

# MentalHealth ResearchUK



## Annual Review and Accounts 2019/20

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## Charity Information

Charity Number	1125538	Bankers	CAF Bank 25 Kingshill Avenue Kingshill West Malling Kent ME19 4JQ
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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

The end of the 2019-20 financial year has been an extraordinary one for all of us with the realisation of the impact of the COVID-19 pandemic. I shall return to that later in this letter.

Last year I spoke about the 10-year Anniversary of Mental Health Research UK and reported what we had achieved over that time. This year we launched a companion piece – a report of interviews with our past and current scholars and some of their supervisors. Do please read it – we have learned a lot from it. The web link is on page 4 of this report. The interviews were carried out by Trustee Vanessa Pinfold. Rachel Dakin our PR Trustee helped us with the presentation and its dissemination. Thank you so much to them both, and also to the Scholars and Supervisors who took part.

We have long felt that we would like to do more to support young psychiatrists who want to pursue a research career. We started offering Scholarships for the fees for the MD(Res) (Doctor of Medicine by research) at the Institute of Psychiatry, Psychology and Neuroscience at King's College London in 2018. I am pleased to report that we have had a further three applications for these Scholarships all of which were successful. We had also opened discussions with the Academy of Medical Sciences to become a partner in their Starter Grants Programme. This programme is open to medical academics at Lecturer level and has been effective in unblocking the pathway to a Senior Lecturer appointment. Sadly because of the drain on our resources described below we have had to postpone this initiative for the moment.



Trustee Ann Dickinson stepped down in December 2019. She has been a Trustee since March 2011 and has had a profound effect on the development of Mental Health Research UK. She first contacted us in 2008 to offer to organise a sponsored walk in memory of her friend and colleague Mark Robinson MRCVS. The 'Ramble for Robbo' as it was called was a phenomenal event with over one hundred people walking in his memory. Ann told me that she would like to engage the veterinary profession in raising funds for us, and she started to contact colleagues and senior figures in the profession to get their support. She took over the organisation of the annual Blooming Monday awareness-raising day and veterinary practices responded enthusiastically. Ann retired in December from our Board to spend more time with her husband who had been seriously ill. She is greatly missed from our Board and I thank her for all that she has done to make Mental Health Research UK such a success.

The COVID-19 lockdown was on 23 March right at the end of the financial year. Everyone has had their life impacted by the pandemic and the charity sector like all others will have a turbulent time. The impact on people's mental health will be profound but at least this is something that is being talked about extensively. We decided early on that we should target our fundraising in 2020-21 on a PhD Scholarship about the mental health impact of COVID-19.

We also decided that it is imperative for us to support our existing Scholars and their Supervisors by being prepared to fund additional stipend should their studies be interrupted by the pandemic. All Scholars and Supervisors have been written to so are aware of this. Inevitably though this will be a drain on our resources.

The second way that we have been impacted is that much of our year-on-year fundraising is by personal challenges, marathons, runs etc. These are being cancelled so we shall lose a summer of fundraising. However, our fundraisers are amazingly imaginative in how they are adapting to the current circumstances and these are reported on our website.

We had debated whether we should defer the 2021 Scholarship Competition because of the COVID-19 pandemic but decided that we should go ahead. We made it clear to applicants that we could not be sure of how many Scholarships we would be able to offer. We had a very good response to our Scholarship call (40 applications) and we are part way through the competition process. I would very much like to thank all the academic referees who take the time to referee our shortlisted applications each year. Without their help we would not have the robust process that we do.

Our Annual Scholars' Day was held at Cardiff University and chaired by Trustee Mike Owen who is Chair of our Awards Panel. A number of our regular supporters attended and we were delighted with the presentations from our Scholars including the challenging 5 minutes allowed to our first-year Scholars followed up by a poster presentation over lunch. It was a thoroughly enjoyable and inspiring day which made me feel very proud of the Scholars that we support.

Once again I want to thank our amazing team of volunteers led by David Riggs – Wendy Riggs, Karen Tarn, Daisy Brookes, Marion Collighan and Julie Bellot. Without the day by day support of our volunteers, our expenditure on administration would be significantly higher.

I look forward to a challenging year ahead. Keep safe and well.

**Professor Clair Chilvers**

**Chair of Trustees**

## Celebrating 10 Years

To celebrate our tenth anniversary, we are reflecting on what our scholars have achieved, the progress we have made to improve mental health research, and our vision for the next ten years.

To see the full report, click on the link: [Report](#)

**MentalHealth**  
ResearchUK

**Celebrating 10 years  
of raising funds  
for research into  
mental illness**

2008-2018



# Mental Health Research UK: 2019/20 at a glance

## Highlights of the year

- We awarded four new PhD Scholarships to commence in 2020 as follows:
  - Children and Young People PhD Scholarship - Cardiff University
  - Mark Robinson MRCVS PhD Scholarship (suicide) - University of Manchester
  - John Grace QC PhD Scholarship (Schizophrenia) - King's College London
  - Mental Health Research UK PhD Scholarship - (suicide) University of Nottingham.
- We have also awarded three MD(Res) Scholarships to King's College London.
- We held our fifth very successful Scholars' day in March at Cardiff University.
- Overall, thanks to your generosity and major donors we raised over £217,000 this year, an excellent result.

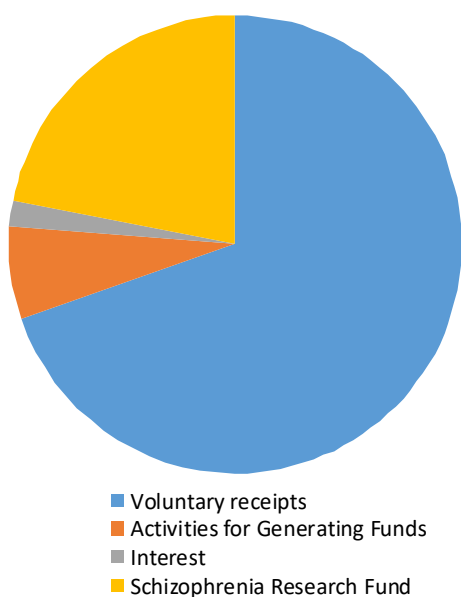
## Our objectives are

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.

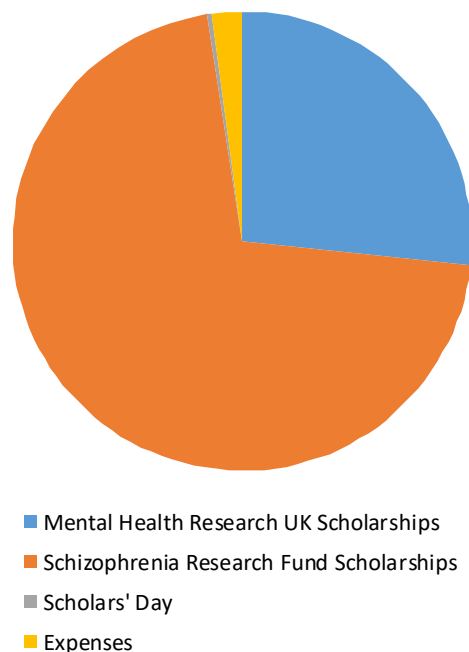
### In furtherance of the primary objective

- (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 £217,397**



**Expenditure £278,128**



# Our Work in 2019/20

## What we did

### Research

We were able to offer four PhD Scholarships, commencing in 2020.

**The Children and Young People PhD Scholarship 2020** attracted twenty three very good applications. After peer review, the Scholarship was awarded to Professor Stephan Collishaw, Professor Frances Rice and Dr Gemma Hammerton at University of Cardiff, titled: *Optimizing outcomes in children of depressed parents: Identification of modifiable promoters of sustained mental health resilience.*

**The Mark Robinson MRCVS PhD Scholarship 2020** was awarded to Dr Sarah Peters, Dr Patricia Gooding, and Dr Donna Littlewood at the University of Manchester, titled: *Developing stakeholder-informed guidelines for acceptable and safe research into suicide.* We attracted fifteen good applications for this and the Mental Health Research UK PhD Scholarship below.

**The John Grace QC PhD Scholarship 2020** in the field of Schizophrenia, attracted eleven good submissions. We particularly welcome applications regarding positive symptoms of schizophrenia which are insufficiently researched. We were delighted, therefore, to award this year's Scholarship to Dr Gemma Modinos and Professor Philip McGuire, of King's College London, who will supervise the project titled: *Neural mechanisms of positive symptoms in first-episode and prodromal psychosis.*

**The Mental Health Research UK PhD Scholarship 2020** was awarded to Professor Ellen Townsend and Professor Jon Arcelus at the University of Nottingham for the project: *Understanding pathways to self-harm and suicide ideation in high risk young people: an unmissable opportunity for suicide prevention.*

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

### MD (Res)

We also awarded three MD (Res) Scholarships to King's College London during the year as follows:

**MD (Res) Scholarship 2019: Cate Bailey; King's College London.** Project Title: *Illness beliefs and explanatory models in patients with functional neurological disorders.* Supervisors: Dr Timothy Nicholson, Dr Norman Poole, Professor Thomas Craig, Dr Virginia Eatough

**MD (Res) Scholarship 2019 (2): Dr Camilla Day; King's College London.** Project Title: *A mixed method study investigating the role of self-compassion, the therapeutic relationship and the phenomenology of psilocybin with psychological support for Treatment Resistant Depression.* Supervisors: Professor Anthony Cleare and Dr James Rucker.

**MD(Res) Scholarship 2020: Dr Lauren Waterman; King's College London.** Project Title: *From Immigration Detention Centres into the Community: Health, Coping and Unmet Needs of Formerly Detained Migrants.*

Supervisors and Mentors: Dr Rosie Mayston, Professor Martin Price, Professor Cornelius Katona, Dr Jessica Potter, Dr Andrew Forrester.

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

### More Graduates

We are pleased to announce that two more students are nearing the completion of their PhDs this year.

**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](#)

**We will update our website when we receive their theses.**

# Our Work in 2019/20

## What we did—continued

### 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](#)

**Heather McDonald** was 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.'* [2020 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.'* [2020 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.'* [2020 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. [2020 Report](#)

**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.* [2020 Report](#)

**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.* [2020 Report](#)

**Tom Palmer MD(Res) Scholarship 2018 - Nuala Kane - King's College London - Contested Capacity Assessments** [2020 Report](#)

### Four Scholars started in September 2019.

We asked them to write a short paragraph about themselves.

**The Children and Young People PhD Scholarship 2019 was awarded to Taryn Hutchinson.** The Scholarship will be supervised by Dr Jennifer Lau and Dr Victoria Pile at **King's College London**, and is titled: *Imagine a brighter future: Development of a school-based positive imagery intervention to target anhedonia in adolescents.*

Hi, I'm Taryn. I started my PhD at the Institute of Psychiatry, Psychology and Neuroscience at King's College London in October 2019.



Prior to starting my PhD, I completed my MSc in Clinical and Health Psychology at the University of Manchester, my PGCert for Evidence-Based Psychological Treatments (IAPT Pathway) at the University of Reading and my BSc in Psychology at the University of Exeter. During this time, I also worked as a Psychological Wellbeing Practitioner in two Child and Adolescent Mental Health Services. The majority of my clinical experience has been working with young people experiencing difficulties with depression, anxiety and emotion regulation and delivering evidence-based interventions to young people and their parents. I thoroughly enjoy working with young people and am passionate about furthering the development of early-intervention support for them. From my experiences, I have seen the challenges that young people face in accessing early mental health support and the barriers they can be up against in getting treatment from more specialist services. I am therefore delighted to be a part of this project, which aims to develop a school-based intervention for anhedonia\* in depression, and I am thoroughly enjoying this opportunity. I would like to thank Mental Health Research UK for funding this fantastic opportunity.

\*anhedonia: is the inability to feel pleasure. It's a common symptom of depression as well as other mental health disorders.

## Our Work in 2019/20

Thanks to a very generous donation, the **Sylvia and Christine Wastall PhD Scholarship 2019** was awarded to **Sarah Hemingway**, who will be supervised by Dr Sarah Sullivan, Dr. Yvonne Wren and Professor Rosemary Varley of the **University of Bristol**. The project is titled: *The association between childhood language development and adolescent psychotic experiences in a general population sample*.

Hello, I'm Sarah and I started my PhD at the University of Bristol in October 2019. After a decade since finishing my



Psychology degree at the University of Liverpool, I decided to do an MSc in Clinical and Health Psychology at Bangor University. My decision to do so was influenced by my time volunteering at the NHS Perinatal

Mental Health Service in Sheffield. I developed a keen interest in postpartum psychosis, and upon discovering how little it had been researched, I became enthused to learn more about psychosis, particularly the cognitive aspects of it. Prior to this, I had worked as a mental healthcare assistant at the Clatterbridge Psychiatric Unit in Wirral. Having observed the complexities associated with psychotic episodes on the wards, and then years later, listened to the negative experiences of mothers who had endured it, I was prompted to return to my studies. My ambition is to further our understanding about the origins and nature of psychosis, in the hope of finding interventions which will improve outcomes.

The PhD will allow me to dedicate my time to research the interests I care about. I will have the chance to build upon my knowledge, as well as advance and broaden my research skills. It will involve investigating an association between childhood language development and psychotic experiences in adolescence, under the guidance and supervision of Dr. Sarah Sullivan, Dr. Yvonne Wren and Professor Rosemary Varley. I am grateful to them and Mental Health Research UK for this amazing opportunity, which I am eager to begin.

**Sophie Schmidt** was awarded the **John Grace QC Scholarship 2019** in the field of Schizophrenia. Dr Jon Simons, of the **University of Cambridge**, will supervise the project titled: Targeting medial prefrontal cortex brain networks implicated in hallucinations.

Sophie Schmidt is a PhD student at the University of Cambridge investigating some of the underlying reasons for different modalities of hallucinations experienced by clinical populations. Building a comprehensive understanding of potential causes and related factors which could contribute to perceived reality distortions is important to help improve treatment interventions in affected individuals.

Prior to that, Sophie studied for an MSc in Cognitive Neuroscience at UCL, testing the ecological validity of a mobile navigation game (Sea Hero Quest) which aims to detect individuals at risk of developing early onset Alzheimer's Dementia.

Sophie obtained her undergraduate degree in Psychology at the University of Stirling.

### **MHRUK NOTE**

*Unfortunately for personal reasons, Sophie has had to withdraw from her Scholarship. We wish her well for the future and will be consulting with the University on the way forward.*



## Our Work in 2019/20

**Alexandra Schmidt was awarded the Anxiety and Depression in Older People Scholarship 2019** for the project: *Predicting development and treatment of common mental disorders in older adults*. She will be supervised by Dr Darya Gaysina, Dr Nick Grey and Dr Clara Strauss



Hello, I'm Ali and I'm due to start my PhD at the University of Sussex in September 2019.

Following a successful professional career in Finance, I completed an Access to Higher Education Diploma in Psychology from City College Brighton &

Hove. During this time, I also volunteered at a day centre for people living with a personality disorder.

I have recently completed my undergraduate degree at the University of Sussex, where I graduated with first class honours. For my dissertation, I investigated the effects of lifetime physical activity on cognitive function and mental health in midlife.

I have gained research experience on a Junior Research Assistant programme at the University of Sussex during which I looked at the association between physical activity and depressive symptoms for individuals having had adverse childhood experiences. I presented my findings in poster exhibitions and at a national conference. I further volunteered as a Research Assistant supporting a study looking at the association between sleep and cognitive function in older adults.

Depression and anxiety are highly prevalent in older people and are often viewed as a normal part of growing old. Volunteering as a befriender for elderly people I have experienced the effects of social isolation, which is one of the contributors to depression in older life and I am therefore eager to start my research into the predictors for development and treatment of depression and anxiety in older people.

I look forward to working with Dr Darya Gaysina, Dr Nick Grey and Dr Clara Strauss and am very grateful to Mental Health Research UK for this fantastic opportunity.

*Three Scholars were awarded MD (Res) Scholarships during the past year*

**MD (Res) Scholarship 2019: Cate Bailey; King's College London** Project Title: *Illness beliefs and explanatory models in patients with functional neurological disorders*. Supervised by Dr Timothy Nicholson, Dr Norman Poole, Professor Thomas Craig and Dr Virginia Eatough



Hi, I'm Cate and in June 2019 I started an MD (Res) at King's College

London. I'm a higher trainee in older and general adult psychiatry and work clinically in East London Foundation NHS Trust. This year I've taken a year out of my training to work as a Fellow in Medical Education at Barts and the London School of Medicine and Dentistry, and Queen Mary University.

I previously completed an NIHR Funded Academic Clinical Fellowship in Old Age Psychiatry during my core training in East London. During this time I attained a Masters in Research and my work focussed on functional memory disorders and communication of dementia diagnoses in memory clinics, as part of the ShareD (Shared Decision Making in Dementia) Study.

My clinical interests are in liaison and older adult psychiatry, and my research interests are focussed on communication between clinicians and patients and understanding and improving the experience of people with disorders at the interface between physical and mental health. I am also the editor of the trainees' section of the BJPsych Bulletin which allows me to foster collaborations between trainee psychiatrists, members of the multidisciplinary team and those with lived experience. I'm thrilled to have been awarded an MD (Res) Scholarship for this project and am grateful for the support it affords me in pursuing this important area of research.

## Our Work in 2019/20

**MD (Res) Scholarship 2019 (2): Dr Camilla Day; King's College London** Project Title: *A mixed method study investigating the role of self-compassion, the therapeutic relationship and the phenomenology of psilocybin with psychological support for Treatment Resistant Depression.* Supervisors: Professor Anthony Cleare and Dr James Rucker

Camilla is an ST6 General Adult Psychiatrist at South London and Maudsley NHS Trust and Honorary Research Associate at the Centre for Affective Disorders, Institute of Psychiatry, Psychology and Neuroscience, King's College London.



She is currently working at St Thomas' Hospital Liaison and Perinatal teams but is about to start working in a therapeutic community for personality disorders at the Maudsley Hospital in February 2020. She started out studying psychology and physiology at St Edmund Hall, Oxford University and went on to do fast track medicine at Warwick Medical School where she won a research scholarship. She then did an academic foundation programme in psychiatry in West Midlands and then moved to London to do her psychiatric training at South London and Maudsley NHS Trust. She has always been involved in psychiatric research and over the years has developed an interest in psychotherapy. She started working in the field of psychedelic research in 2014 with the Imperial Psychedelic Research Group where she volunteered as a guide for 11 participants receiving psilocybin for depression and collaborated in qualitative research. She is currently doing a part-time mixed methods MD (Res) in psilocybin for treatment resistant depression, having been fortunate to receive the award from Mental Health Research UK.

**MD(Res) Scholarship 2020: Dr Lauren Waterman; King's College London** Project Title: *From Immigration Detention Centres into the Community: Health, Coping and Unmet Needs of Formerly Detained Migrants.* Supervisors and Mentors: Dr Rosie Mayston, Professor Martin Price, Professor Cornelius Katona, Dr Jessica Potter and Dr Andrew Forrester

I am an ST4 in General Adult Psychiatry on the Maudsley Training Programme and an NIHR Academic Clinical Fellow. I am undertaking a part-time MD(Res) programme as I am equally passionate about both clinical work in psychiatry and research. I am particularly interested in investigating how the health inequalities experienced by refugee and migrant populations might be reduced, in the UK and other high-income countries, especially for those who have been detained in immigration detention centres. I have been awarded the Lindsay Bequest and Reid Trust Award 2019 by the Royal College of Physicians of Edinburgh to help to fund this research.



I have been volunteering with charities which support asylum seekers and migrants, which has also enabled me to foster important professional relationships with experts working in the field and with members of the public who are experts by experience. I volunteer at the Asylum Seeker Drop-In in London (where I lead the medical service) and have also written medico-legal reports for asylum seekers to support them with their asylum claims. I am a member of the European Federation of Psychiatric Trainees (EFPT) 'Psychiatry Across Borders' working group and of the RCPsych's Working Group on the Health of Refugees and Asylum Seekers.

I am delighted to have been awarded the Mental Health Research UK MD(Res) award to support me with conducting this work and developing my research expertise.

# Our Work in 2019/20

## 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 was overseen by Trustees Professor Clair Chilvers, Professor Sir Michael Owen and Dr Vanessa Pinfold, all research scientists.

The timetable was as follows:

**November:** Informed our mailing list what the selected subjects were.

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

**May:** Closing date

**July:** Panel met and shortlisted applications. Those not shortlisted informed at once. Referees and service-user reviewers organised.

**September:** Deadline for referee reports from academics and service-users.

**Late September:** Panel met and made decision.

**October:** Remaining applicants notified.

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, which 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 (hosted by the McPin Foundation) and proves a useful forum to exchange views and experience. The last meeting was on zoom and we produced a shared blog piece on mental health research charities' role in context of covid-19.

Clair Chilvers and Vanessa Pinfold are members of the National Mental Health Research Funders' Group which met three times during the year. The Group includes representatives of all the major Funders and all devolved administrations. A key discussion at the meetings has been Mental Health Research Goals developed by the Department of Health but not yet published, a workshop on PPI, and more recently a discussion on mapping the funding landscape building on MQ work.

## Administration and Fundraising

Our Administration, led by David Riggs our Honorary Administrator, continues to be developed, with voluntary support from Karen Tarn, Daisy Brookes, Marion Collighan and Julie Bellot, who have 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 Karen, Daisy, Marion and Julie'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 2019/20

### Scholars' Day

*Milan talks about his experience at this year's Scholars Day.*

Most of the times I have been to Wales, it was for climbing at Rhossili Beach or hiking in Snowdonia — I would never stop at the bigger cities. My visit to the

work using qualitative and experience sampling methods to investigate the relationship between parenting and psychosis. For me it was exciting to see how projects from the previous years had come together and to learn about the research of new scholars. The warm and encouraging atmosphere at the MHRUK Scholars' Day is a great example of a creative research environment that is supportive and inclusive — something that is unfortunately currently missing in too many places of academia and needs to change!

Thanks to MHRUK, especially Clair Chilvers and David Riggs, we were all brought together and this valuable exchange between supporters and researchers was made possible. I left Cardiff with many valuable experiences, a bag full of Welsh Cakes, and many pictures of red dragons — it was a great day!



MHRUK Scholars' Day on March 3, 2020 in Cardiff was exciting in different ways.

This was my fourth year attending the Scholars' Day and it has been great to see the group developing over the years. Meeting everyone who is involved in supporting and organising Mental Health Research UK has always been a unique experience. The day was full of interesting research discussions and moving conversations about personal experiences that highlighted why it is so important to improve our understanding of mental health.

Students shared a range of projects looking at mental health from different perspectives in short presentations and posters throughout the day. For example, Niamh MacSweeney explores the biological, psychological, and social factors of adolescents who experience depression, while Taryn Hutchinson is developing interventions for adolescents to promote better functioning and wellbeing. Alexandra Schmidt, on the other hand, is investigating the development and treatment of common mental disorders in older people to improve their quality of life. Exciting qualitative work by Nuala Kane is exploring the link between legal and clinical practice in difficult capacity assessment cases. Jessica Radley presented impressive



Milan Wiedemann  
Mental Health Research UK PhD Scholar  
University of Oxford

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 40 individuals and teams registered on fundraising sites (such as Just Giving and Virgin Money Giving) raising over £37,000 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 important donations.

This year we again had places in the Great North Run with eight runners raising over £4,700 - a wonderful effort.

A new source of funding has been The 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 £42,000.

We would like to highlight those who have made Mental Health Research UK charity of the year as well as some of the fundraisers who are shown on our website and we hope it will inspire others.

## Fundraisers' Stories

**Driven Escapes.** Driven Escape was set up by myself back in February of 2019. I set this up originally to promote positive mental health within the car scene and to show people that they aren't alone by using cars and car-related interests as their escape from whatever life may be throwing at them, whether that is bad mental or physical health, a bad day or an illness.

As the community and support has grown and continues to grow, I got asked about making Driven Escape merchandise to show support. After the first batch doing so well and having a lot of positive feedback, I felt that we had a great opportunity to raise some money for an amazing cause, such as Mental Health Research UK.

**ALL PROFITS DONATED TO  
MENTAL HEALTH RESEARCH UK  
A TOTAL OF £1000 SO FAR  
CHECK OUT THE SHOP  
AND HELP A GREAT CAUSE**

I chose Mental Health Research UK due to the outstanding work they have been doing for those who need it and how they use the donations to benefit the work they do, both looking into the understanding of mental health and seeking a cure for it too! Speaking on behalf of the Driven Escape community, we are incredibly proud to be able to support such an incredible charity and would like to thank you for everything you do and will continue to do for those who need it.

#ItsOkayToNotBeOkay

Connor

<https://www.drivenescape.co.uk/>



Charrington House of Finton House School raised £533.32 Mental Health Research UK at their annual cake sale. Every child at Finton House School was invited to make cakes and then buy them at break time. Their parents came and bought the rest at the end of the school day. Much sugar was enjoyed by all.



# Raising Vital Funds

## Relay Riders UK

We are a motorcycle group with over 4,000 members across the UK. Over the past 5 years we have raised over £57,000 for various charities.

The nominated charity for our next national charity relay is Mental Health Research UK

We run an annual motorcycle teddy bear relay around the UK the UK's BIGGEST Annual Charity Motorcycle Teddy Bear Relay is an amazing event. The mascot will be carried by volunteer motorcycle riders 24hrs a day



around the UK to set handover points over a three week period to raise funds for Mental Health Research UK, a charity that sets out to overcome the stigma behind mental health. They fund research to hopefully one day rid the world of depression and other mental illnesses. 1 in 4 people are suffering with depression!

In 2017 the relay covered 6,500 miles with over 200 handover points where the teddy bear mascot was passed from one motorcycle to another in a continuous journey, 24hrs a day, 7 days a week for 2 weeks, rain or shine...

In 2018 we had a record breaking £14,639.00 raised for UKAMB. Once again we travelled all over the UK covering thousands of miles and had a total of over 220 hand over points.

2019 was a record breaking year for us, raising over £16,300.00 for DocBike.

<https://uk.virginmoneygiving.com/fundraiser-display/showROFundraiserPage?userUrl=RelayRidersuk&pageUrl=1>

It is with great sadness that the admin team have come to the joint decision that it is in the best interests of all people involved for the 2020 Relay to be postponed.

However Mental Health Research UK will remain our charity throughout 2020 and will also remain our charity for 2021. *Relay Riders Admin Team*



## Fundraising on Facebook

Over the past two years, fundraising via Facebook has become a major source of our income. We would like to acknowledge and thank all those who have raised funds for us in this way.

## Omar's birthday fundraiser for Mental Health Research UK

For my birthday this year, I'm asking for donations to Mental Health Research UK. Why? Because difficult times like this remind us that the mind is volatile and that all humans suffer from depressive tendencies. Mental illness is a global pandemic in itself - and is the number one killer of young males in the UK: the statistics once looked into are terrifying. There are few charities that are doing actual research in this field to help find cures, reasons and solutions. The amount of money that governments invest in this research is paltry compared to other diseases that kill less people. It's time for us all to step up and support the cause. I implore you to help - every little bit helps. Thank you for your support!! Do not let this be a stigma anymore!!!

Final results: <https://www.facebook.com/donate/3640697379335597/10163992923845001/>

## Financial Review of the Year

	2019/20	2018/19		2019/20	2018/19
<b>Receipts</b>			<b>Payments</b>		
Voluntary Receipts	<b>151,577</b>	211,544	Cost of generating voluntary receipts	<b>562</b>	561
Activities for generating funds	<b>14,086</b>	15,257	Fundraising costs	<b>3,492</b>	1,285
Interest	<b>3,977</b>	3,965	Expenses	<b>239</b>	441
SRF Income	<b>47,757</b>	22,103	Governance costs	<b>1,635</b>	939
			Scholars' Day	<b>969</b>	2,607
			MHRUK Scholarships awarded	<b>74,264</b>	89,523
			SRF Scholarships	<b>196,967</b>	116,942
			Raising Awareness	<b>0</b>	2,000
<b>Total Receipts</b>	<b>217,397</b>	<b>252,779</b>	<b>Total Payments</b>	<b>278,128</b>	<b>214,298</b>

### Receipts and Payments

The table above gives details of our receipts and payments for this year, slightly down on last year but equally encouraging.

### 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 Scholarships was £271,231: higher than last year as we have more Scholarships and MD(Res) awards running.

Our spending on Scholarships and Scholars' day represents 97.8% of our total expenditure.

### 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 2.2% 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)	£515,436
Rothschild Money Manager	£19,743
Rothschild Investments	£1,022,669
<b>Total</b>	<b>£1,557,848</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.

### 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.

# Legal Structure and Governance

## 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 the 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](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 five active volunteers, who manage the affairs of the charity.

David Riggs:	Administrator
Wendy Riggs:	Secretarial support
Daisy Brookes:	Database administrator
Karen Tarn	Scholarship Administrator
Marion Collighan	Administrator
Julie Bellot	Administrator

## 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 and making a long term difference.

## 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 2019/20.

Professor Clair Chilvers (Chair)  
Dr Laura Davidson  
David Pugh (Treasurer)  
Ann Dickinson (Resigned December 2019)  
Lord Neuberger  
Professor Nicholas Rawlins  
Dr Vanessa Pinfold  
Laura Purdam (Resigned May 2019)  
Professor Sir Michael Owen  
Rachel Dakin

## New Trustees

No new Trustees were appointed during the year.

The Trustees would like to thank Ann Dickinson for her tireless work over the years, particularly in relation to Vets and Blooming Monday.

They would also like to thank Laura Purdam for her help with the Scholarship applications during the past 4 years.



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

[www.hskgreenhalgh.co.uk](http://www.hskgreenhalgh.co.uk)



## Independent Examiner's Report to the Trustees of Mental Health Research UK

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2020.

### Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

### Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

accounting records were not kept in respect of the charity as required by section 130 of the Act; or the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Philip A Handley FCA  
HSKS Greenhalgh  
Chartered Accountants

23rd December 2020



Charity Name		No (if any)	
Mental Health Research UK		1125538	
<b>Receipts and Payments accounts</b>			
<b>CC16a</b>			
For the period from	Period start	To	Period end date
	1st April 2019		31st March 2020

## Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
<b>A1 Receipts</b>					
Voluntary Receipts	1 151,577	-	-	151,577	211,544
Activities for generating funds	2 14,086	-	-	14,086	15,257
Investment dividends / Interest	3 3,977	-	-	3,977	3,965
Other receipts	-	-	-	-	-
Schizophrenia Research Fund Income	-	47,757	-	47,757	22,013
	-	-	-	-	-
<b>Sub total(Gross income for AR)</b>	<b>169,640</b>	<b>47,757</b>	<b>-</b>	<b>217,397</b>	<b>252,779</b>
<b>A2 Asset and investment sales.</b>					
Sale of assets within Rothschild Portfolio		-	-	-	-
		-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>169,640</b>	<b>47,757</b>	<b>-</b>	<b>217,397</b>	<b>252,779</b>
<b>A3 Payments</b>					
Cost of generating voluntary receipts	562	-	-	562	561
Fundraising costs	4 3,492	-	-	3,492	1,285
Cost of charitable activities	239	-	-	239	441
Governance costs	1,635	-	-	1,635	939
Scholars' Day	969	-	-	969	2,607
Mental Health Research UK Scholarships	5 74,264	-	-	74,264	89,523
Schizophrenia Research Fund Scholarships	6	196,967	-	196,967	116,942
Raising Awareness	-	-	-	-	2,000
	-	-	-	-	-
<b>Sub total</b>	<b>81,161</b>	<b>196,967</b>	<b>-</b>	<b>278,128</b>	<b>214,298</b>
<b>A4 Asset and investment purchases</b>					
Purchase of assets within Rothschild Portfolio		-	-	-	-
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>81,161</b>	<b>196,967</b>	<b>-</b>	<b>278,128</b>	<b>214,298</b>
<b>Net receipts/(payments)</b>	<b>88,479</b>	<b>-149,210</b>	<b>-</b>	<b>- 60,731</b>	<b>38,481</b>
<b>A5 Transfers between funds</b>					
		-		-	-
<b>A6 Cash funds last year end</b>					
	476,167	100,000	19,743	595,910	557,429
<b>Cash funds this year end</b>	<b>564,646</b>	<b>-49,210</b>	<b>19,743</b>	<b>535,179</b>	<b>595,910</b>

<b>Section B Statement of assets and liabilities at the end of the period</b>				
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	CAF Bank Current Account	168,849	-49,210	-
	Paypal Account balance	17,994		
	Close Bros	77,803		
	Shawbrook	70,000	-	-
	Skipton Building Society	70,000		
	Hampshire Trust Bank	80,000		
	Nationwide Building Society	80,000		
	Rothschild Money Manager	-		
<b>9</b>	<b>Total cash funds</b>	<b>564,646</b>	<b>-49,210</b>	<b>19,743</b>
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B2 Other monetary assets</b>		-	-	-
		-	-	-
		-	-	-
		Fund to which asset	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>	Rothschild investments for SRF	General Fund	-	1,022,669
			-	-
			-	-
		Fund to which asset	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>			-	-
			-	-
			-	-
		Fund to which liabil-	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	<b>10</b> MHRUK PhD Research Scholarships	General Fund	571,910	
	<b>11</b> SRF PhD Research Scholarships	Schizophrenia Research Fund	534,850	
			-	
			-	
<b>Signed by one or two trustees on behalf of all the trustees</b>	Signature	Print Name		Date of approval
Approved on Behalf of the Trustees By		Clair Chilvers		14/12/2020

## 1 Voluntary Receipts

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

## 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

	2020	2019
Close Bros (July & January)	1,226	1,211
Shawbrook	770	770
Scottish Widows	0	0
Skipton Building Society	541	560
Nationwide Building Society	0	0
Hampshire Trust Bank	1440	1424
	<u>3,977</u>	<u>3,965</u>

## 4 Fundraising costs

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

## 5 MHRUK Scholarships Payments

		2020	2019
King's College London	2014	0	5,830
Cardiff University	2015	0	18,293
Oxford University	2016	15,241	22,849
Sussex University	2017	0	19,037
Oxford University	2018	22,674	22,149
Tom Palmer MD(Res)	2018	5,840	1,365
King's College London MD(Res)	2019	3,050	0
McPin Foundation peer reviews		1,500	0
King's College London MD(Res) (2)	2019	2,850	0
King's College London	2019	23,109	0
		<u>74264</u>	<u>89523</u>

## 6 SRF Scholarships Payments

		2020	2019
City University London	2014	21,613	0
University College London	2015	21,468	9,195
Manchester University	2016	19,608	18,765
Oxford University	2017	24,872	22,149
King's College London	2017	22,477	22,013
Cambridge University	2018	22,410	44,820
University College London	2018	21,837	0
Cambridge University	2019	23,346	0
University of Sussex	2019	19,336	0
		<u>196,967</u>	<u>116,942</u>

## 7 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.

## 8 Trustee Remuneration and expenses

No trustee receives remuneration for their services.

## 9 Cash Funds comparison with previous year

	2020	2019
Current Account	119,639	171,113
PayPal Account	17,994	8,477
Close Bros	77,803	76,577
Shawbrook	70,000	70,000
Skipton BS	70,000	70,000
Hampshire Trust Bank	80,000	80,000
Nationwide Building Society	80,000	0
Rothchild Money Manager	19,743	119,743
	<u>535,179</u>	<u>595,910</u>

## 10 MHRUK liabilities for PhD Research Scholarships

	Year of start of Scholarship	2020	2019
Cardiff University	2015	0	1,000
Oxford University	2016	0	23,300
University of Sussex	2017	49,210	41,850
Oxford University	2018	56,460	72,750
Edinburgh University	2018	86,960	110,150
Tom Palmer MD (Res) KCL	2018	3,145	9,085
King's College London	2019	85,300	97,685
Bristol University	2019	90,825	81,100
King's College London MD(Res)	2019	9,740	0
King's College London MD(Res) (2)	2019	9,440	0
Nottingham University	2020	83,265	0
Manchester University	2020	83,265	0
King's College London MD(Res)	2020	12,800	0
McPin Scholarship peer reviews		1,500	0
		<u>571,910</u>	<u>436,920</u>

## 11 SRF Liabilities for PhD Research Scholarships

	Year of start of Scholarship	2020	2019
University College London	2015	3,100	56,600
Manchester University	2016	0	19,700
Oxford University	2017	27,870	47,150
King's College London	2017	58,165	70,387
Cambridge University	2017	32,800	51,000
University College London	2018	73,595	95,600
Cambridge University	2019	83,840	100,020
University of Sussex	2019	69,985	81,100
Cardiff University	2020	83,265	0
King's College London	2020	102,230	0
		<u>534,850</u>	<u>521,557</u>