Spring 2007 NESTA (the National Endowment for Science Technology and the Arts) invited the Foundation to work on *Innovations in Mental Health*, a competition for innovative services in mental health targeted at frontline workers, service users and carers. The scheme aims to stimulate local ideas that, with the right support and guidance, have the potential to grow successfully into national projects with real impact.

A total of 491 applications were received, of which 11 pilot projects were selected to receive funding from NESTA. These will be developed with a view to scaling and replicating the most successful on a national basis. The Foundation is now running a peer learning network for the projects and also providing project support.

We recognise that smaller third sector organisations sometimes struggle to make an impact because of their limited resources. We are particularly proud to be working with the local MIND association in Southwark. Foundation staff have been supporting the team to develop new business proposals and using them as a sounding board for some of our research proposals.

Challenging attitudes through film

Staff and volunteers in the Foundation's Glasgow office were instrumental in launching the largest arts and film festival of its kind in the world last October. Working in partnership with more than 60 organisations, the festival hosted 40 events and attracted thousands of visitors. It generated very positive national media coverage and significant interest from artists, people with experience of mental health problems, organisations and funders. Plans are now underway for a second event in October 2008 with the Foundation taking a lead role in planning, alongside See Me, Breathing Space, Healthy Working Lives, Scottish Recovery Network, Voices of Experience, Positive Mental Attitudes and NHS Greater Glasgow & Clyde.

With a very modest budget the success of the festival was due in large part to the commitment and dedication of the many volunteers who generously gave their time to the project. Visit www.mhfestival.com for more information about the festival.

Getting involved

"The festival provides a unique opportunity for people to use their experiences of mental health issues in a positive and creative way to influence wider society by researching, developing, delivering, marketing and evaluating complex arts events. This allows a range of different skills, in my case film and broadcasting, to be used in an empowering and meaningful way and necessitates a diverse, eclectic team with varied backgrounds and experiences.

The work can be challenging and intense at times, but ultimately the messages we provide are ones of hope and recovery, and the possibilities of social change through the arts in ways that will never be achievable through traditional social marketing and public education approaches."

Belinda Arthur, Programming Lead for the film festival on her involvement in planning and running the project.



Alison Giraud-Saunders
Director



Barbara McIntosh
Director

The lives of people with learning disabilities

During the year we managed 91 projects and consultancy contracts, secured funding for two major new projects, won 33 new contracts, increased membership of our electronic forums by twice our target, and achieved positive feedback and evidence of impact from many strands of work. During 2007/08 we exceeded our income target and reduced our overall dependence on core funding from the Mental Health Foundation.

We are fortunate to have a strong team with a good range of skills and credibility with external stakeholders. Eleven of us are employed full or part-time; in addition two consultants work very closely with us to moderate and facilitate our electronic forums and networks. We also draw on a wider team of associates, which helps us to manage capacity problems and increases the available pool of expertise.

Our new strategic plan, agreed by Trustees in March 2008, affirmed our values as a team committed to social justice and to supporting practical action that will improve the lives of people with learning disabilities and their families. The plan identifies six priorities for our work over the next three years - we are developing programmes for each (to incorporate research, policy and service/practice development support).

Over the next few pages we highlight some of the key achievements of the last 12 months and hear from people whose lives have been touched by our work. If you would like to find out more about any of these projects, or the work of the Foundation, please visit our website at www.learningdisabilities.org.uk or contact a member of the team.

Engaging with communities

Life in the Community is a three year programme running in four sites across the UK to improve community involvement for people who have complex needs. This group of individuals is growing due to better health care, but many people are dependent on medical technology to survive. We are working to improve people's quality of life, offer more tailor-made support, and involve people in leisure, employment and education. The lessons we have learned are now being collated for national dissemination and publication in January 2009.

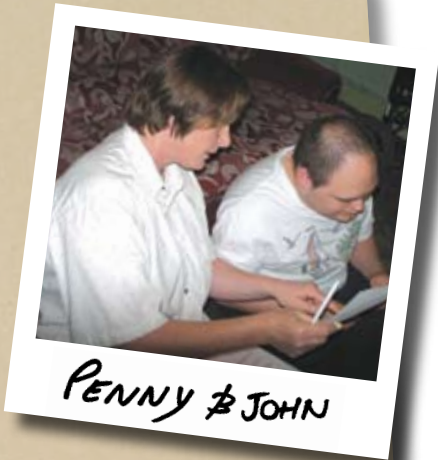
Changing working practices

"The project took me along a route of self discovery and learning – gaining knowledge of the wider picture, more understanding on the complexities of finance, how Local Authorities work, networking, finding local resources, IT skills, building communities, what a Home should aspire to, person centred planning in practice, creative thinking, organisational skills, increased confidence and deeper commitment.

These life changing experiences came from a sense of purpose - where I could be a part of making a real difference to a person's life for the better.

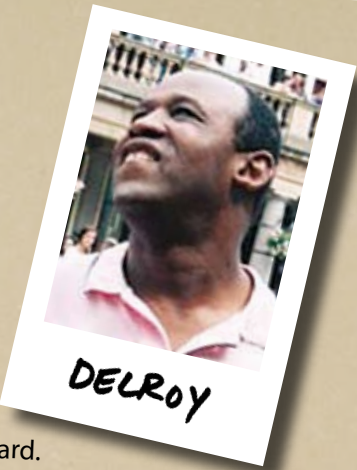
My own practice has changed. I approach my work with a different set of values and my aspirations for the people I support are now to connect in mutually meaningful ways. I now see just how easy it is to do this once you begin to understand the person you are supporting and are prepared to give some of yourself."

Penny Grimmer from the Brandon Trust on her involvement in *Life in the Community*



Promoting micro-enterprise

Delroy lives in a residential care home in Bristol and receives support from the Brandon Trust. Whilst developing his person-centred plan and thinking about how Delroy could be supported to work, his support team realised that one thing Delroy really liked to do was to tidy the plastic bottles up at his care home and recycle them. This led to an idea about providing a recycling service.



The Foundation's *In Business* Project Manager, Keith Bates, provided business advice and help with moving this idea forward. After some discussions about test trading, a leaflet was designed offering a collection and recycling service, and delivered around his local community. Delroy is supported to collect and recycle bottles, and levies a small charge for the service.

In Business has supported Delroy to develop a business centred around his skills and interests that also meets a local community 'headache'. He has developed his own small business where previously he was seen as unlikely to work.

Creating new opportunities

In Business aims to support 30 people with learning disabilities to set up their own businesses. We are working with four sites across the UK to develop the staff skills to support people with learning disabilities to be entrepreneurs. These will increase options for people to find employment and use their niche skills to generate an income. One man who has autism has been helped to transfer his colourful art onto T-shirts for sale, and they're selling well. This has provided some income which will help him to expand his business. The project will continue in 2009.



Making choices

Melanie lived away from the family home and was about to leave school. She and her family were helped by the Foundation to plan her future so they developed a small circle of support and asked her what she would really like to do with her life.

Melanie was clear that she wanted to move back to her local area because she wanted to keep in touch with her old school friends and attend the local college where they would go to when they left school. After being put in contact with a housing social worker, Melanie was consulted about the kind of house and people she wanted to move in with.

Now, Melanie has left school and studies at the local college and has moved into a house with three other young people. She is delighted that her plan has come true and now she hopes to start engaging in local community activities such as going to the gym and a slimming club.

"Mel has benefitted a lot from being involved with the Foundation. Without it she couldn't have reached her full potential. Mel was really listened to and this gained her confidence. She's very happy in her new home."

Kelly, Mel's Mum.

Promoting choice

Our work on antenatal screening focuses on the experiences of prospective parents who are offered antenatal screening, and those of health professionals who offer screening. The results have highlighted concerns about the information and support available to parents to enable them to make informed decisions. Following publication of the research in the summer of 2008, the results have been presented to the UK National Screening Committee and we are hopeful that their interest in the recommendations will lead to improvements, such as materials to support parental choice.

Giving young people a voice

What About Us? involves young people with learning disabilities in mainstream schools and colleges. We are working with young people, their teaching and support staff to look at what helps to promote their emotional wellbeing in these settings. The results include practical ideas about involving young people in research, as well as suggestions for improving young people's day to day experiences in mainstream education. We have developed a website, report and policy briefing and launched the findings at a series of local events in June and July 2008 and at a parliamentary event in October.

Sharing knowledge with the statutory sector

We have a three year contract in Cornwall to train staff, families and self advocates in the basics of person centred planning, assisting people to implement a plan and seeking individual funding. The work has helped Cornwall to establish an information and advice service about how to give the support people want. Recently we have recruited staff in Cornwall to help build local capacity and to begin an exit strategy for the Foundation. We also have two other contracts in Cornwall, concerning emergency planning with families and a leadership course for people with learning disabilities.

We have several contracts to develop new methods of working in local authorities where people with learning disabilities want to manage their own budget. This has involved contributing to change in the social work role, developing systems of self assessment, allocating individual funding and supporting people to manage their budget and choose their own support worker.

We are also helping a number of local authorities who are moving their day services and employment services to the voluntary sector.

Making person centred planning a reality

Rose attended a course on ‘Families and Person Centred Transition Planning’ provided by the Foundation and Brent County Council. Her daughter Crystal was leaving school and was being offered a day centre as the only option for her future support. Rose did not want Crystal to attend a day centre – she wanted Crystal to have a more fulfilled life.

On the course Rose learned about person centred planning and how it could help Crystal develop a positive plan for the future. Both were supported to develop an individual plan where Crystal is in control. Crystal now receives direct payments and individual living funds. She uses her money to hire personal assistants to support her in various activities at home and in the community.

This spring Crystal took her first holiday with her family to Spain. Rose has been impressed by the way person centred planning helped her and Crystal stay in control of her future supports. She is also now a member of the Foundation’s Advisory Group.



Influencing policy

Our policy work during the year has focused on improving access to health care for people with learning disabilities, autism (with the publication of a major new report on the economic costs of autism), and pressing for improved funding of services (through our membership of the Learning Disability Coalition). We also submitted substantial responses to the Inquiry held by the Joint Committee on Human Rights (on the human rights of adults with learning disabilities) and the Independent Inquiry into access to health care for people with learning disabilities.

Learning disability policy is currently being ‘refreshed’ with an update of ‘Valuing People’. We contributed to the consultation earlier in the year and await the final document (expected in autumn 2008).



Improving mental health services

In 2003 we were commissioned to write a practical guide on improving services for people who have learning disabilities and mental health problems. We were subsequently awarded a contract to run bring together staff from mental health services and learning disability services to work together. We have recently been commissioned to analyse progress and learning, with a view to updating the guide and influencing the development of mental health policy. Meanwhile the Healthcare Commission is using the guide in its 2008/09 ‘health check’ on mental health trusts.

Making it all possible!

2007/08 was another successful year for fundraising. In total we raised £3,256,290. This equates to £8,897 per day or £371 every hour to further our work!

We aim to attract income from a wide range of sources and we do it as efficiently and cost-effectively as we possibly can. In 2007/8 new fundraising initiatives included the launch of Mental Health Foundation tribute funds which are dedicated funds that a friend or family member can set up in memory of a loved one. We also began a payroll giving scheme for employees of companies.

Individual supporters

We would like to thank all of our supporters who responded generously to our appeals this year and to those supporters who make a regular gift to the Foundation.

Legacies

Legacies continue to be a very important source of income. This year gifts totalled £1,577,291.

A lasting legacy

“Mental health research is seriously underfunded and this is why I’ve made a legacy to the Foundation. There’s a great deal of prejudice towards mental health compared to other fields of medicine and I feel great empathy with the Foundation’s campaign for a change in attitudes.

I also have personal reasons for my support. My stepbrother suffered schizophrenia throughout most of his life, and his illness eventually led to suicide. His condition caused considerable anxiety for my step parents and for me. And the strain of living with it affected every one of us. A happier society in touch with all its members is a worthwhile aim for the future.”

Stephen Schick on his decision to pledge a legacy to the Foundation.



Trusts

We are grateful for the support and funding we receive from grant-making trusts and foundations, as well as statutory funders and the Big Lottery Fund. Baily Thomas Charitable Fund were very generous to us this year, funding *Life in the Community* and also *In Business*. Lloyds TSB Foundation for England and Wales awarded a three year grant towards *Mutual Caring*, our project supporting people with learning disabilities who are dependent on elderly carers with equally challenging needs.

Challenges and events

The country has been full of people going the extra mile for mental health and learning disabilities. We had 218 supporters take over 7 million steps, in 10 different countries, raising over £265,000. The Foundation organised its first exclusive Peru Trek in October with 20 people from across the UK raising over £60,000.

Our Chief Executive Andrew McCulloch joined the Foundation’s Bupa Great North Run Team in the autumn and completed the world’s biggest half marathon. Our thanks go to everyone who participated in an event during 2007/08.

Trekking for Mental Health

“Nothing will ever match the feeling of being part of a group of people that were doing something so unique. So special and so fantastically worthwhile.”

Katie Lloyd, Peru Trek participant.



Community

We continue to receive vital support from community groups including churches, schools and rotary clubs. County committees yet again demonstrated their commitment to the Foundation.

During Mental Health Action week 2008 we hosted the second annual *One Big Laugh* fundraising comedy gig. Thank you to Helena Hewett for making the evening such a success.

“The Mental Health Foundation has had support from the people of Marlow for over 40 years. For most of this time the fundraising was organised by a local GP’s wife Elizabeth Hayter, who sadly died 4 years ago. She was helped by a number of friends who formed a committee that now carries on her work by running an annual supper and coffee morning to raise funds. Last year we raised £2150. We have a local band of supporters who meet to enjoy themselves and support the Foundation. Several of those involved themselves have members of the family who have a mental health problem and so are appreciative of the work you do.”

Brian Morse, Treasurer, Marlow County Committee.

Corporate

We were chosen as the charity of the year by CIGNA HealthCare and were grateful to continue receiving support from Man group plc, Clyde and Co and the Ansbacher Banking Group. We will be devoting more resources in this area with an aim to developing more partnerships next year.

“We have been delighted to assist the Mental Health Foundation for the past 2 years. Support from colleagues at Ansbacher Banking Group together with friends and family has raised over £10,000 for the charity in a variety of ways. These include members of staff running the Flora London Marathon in 2007 and the organisation of other fundraising activities such as a carol concert and staff quizzes.

Ansbacher have also provided company donations. The charity was chosen by the bank as we appreciate that good mental health is vital for colleagues, families, the young and old alike - indeed a UK charity for everyone’s mental health. The bank also appreciated the dedication and rapport that is provided by charity staff with regard to communication and fundraising. All round, the Mental Health Foundation is a fantastic charity to support and we know that the funds they receive are put to most worthwhile and positive causes.”

**Phil Jesson, Head of Treasury,
Ansbacher Banking Group**

A very big thank you to all the supporters who have made donations to the Mental Health Foundation during the last year. We are particularly grateful to the following organisations for their support in 2007/08:

- | | |
|--------------------------------|---|
| Ansbacher Banking Group | Link Vending Ltd |
| Baily Thomas Charitable Fund | Lloyds TSB Foundation for England & Wales |
| BBC Children in Need | Man Group plc |
| Big Lottery Fund | Peacock Charitable Trust |
| Cafédirect | Suttons |
| Calouste Gulbenkian Foundation | The Henry Smith Charity |
| CIGNA HealthCare | The Hugh and Mary Miller Bequest Trust |
| Clipper | The Laces Trust |
| Clyde & Co | Triodos Bank |
| Comic Relief | Virgin Active |
| Dorset Cereals | |
| GMC Trust | |

Financial Summary

The trustees confirm that the summary financial statements on these pages are a summary of the information extracted from the full financial statements, which were approved on 16 July 2008. The summarised financial statements may not contain sufficient information to allow for a full understanding of the financial affairs of the charity. For further information, the full financial statements and the auditors’ report and the trustees’ report on those financial statements should be consulted.

Copies of the full financial statements are available from the Mental Health Foundation’s registered office. The summarised financial statements do not constitute full financial statements within the meaning of the Companies Act 1985 and the Charities Act 1993. A copy of the statutory financial statements of the charity, upon which the auditors have reported without qualification, have been delivered to both Companies House and the Charity Commission.

Approved by the trustees and signed on their behalf:

Mike Shooter
Chair

Approved on 16 July 2008

We have examined the summarised financial statements of the Mental Health Foundation. The trustees are responsible for preparing the summarised financial statements in accordance with the recommendations of the requirements of the Statement Of Recommended Practice on “Accounting and Reporting by Charities” (SORP 2005).

Our responsibility is to report to you our opinion on the consistency of the summarised financial statements with the full financial statements and the trustees’ report. We also read the other information contained in the summarised Annual Report and consider the implications for our report if we become aware of any apparent misstatements or material inconsistencies with the summarised financial statements. We conducted our work in accordance with Bulletin 1999/6 The Auditor’s Statement on the Summary Financial Statement, issued by the Auditing Practices Board for use in the UK. In our opinion, the summarised financial statements are consistent with the full financial statements and the trustees’ report of the Mental Health Foundation for the year ended 31 March 2008.

Buzzacott
Chartered Accountants
and Registered Auditors
12 New Fetter Lane
London EC4A 1AG

Statement of Financial Activities
for the year to 31 March 2008

	2008	2007
Income		
Donations & gifts	1,237,798	1,319,950
Legacies	1,577,291	1,588,952
Fundraising events	265,763	265,519
Government grants	197,000	191,448
Other grants	175,438	293,602
Charitable trading income	683,690	584,409
Investments (income and interest receivable)	136,544	141,834
Total incoming resources	4,273,524	4,385,714
Expenditure		
Cost of generating funds	975,085	1,189,925
Charitable expenditure	3,583,491	3,618,265
Governance	61,328	25,942
Total outgoing resources	4,619,904	4,834,132
Realised losses on investments	-	(7,939)
Net (expenditure) income	(346,380)	(456,357)
Unrealised (losses) gains on investments	(141,999)	70,834
Net movement in funds	(488,379)	(385,523)

Balance Sheet as at 31 March 2008

	2008	2007
Fixed Assets		
Tangible asset	74,122	66,962
Investments	2,378,260	3,000,610
	<hr/>	<hr/>
	2,452,382	3,067,572
 Current Assets		
Debtors	471,065	461,160
Bank and other deposits	358,011	313,703
	<hr/>	<hr/>
	829,076	774,863
 Creditors: amounts falling due within one year	(607,081)	(679,679)
Net current assets	221,995	95,184
 Total net assets	<hr/>	<hr/>
	2,674,377	3,162,756
 Represented by funds and reserves		
Income Funds		
Unrestricted funds		
- General funds	1,145,104	1,022,332
- Designated funds	375,381	1,124,471
Restricted funds	1,109,396	971,807
 Capital funds		
Permanent endowment funds	44,496	44,146
	<hr/>	<hr/>
	2,674,377	3,162,756

Patron

HRH Princess Alexandra,
the Hon Lady Ogilvy, KG GCVO

Trustees

Dr Alan Cohen
Matthew Cooper
Dr Jocelyn Cornwell
Alison Graham
Professor Glynis Murphy
Michael O'Connor CBE
(Honorary Treasurer)
Professor David O'Donnell
Giles Ridley
Dr Michael Shooter CBE (Chair)
Professor Tony Thake
Charles Walsh

Secretary

Dr Andrew McCulloch

President

Sir William Utting CB

Vice Presidents

Christopher Carter
Lord Dholakia OBE JP
Lady Euston
Tessa Baring CBE
Robert Loder CBE
Sir Nevil Macready
David Sachon
Mike Wilson

Chief Executive

Dr Andrew McCulloch

Registered and principal office

Sea Containers House
20 Upper Ground
London
SE1 9QB

Company registration number

2350846 (England and Wales)

Charity registration number

England 801130

Scotland SC 039714

Auditors

Buzzacott LLP
12 New Fetter Lane
London
EC4A 1AG

Bankers

Coutts & Co
440 Strand
London
WC2R 0QS

Investment managers

Newton Investment
Management Limited
71 Queen Victoria Street
London
EC4V 4DR

Solicitors

Berwin Leighton Paisner LLP
Adelaide House
London Bridge
London
EC4R 9HD

Hempsons LLP
Hempsons House
40 Villiers Street
London
WC2N 6NJ

Mental Health Foundation

Foundation for People
with Learning Disabilities

Founded in 1949, the Mental Health Foundation is the leading UK charity working in mental health and learning disabilities.

We are unique in the way we work. We bring together teams that undertake research, develop services, design training, influence policy and raise public awareness within one organisation. We are keen to tackle difficult issues and try different approaches, many of them led by service users themselves. We use our findings to promote survival, recovery and prevention. We do this by working with statutory and voluntary organisations, from GP practices to primary schools. We enable them to provide better help for people with mental health problems or learning disabilities, and promote mental well-being.

We also work to influence policy, including Government at the highest levels. We use our knowledge to raise awareness and to help tackle stigma attached to mental illness and learning disabilities. We reach millions of people every year through our media work, information booklets and online services. We can only continue our work with the support of many individuals, charitable trusts and companies. If you would like to make a donation, please call us on 020 7803 1121.

Visit www.mentalhealth.org.uk for free information on a range of mental health issues for policy, professional and public audiences, and free materials to raise awareness about how people can look after their mental health.

The Mental Health Foundation

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020 7803 1100
mhf@mhf.org.uk

Scotland Office

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scotland@mhf.org.uk

www.mentalhealth.org.uk
www.learningdisabilities.org.uk