

# MentalHealth ResearchUK



**Celebrating 10 Years of raising funds for  
Research into mental illness 2008-2018**

**Annual Review 2018/19**

# Annual Review 2018/19

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## Charity Information

Charity Number 1125538

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## 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

In 2018 Mental Health Research UK celebrated 10 years since registration as a charity. On pages 5 and 6 of this review we show, in diagrammatic form, the achievements of Mental Health Research UK over that period.

Over the 10 years we awarded 16 PhD Scholarships (with a further four awarded at the end of 2018), we raised over a million pounds, and we started new awards to support young psychiatrists undertaking the MD (Res) – an MD degree course based on training in research methods. Each year 900 hours of administration are carried out by our volunteer administrator David Riggs and his small team. This means that more than 95% of all donations raised go directly to support research.

When the late John Grace QC, Dr Laura Davidson and I founded the charity in 2008 we had little idea of what hard work it would be to make a case for supporting research into mental illness. We have been fortunate to have attracted supporters who have understood this imperative and who have helped us with fundraising. The first of these was Ann Dickinson, whose great friend Mark Robinson (like Ann a veterinary surgeon) took his own life. Ann contacted us and organised a fund-raising walk in memory of Mark. This was our first fundraising event and was just the beginning. Shortly afterwards the then High Sheriff of Nottinghamshire, Amanda Farr, organised a dinner at the University, where Alistair Campbell spoke about his own experience. With matched funding from the University we were able to award out first PhD Scholarship. Looking back now, over that 10-year period, I am very proud of what we have been able to achieve.



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 understanding of the need for research and the relatively tiny amount of funding for it. We are actively working with members of the national Mental Health Research Funders Group to ensure that the general public is made aware of the current situation. The mental health of children and young people continues to be highlighted as a particular concern. We have been able to contribute by funding PhD Scholarships in Child and Adolescent Mental Health and have supported, both financially and by membership of the steering committee, the Children and Young People Priority Setting Partnership run by the McPin Foundation in collaboration with the James Lind Alliance. The work of the Partnership is now complete and has identified the top priorities for research by listening to stakeholders including young people, their parents and carers, mental health professionals and teachers.

The quality of PhD Scholarship applications continues to be high and we had 38 applications for three Scholarships to start September 2019. In the event we were able to make four awards. The awards panel was chaired by Professor Nick Rawlins and I would like to thank him and my fellow panel members Dr Vanessa Pinfold and Dr Sophie Dix (from the charity MQ) and Trustee Laura Purdam, who helped to administer the scheme. As well as our academic peer reviewers we now have reviews from a service user panel organised by the McPin Foundation. Professor Rawlins has now retired from the panel and Professor Sir Mike Owen has taken over as Chair. Volunteer Karen Tarn has taken over as scholarship award administrator.

Our 2019 Scholars' Day was held at King's College London (see photograph on the front cover) and yet again was a day much enjoyed by both our scholars, their supervisors, Trustees and supporters.

For the first time this year our annual income exceeded £250,000 which has meant a change to our accounting procedures.

This year we appointed two new Trustees: Professor Sir Michael Owen from Cardiff University, a leader in the mental health research field and Rachel Dakin an expert in PR. I thank all our Trustees for their wise advice and support. I thank David Riggs our Honorary Administrator who leads our team of volunteers, his wife Wendy, Daisy Brookes, and Karen Tarn. Ann Dickinson continues to lead our Blooming Monday awareness raising campaign.

I look forward to continuing the achievements of Mental Health Research UK over the next 10 years.

## Professor Clair Chilvers

### Chair of Trustees

# Mental Health Research UK: 2018/19 at a glance

## Highlights of the year

- This year we celebrated 10 years of raising funds for research into mental illness. See the next two pages for a summary of our achievements.
- We awarded four new PhD Scholarships to start in 2019 as follows:
  - Children and Young People PhD Scholarship-King’s College London
  - Sylvia and Christine Wastall PhD Scholarship (schizophrenia) University of Bristol
  - John Grace QC PhD Scholarship (Schizophrenia) - University of Cambridge
  - Anxiety and Depression in Older People PhD Scholarship - University of Sussex.
- We held our fourth very successful Scholars’ day in February at King’s College London.
- Our Blooming Monday campaign led by Trustee Ann Dickinson saw significant growth in numbers of those taking part.
- Overall, thanks to your generosity and major donors we raised over £250,000 this year, a brilliant result.

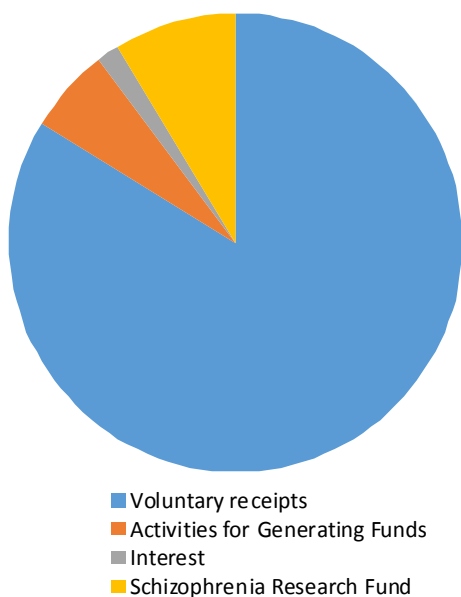
## Our objectives are

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.

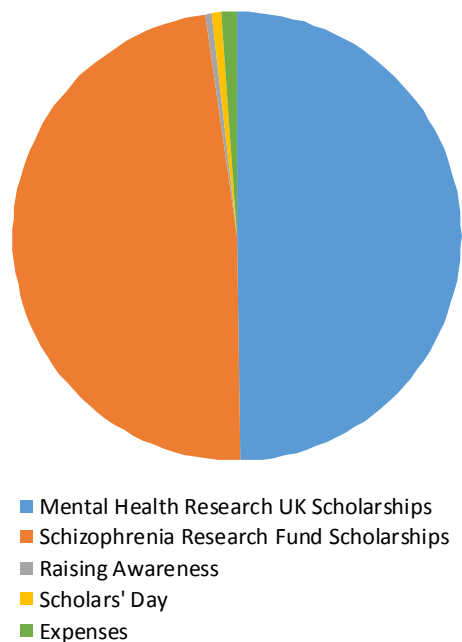
## In furtherance of the primary objective

- (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 £252,779



## Expenditure £394,085



**We have raised over £1 million:**

**Donations = £752,276**

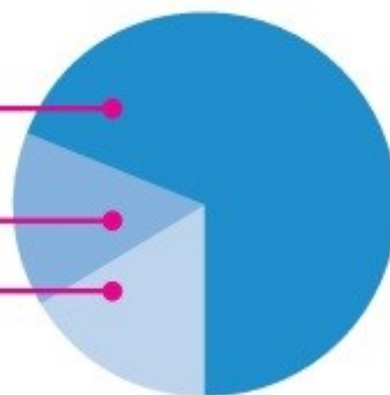
(such as sponsored events like marathons)

**Charitable Trusts = £158,115**

**Grants and Investments = £177,928**

(such as bank interest, investment income)

95% of all the money raised by MHRUK goes on research.



**We have invested in 16 PhD Scholarships across the UK at ten different locations at a cost of £1.32 million.**



**The research areas covered by our PhDs are:**

- 9** Schizophrenia
- 2** Depression
- 3** Children and Young People's Mental Health
- 1** Anxiety Disorder
- 1** Bipolar Disorder

**900 hours** donated by volunteer administration each year.

We have over **3,000** Twitter followers, and over **1,000** newsletter supporters



“ I just wanted to say a big thank you - your support has been instrumental for us to advance innovation and research. ”

PhD supervisor

We have distributed **500** mental health awareness badges through our **Blooming Monday** campaign, which has been running on the third Monday of January since 2013.



We work in partnership with others:

- Alliance of Mental Health Research Funders 2008-2018
- Department of Health Mental Health Research Framework Steering Group 2016-2018
- Funding partner for the Priority Setting Partnership - children and young people's mental health research 2016-2018
- Funding partner for Science Media Centre since 2016



We launched the **Tom Palmer Award** in 2017, and have one psychiatrist supported through their research studies.

We are entirely volunteer-led

A total of **11 Trustees** have given time. We have no staff. We have worked with **11 volunteers** over the past 10 years **which means we've kept our overheads to less than 5%**.



“ Having funding from a charity has definitely made a difference to the way I have approached my studies. Knowing that Mental Health Research UK has chosen to invest in this research topic on the basis of a belief that it is a worthwhile project continues to feed into my motivation to produce the best work possible and commit myself even more to the PhD. ”

PhD student

# Our Work in 2018/19

## What we did

### Research

We were able to offer four PhD Scholarships, starting in 2019.

**The Children and Young People PhD Scholarship 2019**, attracted twenty seven very good applications. After peer review the Scholarship was awarded to Dr Jennifer Lau and Dr Victoria Pile at King's College London, titled: *Imagine a brighter future: Development of a school-based positive imagery intervention to target anhedonia in adolescents.*

Thanks to a very generous donation we were able to award the **Sylvia and Christine Wastall PhD Scholarship 2019** to Dr Sarah Sullivan of the University of Bristol, titled: *The association between childhood language development and adolescent psychotic experiences in a general population sample.*

**The John Grace QC Scholarship 2019** in the field of Schizophrenia, attracted nine good submissions. The Scholarship was awarded to Dr Jon Simons, of the University of Cambridge, who will supervise the project titled: *Targeting medial prefrontal cortex brain networks implicated in hallucinations.*

**The Anxiety and Depression in Older People Scholarship 2019** attracted six submissions and after peer review the Scholarship was awarded to Dr Dara Graysina at the University of Sussex for the project: *Predicting development and treatment of common mental disorders in older adults.*

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

### More Graduates

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

For her latest report, click on the link. [2019 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.'*

For his latest report, click on the link. [2018 Report](#)  
**We will update our website when we receive their theses.**

### Our current PhD Scholars

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

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

**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. [2019 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. [2019 Report](#)

**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.'** [2019 Report](#)

**Poppy Brown, was awarded The John Grace QC PhD Scholarship 2017 - Oxford University, 'Using immersive virtual reality to help patients with persecutory delusions successfully re-engage with social situations.'** [2019 Report](#)

**Lucie Crowter, was awarded the Adolescent Mental Health PhD Scholarship 2017 at the University of Sussex, 'Pre-morbid school functioning and trajectories of mental health and social disability in adolescence and young adulthood.'** [2019 Report](#)

**Marjan Biria was awarded the Mental Health Research UK PhD Scholarship 2018 - 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. [2019 Report](#)

## Our Work in 2018/19

### Three new Scholars started in September 2018.

We asked them to write a short paragraph about themselves.

#### Jessica Radley was awarded the Children and Young People PhD Scholarship 2018, - Oxford University



*Understanding the emotional and practical needs of parents with psychosis and those of their children.*

Hi, I'm Jess and I'm due to start my DPhil in Psychiatry at the University of Oxford in October 2018.

My original background is in Linguistics, but after taking a module in psychology in my third year I decided to complete a psychology conversion MSc at the University of Edinburgh. For my dissertation, I performed a meta-analysis on the prevalence of depression in schizophrenia spectrum disorders. This year, I have been working as a research assistant at North East London NHS Foundation Trust on an NIHR-funded project trialling a computer-based intervention for children with social communication impairment.

I am excited to be pursuing a PhD related to both psychosis and children. My research project will be investigating the needs of parents with psychosis and the needs of their children. I look forward to being supervised by Dr Louise Johns and Professor Jane Barlow and to the chance to develop my research knowledge and skills. I am also very thankful to Mental Health Research UK for funding this opportunity.



**Niamh MacSweeney was awarded the second Children and Young People PhD Scholarship 2018 - Edinburgh University for:** *In Search of bio-psycho-social markers for the recurrence of adolescent depression.*

Hello! My name is Niamh and I am due to start my PhD in Clinical Psychology at the University of Edinburgh in January 2019.

I have just completed a joint-honours degree in Psychology with English Literature at Trinity College Dublin, where I graduated with first-class honours. My final year dissertation leveraged a novel behavioural assay of coping and investigated its relationship with depressive symptom severity in female adolescents. For the past year, I have been working as a part-time research assistant at the Trinity College Institute of Neuroscience on a Brain and Behaviour Research Foundation funded project investigating the neural correlates of coping and emotion regulation in adolescent depression.

Throughout my undergraduate studies, my research pursuits have become increasingly focused on youth mental health and I am very excited to be pursuing a PhD in this field. Outside of research, I volunteer on a weekly basis with ISPC Childline. I look forward to working with Dr Stella Chan and colleagues in Edinburgh and would like to thank Mental Health Research UK for this great opportunity.

**Rebecca Muir was awarded The John Grace QC PhD Scholarship in the field of schizophrenia - University College London, the project is:** *Investigating how rare genetic variants increase schizophrenia risk.*



"Hi, I'm Becca and I am starting a PhD in Psychiatry at University College London in October 2018. I am an interdisciplinary researcher with experience spanning genetics, behavioural science and psychological science.

Previously I completed an MSc (distinction) in Cognitive Evolutionary Anthropology at Oxford University, and a Bsc (hons) Biology degree at the University of Bath.

During my undergraduate degree, I worked in the Medical Sciences Division of Oxford University, developing strong quantitative skills which I hope to build upon in my research project. I have also most recently worked in the charity sector and volunteered for the women's emotional health charity, Tyneside Womens' Health.

I am excited to begin a project, which combines my interests in genetics and health, and I am very grateful to MHRUK for funding this opportunity. "



## Our Work in 2018/19

### Awarding Research Scholarships

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

This year the process is overseen by Trustees Professor Clair Chilvers, Professor Sir Michael Owen and Dr Vanessa Pinfold, all research scientists.

The timetable is as follows:

**November:** Inform our mailing list what the selected subjects are.

**March:** Advertise Scholarships in Research Fortnight, send to our mailing list, and show on website. Application (4 pages plus 1 page per supervisor).

**End of May** Closing date

**July:** Panel meets and shortlists. **Those not shortlisted informed at once.** Referees and Service user reviewers organised.

**September:** Deadline for referee reports from academics and Service user.

**Late September:** Panel meets and makes decision.

**October:** Remaining applicants notified.

We were again helped by Dr Sophie Dix, Research Director of MQ, in the award of the Children and Young People's Mental Health Scholarship.

Karen Tarn has taken over the support of 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 the McPin

Foundation has 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 is a member of the national Mental Health Research Funders' Group.

### 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 and for the support that David's wife Wendy gives us, 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.

## Our Work in 2018/19

### Scholars' Day

Trustees and supporters of MHRUK, along with the scholars and their supervisors, gathered in sunny London for this year's Mental Health Research UK (MHRUK) Scholars' Day. Held on 22<sup>nd</sup> February 2019. This year's event was hosted on my 'home turf' at King's College London. This was my second year of attending the event, and it was lovely to see some familiar faces (as well as the new!) upon arrival.

After a warm welcome from Prof Clair Chilvers

mental health. It was also great to see such a vast mix of methodologies being implemented and developed, it was easy to see the quality and rigour of these projects, the thought and hard work put into them.

Everyone who contributed to questions at the end of the presentations had a genuine interest in what they had heard, carrying the day with a feeling of energy and enthusiasm. I was happy to receive some helpful feedback on my own research - it has provided me with ideas to reflect upon and I am sure it will help shape the rest of my project. These annual events are a pleasure to attend and I find that they act as a

supportive environment for scholars to discuss their work, share ideas and really feel like they are part of a community with the common interest of research into mental illnesses, their causes and treatments.

Mental health is a subject close to my heart and I am truly grateful to Mental Health Research UK and to trustees for supporting such important work and for creating this annual event. I wish the best of luck to all scholars on their endeavours for the next 12 months, and I look forward to seeing everyone next year!



(Founding Trustee and Chair of Trustees), the day was led by Prof Sir Michael Owen (MHRUK Chair of PhD Scholarship Awards Committee) and Dr Vanessa Pinfold (MHRUK Trustee), with the smooth running of the presentations, of course, also supported by David Riggs. Twelve scholars presented their research, all at different stages of their work – from one student who was a few weeks from submitting her final thesis, to a student who was just a few weeks into her PhD journey. We were provided with some interesting updates and achievements about projects we saw last year, with the introduction of some exciting new projects from recent awardees.

It was wonderful to see the variety of research which MHRUK is supporting, with projects on a broad range of topics, and I was particularly pleased to see the focus towards such a range of ages and settings within

Heather McDonald  
Mental Health Research UK PhD Scholar  
IoPPN, King's College London,  
heather.mcdonald@kcl.ac.uk

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

# 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 £38,000 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 again had places in the Great North Run with seven runners raising over £1,700 - a great effort.

A new source of funding has been Paypal Giving Fund and many of those who support us via Paypal have raised money on their birthdays to support us. We would like to thank all those for their support and congratulate them on raising over £19,000.

We have included some of the fundraisers who are shown on our website in the hope that it might inspire others.



## Fundraisers' Stories

**Alex's Continuous Kymin Climb** Six hours to see how many times I can walk up and down the Kymin. In a quest to get in better shape I met Angela Jones of Run-Wild. Over the last few months she has got me to cycle on the Peregrine Path, kayak on the Brecon canal, swim in the Wye, sleep under the stars and exercise in the beautiful Monmouthshire countryside. It's not all been physical as we often chat about what truly matters in life whilst taking in the scenery. "Mens sana in corpore sano" as Juvenal once wrote, equally valid today as 2,000 years ago.

As I rapidly approach 50 Angela has set me the challenge of climbing the highest hill in Monmouth as many times as possible in six hours. An easy goal for fitter athletes, but for a middle-age man weighing 18 stone and a job that has him stuck behind a desk for 40 hours a week, it's my own personal Everest.

To help focus my efforts Angela and I decided to seek to raise some money for charity. Unfortunately Monmouth RFC has been touched twice this year by the tragic loss of two young men and so we have decided to support Mental Health Research UK - the first charity dedicated to funding research into the causes of and cures for mental illness. Please help others to find the calm that we take for granted.



## Raising Vital Funds

### Mini Jailbreak

Sat 24 November 2018 07:00-20:00

I just wanted to share with you and MHRUK that myself and my team mate Bonita won the award for most money raised by a team in the academic year by completing the mini jailbreak event earlier this year. Thank you so much for doing a great job.



### Congratulations to Sumit and Bonita

Hi all, we are fundraising for Mental Health Research UK MHRUK and the money you donate will help further understand mental health conditions and how to treat them. MHRUK is a small charity but has been going for 10 years. Unfortunately, mental health research receives only a small fraction of funding, so donations really will make a big difference.

So why are we fundraising? They say mental health affects 1 in 4 of us, but that's only reported cases. So many of us have either dealt with or know someone who has a mental health condition; depression/anxiety, suicide, bipolar disorder, schizophrenia. Poor mental health reduces life expectancy by 20 years so early detection is crucial to help people get the support they need.

What is it we are going to do? We will be driven 3 hours away from Cardiff Uni as part of an event called mini jailbreak. We have challenges to complete before racing back the university. What's the catch? We can't

spend any money so the money you donate is given directly to the charity. It will be tough and we have no idea what to expect, but your donations and support will keep us going no matter what happens. Together we can do it!

### Sarah's St Cuthberts Way page

Congratulation Sarah on completing the St Cuthberts Way Challenge.

Read more at: <https://>

[www.thesouthernreporter.co.uk/lifestyle/island-end-to-charity-trek-1-4755111](https://www.thesouthernreporter.co.uk/lifestyle/island-end-to-charity-trek-1-4755111)

A Hownam pensioner has raised well over £800 for a mental health charity by completing a sponsored walk – the 62-mile St Cuthbert's Way which stretches from Melrose to Holy Island. As reported in The Southern last month, Sarah Dixon, 76, was inspired to do something for Mental Health Research UK (MHRUK) in memory of her former husband, a schizophrenia sufferer. She told us earlier this week: "The walk took place over seven days between Wednesday, May 30, and Tuesday, June 5. The walk went brilliantly and apart from one wet day, the weather was fine and sunny most of the time. "Three of us completed the whole walk and 15 others joined us for a day or more along the way, plus the odd dog here and there. Some of our walkers came from Edinburgh, North Yorkshire and even Bristol. We also met South Africans and Australians along the route who kindly donated

money to our charity. "To date we have raised £868 for MHRUK. An amazing result. Donations have come from many sources – local shops and cafes, two 'Just Giving' pages and money that has been handed or sent to me."



## Raising Vital Funds

**Mother & daughter (Karen and Biba) running 10K to raise funds for MHRUK in tribute to grandmother devastated by mental illness.**

**Biba writes:** My grandma has suffered from severe mental health issues since the age of 15.

I am running 10K to raise funds for Mental Health Research UK because it is the first charity dedicated to funding research into the causes of mental illness in



order to develop better treatments with fewer side-effects.

I don't want anyone else to suffer from paranoid schizophrenia as the effects have devastated my grandmother's life.

**Karen writes:** I mourn for the life my mother never had.

I am frustrated by the lack of funding for mental health research and deeply saddened by the tragedy of this beautiful woman living only half a life due to paranoid schizophrenia.

Mental Health Research UK is the first UK charity dedicated to raising funds for research into mental illness, their causes and cures. Their aim is to develop better treatments with less side-effects. Their work is so important.

Please donate to Mental Health Research UK in order to help people with poor mental health live full lives.

**Chiara Prono, Laura Piana, Raluca-Elena Marian, Kyra Lochmann**



Our fundraising activities have come to an end and we would be glad to share our experience with you.

We are very happy to let you know that everything went exactly as we planned. We held our baking sales at 3 different locations, which were: VHR office, Better Gym Woolwich and our university (University of Sunderland in London). We didn't set prices for the products. We chose to let people donate how much they would like to instead, as we thought they would be more open to help.

We raised £200 from all three activities together, which is more than we all expected.

We really enjoyed this experience and we are delighted we were able to raise money for your charity. Also, all the people involved were very happy with the idea of helping and finding out more information about Mental Health Research UK. We really hope they will continue to donate.

## Financial Review of the Year

	2018/19	2017/18		2018/19	2017/18
<b>Receipts</b>			<b>Payments</b>		
Voluntary Receipts	<b>211,544</b>	101,414	Cost of generating voluntary receipts	<b>561</b>	562
Activities for generating funds	<b>15,257</b>	14,476	Fundraising costs	<b>1,285</b>	1,160
Interest	<b>3,965</b>	3,046	Expenses	<b>441</b>	469
SRF Income	<b>22,103</b>	20,000	Governance costs	<b>2079</b>	679
			Scholars' Day	<b>2,607</b>	934
			MHRUK Scholarships awarded	<b>196,078</b>	190,595
			SRF Scholarships	<b>189,034</b>	198,605
			Raising Awareness	<b>2,000</b>	2,000
			Children and Young people PSP		5,000
			Investment Management Costs		25
			<b>Total Payments</b>	<b>394,085</b>	400,029
<b>Total Receipts</b>	<b>252,779</b>	138,936			

### Accounting Changes

Our income exceeded £250,000 for the first time which is mainly thanks to our brilliant supporters. This has however meant that we now have to use different accounting rules and show our accounts on an accruals basis.

We are advised that under Statement Of Recommended Practice (SORP) we are required to show as expenditure, our scholarship grant awards, rather than actual payments on the scholarships awarded in previous years. This has significantly changed the figures shown in past years accounts.

### Our regular donors

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

### Charitable payments

Our expenditure on this new basis, including Scholarships was £394,085. Slightly lower than last year as we awarded four Scholarships and no MD (Res) awards.

Our spending on Scholarships, raising awareness and Scholars' day represents 98.8% of our total expenditure on an accruals basis.

### Other payments

Our other expenditure this year covered such things as T-shirts, event applications, JustGiving and leaflets. In total this amounted to less than 1.2% 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

Cash funds ( Bank, paypal and building Society accounts)	£476,167
Rothschild Money Manager	£119,743
Rothschild Investments	£1,037,463
<b>Total</b>	<b>£1,633,373</b>

### 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 for the full term of the Scholarship, that is, four years.

With SRF funds, the policy is that the income and capital from SRF investments will fund two Scholarships per year 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 SRF funds remain with Rothschilds and the interest and some capital will be used to fund Scholarships.

# Legal Structure and Governance

## 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 9 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](http://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  
Karen Tarn: Scholarship Administrator

## Board of Trustees

The following Trustees served during 2018/19.

Professor Clair Chilvers (Chair)  
Dr Laura Davidson  
David Pugh  
Ann Dickinson  
Lord Neuberger  
Professor Nicholas Rawlins  
Dr Vanessa Pinfold  
Laura Purdam  
Professor Sir Michael Owen (elected June 2018)  
Rachel Dakin (elected January 2019)

## New Trustees

Two new Trustees were appointed during the year, Professor Sir Michael Owen and Rachel Dakin.

In June 2018 Professor Sir Michael Owen was appointed as a Trustee.



Mike Owen is Professor of Psychological Medicine in the School of Medicine at Cardiff University. He is Head of the Division of Psychological Medicine and Clinical Neuroscience and Director of the MRC Centre for Neuropsychiatric Genetics and Genomics. His research has focussed on the genetics of major psychiatric and neurodegenerative disorders, including the identification of specific genes and sets of proteins which are potential therapeutic targets. Mike chairs Mental Health Research UK's PhD Scholarship Awards Committee.

In January 2019 Rachel Dakin was appointed as a Trustee.

Rachel is a communication consultant working at KPMG. She is the London Director of the Institute of



Internal Communication. Prior to joining KPMG, Rachel worked for reputation management consultancy Lansons. With a background in employee engagement and a personal interest in mental health, Rachel has a particular interest in de-stigmatising mental illness in the workplace.