

MentalHealth ResearchUK



Annual Review and Accounts 2017/18

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Charity Information

Charity Number	1125538	Reporting Accountant	Andrew Ford FMAAT Director
Bankers	CAF Bank 25 Kingshill Avenue Kingshill West Malling Kent ME19 4JQ		Hammond Ford & Co 10 Northgate St. Bury St Edmonds Suffolk IP33 1HQ
Charity Contact	David Pugh 3 Leicester Road Oadby Leicester LE2 5BD Tel. 07434 865543		

The image on the front cover is with the kind permission of Victoria Morris a view of Loch na Beinne Baine, from her County Tops Walk collection (See page 9).

What we do

We are the only organisation in the country that exclusively supports UK-based research into mental illness. We invest in some of our country's most promising young scientists in research environments that are at the forefront of the fight to find ways of preventing and treating mental illness.

Welcome letter from our Chair

Mental Health continues to attract media attention and there is a much more open dialogue about mental illness and about the lack of funding for services. There is less dialogue about the need for research and the relatively tiny amount of funding for it. The mental health of children and young people is being highlighted as a particular concern. We have been able to contribute by funding a PhD Scholarship in Child and Adolescent Mental Health, which started Autumn 2017 at Sussex University, and have also awarded two such Scholarships to start Autumn 2018. We have supported financially the Children and Young People Priority Setting Partnership run by the McPin Foundation in collaboration with the James Lind Alliance. This aims to identify the top priorities for research by listening to stakeholders that include young people, their parents and carers, mental health professionals and teachers.



MHRUK has so far awarded 16 PhD Scholarships. The quality of the applications continues to be high and we had 41 applications for three scholarships for 2018. In the event we were able to make four awards. We also made an award of fees for the MD(Res) course at King's College London, recognising the barriers to attracting psychiatrists into research. The awards panel is chaired by Professor Nick Rawlins and I would like to thank him and my fellow panel members Dr Vanessa Pinfold and Dr Sohie Dix (from the charity MQ) and Trustee Laura Purdam, who administers the scheme. As well as our academic peer reviewers we now have reviews from a service user panel organised by the McPin Foundation.

This year we were very fortunate that the Wellcome Trust hosted our annual Scholars' Day. This had the largest attendance so far with all our scholars presenting their work – one accompanied by her very small baby, which was a first for us. A good number of our regular supporters attended, and we were extremely impressed by the quality and confidence of the presentations.

We remain a very 'lean' organisation thanks to our volunteers. I am very proud to say that almost 98% of all funds donated is spent on research. I thank David Riggs our Honorary Administrator who leads our team of volunteers, his wife Wendy, Daisy Brookes, and Laura Purdam. Ann Dickinson continues to lead Blooming Monday awareness raising campaign. I thank Andrew Ford for providing the Independent Examiner's Report on our accounts on a *pro bono* basis and all our Trustees for their support and advice.

Later in this report you will see stories about some amazing challenges. Thank you to all our supporters for making MHRUK what it is. As I write this introduction we have celebrated our 10th Anniversary – but more about that in next year's report.

Professor Clair Chilvers Chair of Trustees

Mental Health Research UK: 2017/18 at a glance

Highlights of the year

- We awarded four new PhD Scholarships as follows:
 - Two Scholarships on Children and Young People - Oxford University and Edinburgh University
 - John Grace QC Scholarship (Schizophrenia) - University College London
 - Mental Health Research UK Scholarship (Schizophrenia) - Cambridge University.
- We have awarded the Tom Palmer MD(Res) award to Dr Nuala Kane at King's College London.
- We held our third very successful, Scholars' day in February at the Wellcome Trust London.
- Our Blooming Monday campaign led by Trustee Ann Dickinson saw significant growth in numbers of those taking part.
- The support from The Scott Eridine Charitable Trust was a major source of income this year.
- Overall, thanks to your generosity we raised over £138,000 this year, a brilliant result.

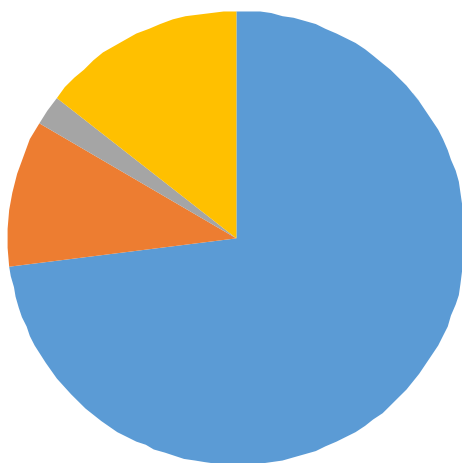
Our objectives are

- To protect and promote the health of the public by research into the nature, causes, diagnosis, prevention, treatment and cure of all forms of mental illness, and in particular the development of the research findings into practical applications for the prevention, treatment and cure of mental illnesses.

In furtherance of the primary objective

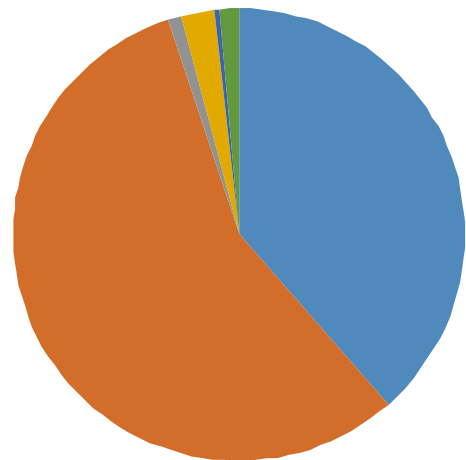
- (i) to provide information and raise public awareness and in particular public understanding of such matters;
- (ii) to build research capacity by way of the provision of fellowships and/or training awards and/or Scholarships; and
- (iii) to encourage the collaboration in research and the sharing of information both within the UK and worldwide.

Income £138,936



- Voluntary receipts
- Activities for Generating Funds
- Interest
- Schizophrenia Research Fund

Expenditure £213,174



- Mental Health Research UK Scholarships
- Schizophrenia Research Fund Scholarships
- Raising Awareness
- Children and Young People Priority Setting Partnership
- Scholars' Day

Our Work in 2017/18

What we did

Research

Four new Scholarships

We were able to offer four PhD Scholarships, one started in 2017 and the other three are starting in 2018.

The Children and Young People PhD Scholarship 2018, attracted seventeen very good applications. It was decided after peer review that we would award two Scholarships in this category. One to Dr Louise Johns at Oxford University titled: *Understanding the emotional and practical needs of parents with psychosis and those of their children*. The second to Dr Stella Chan at Edinburgh University for: *In Search of bio-psycho-social markers for the recurrence of adolescent depression*

The John Grace QC Scholarship in the field of schizophrenia, attracted twelve good submissions. These were peer reviewed and the Scholarship was awarded to Dr Elvira Bramon, of University College London, who will supervise the project: *Investigating how rare genetic variants increase schizophrenia risk*.

The Mental Health Research Scholarship attracted thirteen submissions and after peer review the Scholarship was awarded to Professor Trevor Robbins of Cambridge University for the project: *Understanding the neurobiological mechanisms of clozapine-induced Obsessive Compulsive Symptoms in schizophrenia and its treatment*. This Scholarship started in September 2017

For more details of all our Scholarships click here to visit our [website](#)

We are pleased to announce support for the MD(Res) at the Institute of Psychiatry, Psychology and Neuroscience (IOPPN) at King's College, London. Mental Health Research UK wishes to support young doctors with an interest in mental health research by offering Scholarships for this programme because we need to encourage more people to develop careers within academic psychiatry. Our first award is the Tom Palmer MD(Res) awarded to Dr Nula Kane for her project: *Contested Capacity Assessments*.

For details of this MD(Res), click here to visit our [website](#)

Our current PhD Scholars

To see the latest reports, please scroll down the website page.

Jennifer Dykxhoorn was awarded the John Grace QC PhD Scholarship 2015 at University College London - 'The Life Course Epidemiology of Psychotic Symptoms in Schizophrenia and Other Psychoses: from environment to psychosis.' Jennifer is in her third year. For her latest report, click on the link. [2018 Report](#)

Sumit Mistry was awarded the Bipolar Disorder PhD Scholarship 2015 at Cardiff University - 'Identifying clinical and cognitive endophenotypes for bipolar disorder: genetic risk score analysis of two large population cohorts.' Sumit is now in his third year.

For his latest report, click on the link. [2018 Report](#)

Kamelia Harris was awarded the John Grace QC PhD Scholarship 2016 - Manchester University - 'Understanding psychological resilience to negative stressors and suicidal thoughts and behaviours in people experiencing schizophrenia spectrum disorders.' For her latest report, click on the link. [2018 Report](#)

Milan Wiedemann was awarded the Anxiety Disorder PhD Scholarship 2016 - Oxford University - 'Mediators and moderators of treatment effects in social anxiety disorder and post-traumatic stress disorder.'

For his latest report, click on the link. [2018 Report](#)

More Graduates

We are pleased to announce that three more students are nearing the completion of their PhD's this year.

Jyothika Kumar, at Nottingham University, 'Investigating the relationship between glutamatergic abnormalities and cortical activity in schizophrenia using Magnetic Resonance Imaging scanning and Magnetoencephalography.'

Cristina Filannino, at City University London, 'Understanding and translating Working Memory Deficits in Schizophrenia into treatment.'

Andrea fernandes, at the Institute of Psychiatry, Psychology and Neurosciences, King's College London (KCL), 'Association of different treatments for depression with suicidal ideation and behaviours.'

We will update our website when we receive their theses.

Our Work in 2017/18

Four new Scholars started in September 2017.

The first, Heather McDonald, has been awarded **The Fieldrose Charitable Trust PhD Scholarship 2017 - King's College London** - *'Turning the Curse into a Blessing: Using Mindfulness to Reduce Schizophrenia Vulnerability in Psychosis-Prone Individuals.'*

I am a recent graduate of MSc Health Psychology at Northumbria University and am due to start my PhD in October 2017, supervised by Professor Paul Chadwick and Dr. Elena Antonova in the IOPPN of KCL. I am committed to the field of psychology and am greatly interested in research of clinical relevance. I have particular interest in mindfulness, creativity, neuroimaging and the role of neurotransmitters in psychology.



I am very excited about starting the current project at KCL. This great research opportunity has been awarded by Mental Health Research UK; The Fieldrose Charitable Trust PhD Scholarship.

For more information, please click on the link. [Heather](#)

The second Scholar is Poppy Brown, who was awarded **The John Grace QC PhD Scholarship 2017 - Oxford University**, titled *'Using immersive virtual reality to help patients with persecutory delusions successfully re-engage with social situations.'*



Poppy completed her undergraduate degree in Psychology and Philosophy at Corpus Christi College, Oxford. She is committed to conducting research into mental health. She published a policy paper on student mental health on behalf of the Higher Education Policy

Institute in September 2016 and her final year research project investigated self-criticism in Social Anxiety Disorder. She enjoys volunteering for a number of charities including Oxfordshire Mind and Schools Plus.

For more information, please click on the link. [Poppy](#)

The third student is Lucie Crowter, who was awarded the **Adolescent Mental Health PhD Scholarship 2017 at the University of Sussex**, titled *'Pre-morbid school functioning and trajectories of mental health and social disability in adolescence and young adulthood.'*

Hi, I'm Lucie and I'm due to start a PhD at the School of Psychology, University of Sussex in September 2017. For the past two years I have been working on the NIHR HTA funded PRODIGY youth mental health and social recovery trial (ISRCTN47998710).



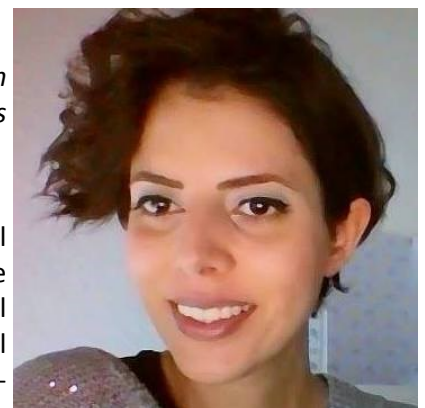
I previously attained both my undergraduate degree in Psychology and Masters degree in Foundations of Clinical Psychology and Mental Health at the University of Sussex. For my Masters dissertation I conducted a study focused on measuring and analysing school children's mental health attitudes.

For more information, please click on the link. [Lucy](#)

The fourth award was to Marjan Biria who has started the **Mental Health Research PhD Scholarship 2018 at the University of Cambridge** titled *'Understanding the neurobiological mechanisms of clozapine-induced Obsessive Compulsive Symptoms in schizophrenia and its treatment.'*

Education

Bachelor of Clinical Psychology Vrije Universiteit Brussel (VUB), Brussel Belgium. Feb. 2009-Jun. 2013



Thesis: Effects of rumination and worry on working memory performance.

Master of Neuroscience. University of Geneva, Geneva Switzerland. Feb. 2014-Sep. 2015

Thesis: Investigating the EEG biomarkers of schizophrenia in a population with 22q11.2 Deletion syndrome.

For more information, please click on the link. [Marjan](#)

Our Work in 2017/18

Scholarships for the MD(Res) at King's College London: a new Mental Health Research UK initiative.

The Trustees of Mental Health Research UK are pleased to announce support for the MD(Res) at the Institute of Psychiatry, Psychology and Neuroscience (IOPPN) at King's College, London. Mental Health Research UK wishes to support young doctors with an interest in mental health research by offering Scholarships for this programme because we need to encourage more people to develop careers within academic psychiatry. We are keen to provide a supportive community within Mental Health Research UK for all our scholars, which this award holder will join. This will help doctors thrive in their studies and ensure progress is made towards improving the lives of people with mental health problems, through scientific advances.

The first award has been named in memory of Tom Palmer after the generous donation and support of the Palmer family and their friends.

Tom Palmer MD(Res) Scholarship 2018 awarded to Dr Nuala Kane

Title: Contested Capacity Assessments

I am a medical graduate of NUI Galway in Ireland and a psychiatry trainee on the Maudsley Training Programme with clinical interests in liaison and older adult psychiatry. I am currently working as a clinical research associate on King's College London's Mental Health and Justice project on Contested Capacity Assessments.



My research focuses on difficult or contested capacity assessments, and involves exploring the role of the assessed person's beliefs and values in these capacity assessments. I am lucky to have a supervisory team with expertise spanning psychiatry, law and bioethics, and to work within a collaborative and interdisciplinary research network. I am delighted to have been awarded the Tom Palmer Mental Health Research UK MD(Res) award which will allow me to complete my part-time MD(res) at the Institute of Psychiatry, Psychology and Neuroscience.

For more information on this award click on the link: [Nuala](#)

Awarding Research Scholarships

The process for awarding Scholarships starts early in the year with an advertisement in Research Fortnight and an email to our academic mailing list.

Applications (only one per Scholarship from each University is permitted) are peer reviewed by academic researchers and service user reviewers and scored. The point of the research proposal, the experience of the supervisors and the university environment are all taken into account before the awards are made. The process is overseen by Trustees Professor Clair Chilvers, Professor Nicholas Rawlins and Dr Vanessa Pinfold, all research scientists.

We have again asked MQ, the newest mental health research charity, to help us with the adjudication of the Adolescent Mental Health Scholarship as it has a programme of research into that topic. This collaboration worked well and we look forward to working together again.

Laura Purdam continues to support the process for us, which she has done with great effectiveness.

Relationships

During the year, Mental Health Research UK has worked closely with The McPin Foundation. We have assisted with the funding of The Children and Young People Priority Setting Partnership and McPin Foundation have provided service user reviewers for the Scholarships to help give us an insight into the areas of most need for mental health research.

We continue to be a member of the Alliance of Mental Health Research Funders. It has met twice during the year and proves a useful forum to exchange views and experience. Meetings were kindly hosted by MQ at its London office, and the McPin Foundation.

Clair Chilvers has been asked to join the National Mental Health Research Funders' Group.

Our Work in 2017/18

Scholars' Day

On February 23, 2018, Mental Health Research UK (MHRUK) Trustees, PhD students, their supervisors and supporters braved an uncharacteristically cold London day to attend the Annual Scholars' Day, hosted at the Wellcome Trust. This annual day of research and networking is a chance to meet MHRUK Trustees, supporters, and other MHRUK-funded scholars. This year's event attracted over 50 people, and it has been exciting to see the growth of Scholars' Day over the past 3 years that I have been attending this event.



We were welcomed by Prof Clair Chilvers, Chair of Trustees, who noted that this year marks the 10th anniversary of MHRUK as a registered charity. In this time, they have funded 16 Scholarships, and have plans for future exciting opportunities for research psychiatrists.

Scholars' Day showcases a tremendous variety of psychiatric research, and this year's presentations did not disappoint! Delegates from across the UK presented active research projects in suicide (Andrea Fernandes, Kamelia Harris, Hannah Scott), schizophrenia & psychosis (Christina Filannino, Jyothika Kumar, Poppy Brown, Heather McDonald, and me – (Jen Dykxhoorn), bipolar disorder (Sumit Mistry), post-traumatic stress disorder (Milan Wiedemann), anxiety and depression (Daisy Parker), obsessive compulsive disorder (Marjan Biria), and emerging psychological difficulties in adolescence (Lucie Crowter).

In addition to covering a wide breadth of mental health conditions, each presentation showcased novel

methodologies – from systematic reviews to genetic studies, qualitative narrative synthesis to EEG brain scans.

This is my 3rd Scholars' Day, and the annual opportunity to present my research and get comments from other researchers, trustees, and supporters. These conversations have highlighted new perspectives on my research, which has enriched my work. Despite coming from diverse backgrounds and fields, each participant is passionate about understanding mental health better.

I am certain the coming year will be filled with success – with several scholars near completion of their PhD, and others on track to publish papers and present findings at international conferences.

I am so grateful to Mental Health Research UK for providing support to make this research possible and I look forward to next year's Scholars' Day!

Jen Dykxhoorn PhD candidate, UCL Division of Psychiatry @jen.dykxhoorn
jennifer.dykxhoorn.15@ucl.ac.uk

For details of their presentations, see our [website](#):

Administration and Fundraising

Our Administration, led by David Riggs our Honorary Administrator, continues to be developed, with voluntary support from Laura Purdam and Daisy Brookes, who have both given us brilliant support over the year. As a small charity with no paid employees, having support for the day-to-day administration has made a huge difference to us and we are very, very grateful for Laura and Daisy's support. We are so grateful for David's work, literally on a day-to-day basis.

Our thanks also go to David Pugh our Honorary Treasurer, who deals with our banking and acknowledges and thanks fundraisers for their cheques.

Fundraising through events and challenges is described elsewhere in this report but suffice it to say that we have had great support from the many people who fundraise for us in this way.

Raising Vital Funds

What we did

Raising money from events and challenges is a major contributor to the funds we raise throughout the year. We have again been fortunate this year in having so many generous fundraisers who give an inordinate amount of time and effort into raising money for Mental Health Research UK. **WE THANK YOU ALL** for your efforts and the funds raised.

Over 60 individuals and teams registered on fundraising sites, such as My Donate, Just Giving and Virgin Money Giving and took part in fundraising events and raised over £53,000 for Mental Health Research UK .

As well as these fundraisers, we receive cheques and donations from individuals and organisations all of whom give their time and money to help us award more research grants. We would like to thank all those people for their donations.

This year we had places in the Great North Run and one of those places was taken up by our Trustee Laura Purdam, who together with eight others raised over £6,000 - a brilliant effort

We asked some of these fundraisers to tell us their story in the hope that it might inspire others.

Victoria Morris—COUNTY TOPS WALK - JOHN O'GROATS TO LAND'S END, VIA THE HIGHEST POINT OF EVERY COUNTY

In 2017, I fulfilled a lifetime's ambition in walking from John O'Groats to Land's End – but not the conventional way – I went via the highest point of every mainland county in Britain. Walking for 211 days, I covered over 3,500 miles and climbed more than 119,000 metres - equivalent to walking 1/7th of the way round the equator, and climbing 13 ½ times the height of Everest. For a whole seven months, I was privileged to enjoy the freedom to walk, to climb, and to explore the landscape around me.

Mindful of the fact that my journey was, in essence, a holiday, I did not seek sponsorship for the walk. However, I realised that I could also use it as a fund-raising opportunity. Since returning to civilisation, I have therefore been raising money for Mental Health Research UK by selling note-cards made with a selection of photographs from my walk, and by giving talks to various local groups. I hope also to be able to use talks to raise awareness of the valuable work of MHRUK,

and of mental health issues more generally.

Having experienced periodic episodes of depression and eating disorders throughout my teenage and adult life, I am aware of the need for further research into mental health, and was keen to

fund-raise for a mental health charity. I decided to support MHRUK, in particular, in memory of Martin Sutherland, a kind, caring, and talented young man, who sadly took his own life in 2011. Since Martin's death, his parents, Ann and Andrew have been passionate supporters of MHRUK. They were also very supportive of me during my long walk, which made MHRUK a natural choice of charity to support. I am also supporting Mountain Rescue, with all money raised being split equally between the two charities.

Although selling note-cards does not raise money rapidly, it is gratifying to see donations coming in. It is my hope to raise £1 for every mile walked: at the time of writing, I have raised £3,203.87. My website, <http://www.mappamorris.co.uk/countyTops/>, includes more



information about my walk, including links to my fundraising page, route map and photographs.

Raising Vital Funds

The Great North Runners

Each year MHRUK tries to get some places in the Great North Run. It's a great opportunity to raise awareness and funds and get some supporters together. In 2017 one of our trustees, Laura enrolled her sister and friend to join her in taking part in the 13.1 mile challenge. Unfortunately, Laura's sister suffered an injury prior to the race and had to defer her run until 2018. Here's their story...

Laura and her friend Rebecca headed up the A1 from their home in Yorkshire on Saturday 9th September last year fully loaded with their trainers, runners pack and a lunchbox full of plain pasta. Supported by their family, they arrived at their hotel in Newcastle raring to go (sort of).

Morning came and they had one last chance to get some energy on board... the nerves impacted this attempt also. A banana and some dry pasta were all that got consumed... never mind, a sports bra full of jelly babies would have to suffice.

From their hotel Laura and her team had to get a taxi to the start line or as close as possible. The taxi driver was a large character in more than one sense... although he did inform them that he had himself run the half marathon back in the day. Completing the challenge was impressive enough but he then went on to say that he had managed to complete it in 45minutes... Mo who!?

The cheetah, sorry taxi driver, dropped them off with only a short walk to the start line. Being as prompt as Laura is, they arrived at the start line with lots of time to spare. Among the sights, they saw, Mo Farrah, the nation's sweetheart Davina McCall and last but not least... ERIC POLLARD!! For those who are not aware, Eric is somewhat of a Yorkshire hero starring in Emmerdale for as long as most people can remember.

After all the celebrity spotting, it was time for Laura and Rebecca to part with their supporters and head to their section of the start line. The runners that are perhaps slightly less worried about time and more interested in the taking part can start further towards

the back. Laura and Rebecca were one of the latter.

Starting in the pink section, Laura and Rebecca were just over the start line as Mo Farrah was winding up his 4th GNR victory. But, given that they were more of the taking part runner, this did not bother them one bit and their earlier taxi driver could relax safe in the knowledge that his outstanding "record" still stood...

So, the run was underway, a jelly baby per mile marker to keep the engine stoked and to reward themselves for another mile under their belt/trainers.



Around the 5 mile mark, all the pre-run hydration had taken its toll and a pit stop was required. Laura peeled off from the route to join the queue for one of the many portaloos. Now bear in mind that 57,000 people take part in this run when you read the next part of this story...

Laura's support team had (for some reason) decided to stop half way between the start line and the finish line to offer their support to the participants. As they hopped off the metro, they followed the sound of the crowds and eventually found their way to the course. They wondered down a dual carriageway slip road, who should they see in the queue for the loo... it's only blooming Laura! By this point, Rebecca had caught the 'must get a good time' bug and had raced off ahead.

Raising Vital Funds

The Great North Runners continued

The odds of Laura's family not only seeing her but also getting the chance to speak to her in the queue must have been huge and that strange coincidence gave Laura a massive motivational boost.

The challenge continued, and the mile markers were slowly ticked off and the weight of the jelly babies dropped, easing the run... NOT!



Although the physical and mental demands are high whilst taking on something like this, the support from everyone there is immense. It's hard to feel as though

you're beaten when there's so many people willing you on.

The support is fantastic along the whole length of the route, but none quite as much as the finish line. Not only is there a huge sense of achievement from a personal perspective but the crowds there offer so much to the last few painful moments along the finish straight.

Laura and Rebecca both successfully completed the challenge they had set themselves. Rebecca finished 2hours 17minutes after starting and Laura trotted over the finish line with a time of 3hours 13minutes.

Katie returned to have her own GNR experience in 2018 with Laura this time being on the support side. Katie overcame her injury to complete the run in 2hours 41minutes.

All three of these participants took part for their own individual reasons but also had one common goal... to raise awareness and much needed money for Mental Health Research UK. They surpassed their fundraising

target and managed to raise just over £1,600.00 and hopefully did and continue to raise awareness about Mental Health.

Laura, Rebecca and Katie would like to say a huge thank you to all the support and sponsors they received in the run up and just in the run.

Rosie's Berlin Half Marathon

I knew that I wanted to raise money for Mental Health Research UK the day my Dad passed away in November 2016. He was an alcoholic, with depressive tendencies, forever battling with the crippling disease that is addiction.

I felt it important to do something to help the charity that raises money and awareness to help people like my Dad, and in doing so it allowed me to explore the conversation around mental health. Every time anyone asked me which charity I was doing my half marathon for, I was honoured to say "I'm doing it for Mental Health Research UK".

Not only was I raising money for my Dad, but I also wanted to raise money for my friend Alex. She took her own life in August 2016 and since then her friends and family have been fundraising for Mental Health Research UK, even allowing the charity to use Alex's



art for the website and beautiful 'Thank You' cards.

It is such an important charity, one that deserves to be put on the map, even more so than it already is. It deals with issues that no one really likes to talk about, and I am so proud to have been a part of the change it continues to make.

Blooming Monday 2018




15 January 2018
The School of Arts and Social Sciences along with the Centre
for Psychological Wellbeing & Neuroscience supports...



This year was the most successful Blooming Monday with new organisations coming on board and record funds coming in for our research. Thank you to the British Veterinary Association which donated £1,000 and to all the large Veterinary organisations and practices both large and small who embraced the day and helped raise the profile of mental health. Thank you to the McPin Foundation and every institute, business and individuals who made cakes and entered into the spirit of making this day a time to recognise the problems in this area and support our research for much needed answers. We are heartened that many of our supporters now have the Blooming Monday date ready in their diaries every year and it is wonderful to see how much it has grown over the



last 5 years. A two day Tesco collection in my home town attracted a lot of interest, raised some pennies but gave lots of people the opportunity to share their story of mental illness in themselves or a loved one, which is important.

We hope to attract a high profile supporter to the cause to widen its promotion and if anyone reading this report has a contact or ideas please let us know.

Thank you

Ann Dickinson
Trustee

Teresa Labiak added a new photo to Mental Health Research UK's timeline — at Small Animal Referral Hospital Langford Vets University of Bristol

Financial Review of the Year

Receipts

Our receipts (income) reached £138,000 this year, which is well above last years.

Our regular donors

We have highlighted some of those who have supported us this year, many of whom have suffered a loss of a loved one. We are extremely grateful for their support.

Charitable payments

Our charitable payments (expenditure) on Scholarships was £213,149, including the Schizophrenia Research Fund Scholarships, which are funded from our SRF investments.

Three Scholarships are about to complete and we are pleased that we have inspired three new young researchers.

We have eight Scholarships running at present, at Cardiff University, University College London, two at Oxford University, Manchester University, Sussex University, King's College London and Cambridge University.

This September (2018), three more Scholarships start at Oxford University, Edinburgh University, and University College London. In March we advertised for applications to start new Scholarships in September 2019.

We initiated the Tom Palmer MD(Res) award at King's College London with the generous donation from the Palmer family and their friends to cover the cost of this award over the four year period. This started in January 2018.

Our spending on Scholarships, raising awareness and Children and Young People PSP represents 98.2% of our total expenditure.

Other payments

Our other expenditure this year covered such things as T-shirts, event applications, JustGiving and leaflets and Scholars Day. In total this amounted to less than 2.0% of our total expenditure. We don't anticipate our expenditure profile changing in the foreseeable future, as all our Trustees realise that many of our donors appreciate the low cost base we have and that

over 95% of our funds go towards research.

Cash Funds and Investment Assets

As at 31st March 2017, our total cash in the bank and investment account was £557,429. Our bank account stood at £140,930 and our investment funds £416,499.

The Miriam Rothschild Schizophrenia Research Fund (MRSRF), held by Rothschild Bank, remained steady during the year we have only needed to draw down £28,800 for Scholarship payments. We had designated funds of £20,000 and will need to draw down again next year to cover the Scholarship costs.

The Scholarship expenditure is included in the charitable expenditure mentioned previously.

Reserves Policy

Our policy on reserves is fairly simple, we will not embark on awarding Scholarships unless we have the funds to cover the cost of the full term of the Scholarship, that is, four years.

With MRSRF funds, the policy is that the Scholarships shall be self-sustaining, in that the income from MRSRF investments will fund four Scholarships on a rolling programme. The money raised directly by Mental Health Research UK will fund additional Scholarships.

Investment Policy

Mental Health Research UK funds are maintained in bank and interest-bearing accounts. We need the capital to be secure to enable us to use it for Scholarship awards. The interest will contribute to the charity's receipts.

The MRSRF funds remain with Rothschilds and the interest and some capital will be used to fund Scholarships.

Legal Structure and Governance

Risk Management and Internal control

Our review of risk management and internal control is undertaken in May of each year. As part of that review, we update our progress under the general headings of:

- Governance
- Operational
- Financial
- Environmental or external factors

We are addressing any areas of concern in order to ensure that we have a sustainable long term future.

Public benefit

In reviewing our aims, objectives and planning future activities, the Trustees have taken into account the Charity Commission's general guidance on public benefit. The Trustees ensure that the activities undertaken are always in line with the charitable objectives and aims of Mental Health Research UK and the Schizophrenia Research Fund.

All the charitable activities for both charities are undertaken for the benefit of the public in line with their founding objectives.

Legal structure and governance

Mental Health Research UK is a registered charity in England and Wales (Charity number 1125538) regulated by the Charity Commission and established by its declaration of Trust dated 25 July 2008

The Trustee board is responsible for governance and strategy of Mental Health Research UK. The Board is made up of 8 Trustees. The board has full legal responsibility for the actions of Mental Health Research UK. Trustees are normally appointed for a renewable term of three years. The board meets twice a year and is also responsible for the day-to-day running of the Charity.

Grant-making policies

We only make grants after an advertised competition. Detailed applications are required and both scientific and service-user peer reviews are carried out.

We publish on our website, www.mhruk.org.uk, from March each year, in-depth information on our grants process and who may apply (where you will also find grant application forms).

Our staff and volunteers

None of our work would be possible without the dedication and hard work of volunteers and supporters.

In addition to the Trustees, we have four active volunteers, who manage the affairs of the charity.

David Riggs: Administrator

Wendy Riggs: Secretarial support

Daisy Brookes: Database administrator

Andrew Ford: Independent Examiner

Our thanks go to Henry Parkinson, for his work over the past year as Newsletter & Blooming Monday co-ordinator.

We do not have a paid workforce.

Our volunteers continue to make an extraordinary contribution. Their annual contribution is vital, but their impact goes way beyond money.

To our supporters, volunteers are the public face of our Charity. It is by working together in this way that Mental Health Research UK will achieve its goal of transforming lives.

Statement of Trustees' responsibilities

The Trustees are responsible for preparing this Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Board of Trustees

The following Trustees served during 2017/18.

Professor Clair Chilvers

Dr Laura Davidson

David Pugh

Ann Dickinson

Lord Neuberger

Professor Nicholas Rawlins

Dr Vanessa Pinfold

Laura Purdam

New Trustees

No new members were appointed to the Trustee board during 2017/18.

Independent examiner's report to the trustees of Mental Health Research UK

I report on the accounts of the Trust for the year ended 31 March 2018, which are set out on the following pages.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the commission under section 145(5)(b) of the 2011 Act
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Andrew Ford

Andrew Ford FMAAT

Director

Hammond Ford & Co Ltd

Unit 6 Church Farm Business Park, Barrow, Bury St Edmunds, Suffolk IP29 5AX

24th July 2018

Receipts and payments accounts	
For the period from	Period start date 1st April 2017
To	Period end date 31st March 2018

Section A Receipts and payments

	Unrestrict- ed funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Voluntary Receipts	1 101,414	-	-	101,414	74,855
Activities for generating funds	2 14,476	-	-	14,476	13,313
Investment dividends / Interest	3 3,046	-	-	3,046	3,257
Bank interest	-	-	-	-	-
Other receipts	-	-	-	-	-
Schizophrenia Research Fund Income	20,000	-	-	20,000	20,000
	-	-	-	-	-
Sub total (Gross income for AR)	138,936			138,936	111,425
A2 Asset and investment sales, (see table).					
Sale of assets within Rothschild Portfolio	-	-	1,044,881	1,044,881	
Sub total	-	-	1,044,881	1,044,881	-
Total receipts	138,936	-	1,044,881	1,183,817	111,425
A3 Payments					
Cost of generating voluntary receipts	562	-	-	562	418
Fundraising costs	4 1,160	-	-	1,160	1,243
Cost of charitable activities	469	-	-	469	505
Governance costs	679	-	-	679	229
Scholars Day	934	-	-	934	508
Mental Health Research Scholarships	5 82,165	-	-	82,165	81,948
Schizophrenia Research Fund Scholarships	6 120,180	-	-	120,180	33,498
Raising Awareness	2,000	-	-	2,000	
Children and Young People PSP	5,000	-	-	5,000	
Investment management costs	-	-	25	25	-
Sub total	213,149	-	25	213,174	118,349
A4 Asset and investment purchases					
Purchase of assets within Rothschild Portfolio	-	-	1,024,738	1,024,738	
Sub total	-	-	1,024,738	1,024,738	-
Total payments	213,149	-	1,024,763	1,237,912	118,349
Net of receipts/(payments)	-74,213	-	20,118	-54,095	-6,924
A5 Transfers between funds	28,800	-	-28,800	-	-
A6 Cash funds last year end	483,099	-	128,425	611,524	618,448
Cash funds this year end	437,686	-	119,743	557,429	611,524

Section B Statement of assets and liabilities at end of the period

Categories	Details	Unrestricted funds To nearest £	Restricted funds To nearest £	Endowment funds To nearest £
B1 Cash funds	CAF Bank Current Account	140,930		
	Paypal Account	1,389		
	Close Bros	75,367		
	Shawbrook	70,000		
	Skipton Building Society	70,000		
	Hampshire Trust Bank	80,000		
	Rothschild Money Manager			119,743
	7 Total Cash Funds		437,686	
	(agree balances with receipts and payments account(s))			
		Unrestricted funds	Restricted funds	Endowment funds
		To nearest £	To nearest £	To nearest £
B2 Other monetary assets				
B3 Investment assets		Funds to which assets belong	Cost (optional)	Current value (optional)
	Rothschild investments for SRF			1,123,578
B4 Assets retained for the charity's own use		Funds to which assets belong	Cost (optional)	Current value (optional)
B5 Liabilities		Funds to which assets belong	Cost (optional)	Current value (optional)
	8 MHRUK PhD Research Scholarships	Cash funds	329,365	
	9 SRF PhD Research Scholarships	Rothschild Investments	449,465	
Signed by one or Two trustees on behalf of all the trustees				Date of approval
		Signature	Print Name	

Notes on Accounts by the Trustees of Mental Health Research UK

The numbers relate to those shown against the entries on pages 16 and 17.

1. Voluntary Receipts

Voluntary receipts comprise donations received by the charity in the year, including income tax reclaimed under Gift Aid.

2 Activities for Generating Funds.

Activities for generating funds represents donations received through schemes run by the charity, eg 1000 Supporters or Blooming Monday.

3. Investment dividends / Interest.

This is interest arising from monies set aside to cover future Scholarship costs.

	2018	2017
Close Bros (July & January)	1,192	1,440
Shawbrook	853	980
Scottish Widows	208	362
Skipton Building Society	584	226
Nationwide Building Society	209	249
	3,046	3,257

4. Fundraising Costs.

Fundraising costs are those associated with events (entry fees and t-shirts/vests)

5. MHRUK Scholarships

		2018	2017
Edinburgh University	2012	0	6,354
Nottingham University	2013	0	6,943
King's College London	2014	0	31,310
Cardiff University	2015	18,506	37,341
Oxford University	2016	43,566	0
Sussex University	2017	18,728	0
Tom Palmer MD(res)		1,365	0
		82,165	81,948

6. SRF Scholarships

		2018	2017
Edinburgh University	2012	0	6,355
Nottingham University	2013	0	6,943
City University London	2014	16,900	20,200
University College London	2015	44,346	0
Manchester University	2016	37,165	0
Oxford University	2017	21,769	0
		120,180	33,498

Notes on Accounts by the Trustees of Mental Health Research UK

The numbers relate to those shown against the entries on pages 16 and 17.

7. Cash Funds comparison with previous year

	2018	2017
Current Account	140,930	107,617
Paypal Account	1,389	808
Close Bros	75,367	74,175
Shawbrook	70,000	70,000
Scottish Widows	0	90,499
Skipton Building Society	70,000	70,000
Nationwide Building Society	0	70,000
Hampshire Trust Bank	80,000	0
Rothschild Money Manager	119,743	128,425
	557,429	611,524

8. MHRUK Liabilities for PhD Research Scholarships

Year of start of Scholarship	2018	2017
King's College London 2014	7,000	6,000
Cardiff University 2015	20,650	40,450
Oxford University 2016	45,700	89,185
University of Sussex 2017	61,500	77,300
Oxford University 2018	96,850	0
Edinburgh University 2018	81,850	0
Tom Palmer MD(Res) KCL	11,815	0
Raising Awareness (3yrs)	4,000	3,000
Children and Young People PSP	0	5,000
	329,365	220,935

9. SRF Liabilities for PhD Research Scholarships

Year of start of Scholarship	2018	2017
City University London 2014	0	20,500
University College London 2015	56,065	94,050
Manchester University 2016	38,550	75,850
Oxford University 2017	69,300	91,240
King's College London 2017	92,400	86,400
Cambridge University 2017	97,550	0
University College London 2018	95,600	0
Raising Awareness (3yrs)	0	3,000
	449,465	371,040

Other matters

Staff costs

The charity has no paid employees. The trustees of the charity do not recognise, in financial terms, the time spent by volunteers on behalf of the charity.

Trustee Remuneration and expenses.

No trustee receives remuneration for their services.