

Report and financial statements  
1 April 2023 - 31 March 2024

# Building a better world together



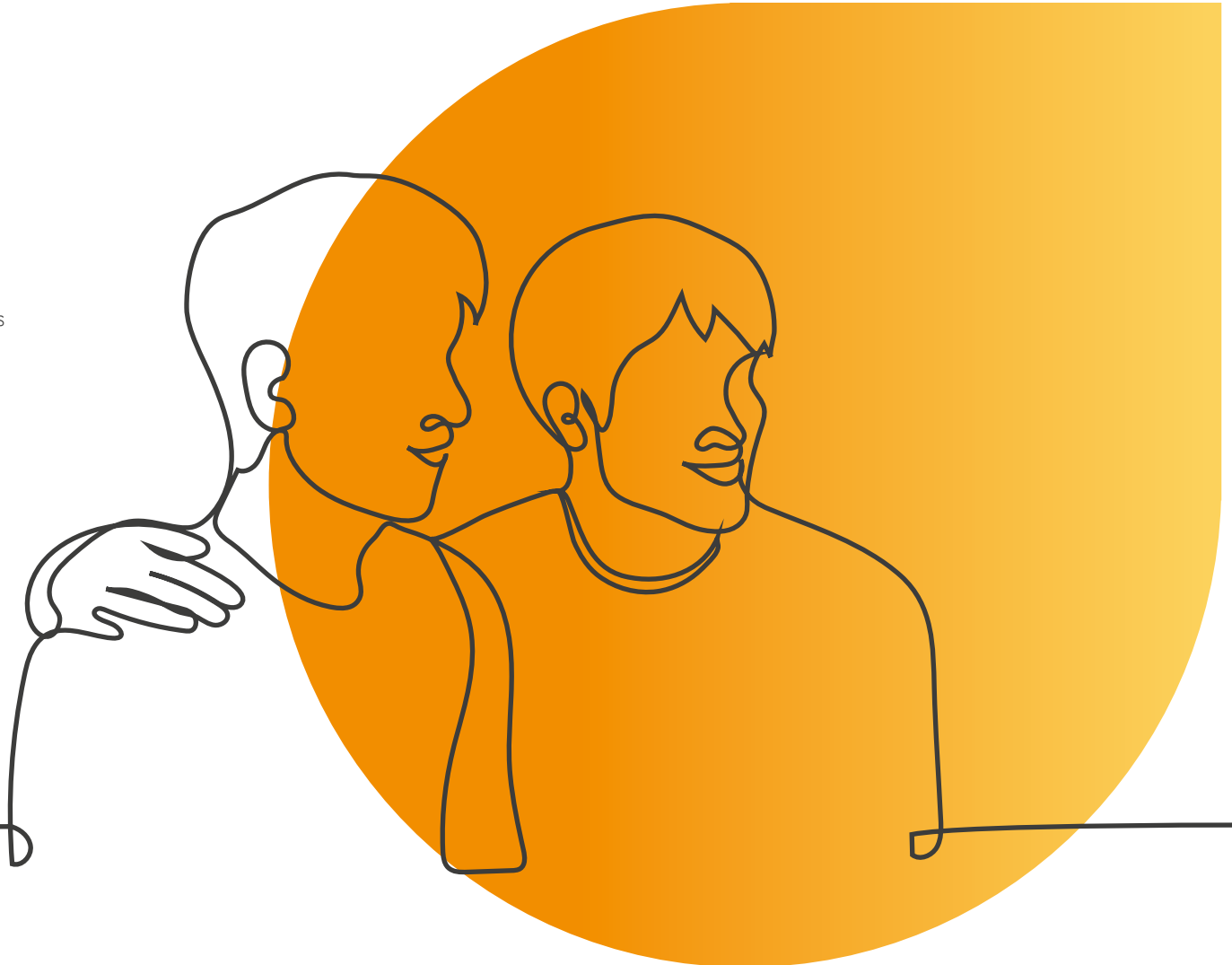


## Our mission

Our mission is to **empower everyone affected by bipolar** to live well and fulfil their potential. We will achieve it by continuing to **grow a community** of support that connects people through lived experience and by acting as the voice of our community to **challenge stigma** and **improve healthcare services** across the UK.

# Contents

01 Our mission	17 Financial review
03 Reference and Administrative Information	22 Management & governance
04 Trustees' Annual Report	23 Statement of responsibilities of the Trustees
05 CEO Message 2023/24	24 Independent auditor's report to the members of Bipolar UK Ltd
06 Objectives and activities	26 Statement of financial activities
07 Review of achievements	27 Balance sheet
08 Our campaigns and projects	28 Statement of cash flows
09 Our peer support services	29 Notes to the financial statements
11 Our research	
13 The year in numbers   Key facts	



# Reference and Administrative Information

**Company number**

1955570

**Country of incorporation**

United Kingdom

**Charity number**

293340

**Country of registration**

England &amp; Wales

**Registered office and operational address**

32 Cubitt Street, London WC1X 0LR

**Trustees**

Trustees, who are also directors under company law, who served during the year and up to the date of this report, are as follows:

**Guy Paisner**, Chair  
**Nadia Silver**, Vice Chair  
**Dan Whitlam**, Treasurer  
**Sarita Dent**  
**Hilary Samson-Barry**  
**Alice Alphandary**  
**Melissa Barnett**  
**Jeremy Clark**  
**Derek Dale KC**  
**Robert Print**  
**Bill Walden-Jones**  
**Dr Aditya Sharma**  
**Louis Constandinos**  
**Ed Butcher**

**Key management personnel**

**Simon Kitchen**, Chief Executive  
**Rosie Phillips**, Deputy Chief Executive

**Bankers****CAF Bank**

25 Kings Hill Avenue  
Kings Hill  
West Malling  
Kent ME19 4JQ

**National Westminster Bank plc**

5 Market Place  
Kingston Upon Thames  
Surrey KT1 1JX

**Solicitors****Carter Bells**

Kings' Stone House  
12 High Street  
Kingston Upon Thames  
Surrey KT1 1HD

**Auditor****Sayer Vincent LLP**

Chartered Accountants and Statutory Auditor  
110 Golden Lane  
London EC1Y 0TG

# Trustees' Annual Report

The Trustees present their report and the audited financial statements for the year ended 31 March 2024.

Reference and administrative information set out on page 3 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice – Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.



We partner with 'Run For Charity' to offer lots of exciting running events



# CEO Message 2023/24



**Simon Kitchen**  
Chief Executive Officer  
Bipolar UK



2023/24 marked my sixth year as CEO of Bipolar UK. After a number of long difficult years recovering from the impact of Covid-19, I am delighted to report that our support group and call-back services are back up to their pre-pandemic levels.

This means hundreds more people a year are now able to benefit from the life-changing, sometimes lifesaving, benefits of bipolar peer support. We are now focusing our immediate attention on increasing the number of people who use these existing services, promoting all our groups, support line and eCommunity to even more people affected by bipolar.

2023/24 was another big year for the charity. We have established our own dedicated research function, under the leadership of academic, Dr Tania Gergel, and supported by a Research Manager. With this new in-house expertise, we have bolstered and started a number of new research partnerships with leading academic institutions. I'm proud to say that our involvement in coproduction and participant recruitment has directly led to more and better-quality research into bipolar and its treatment.

The charity also continued its arduous and important journey to insert bipolar into NHS policymaking and, more broadly, the national conversation. The link between bipolar and suicide is a close and tragic one. It was an honour to sit alongside Andy Barnes and his son Callum on the BBC Breakfast Sofa in March 2024 to talk about the heartbreaking suicide of Andy's daughter Megan. She was living with bipolar and took her own life after not being able to get the support she needed to manage the condition. It is a shocking and sobering reminder that every day we delay getting a correct diagnosis, appropriate treatment and specialist support to people with bipolar, even more lives are lost.

Thanks to our slot on the BBC and an extensive PR campaign before and on World Bipolar Day, hundreds more people took the Mood Disorder Questionnaire on our website, potentially starting their own diagnosis journey.

In October 2023, Andy Barnes also made an impactful video to support the launch of our 'Message your MP' campaign. This resulted in over 150 local constituents affected by bipolar writing to their MP to ask them to champion bipolar. Over 80 MPs from all sides of the political spectrum responded and sent in bipolar-related questions to their local Mental Health Trusts and the Minister for Mental Health.

Things are going in the right direction, albeit slowly. Thanks to our advocacy, bipolar was mentioned for the first time ever in England's suicide prevention strategy. Off the back of this, the charity was successful in a large application to the Department of Health and Social Care to run training on suicide prevention to upskill staff and volunteers, and to upscale our peer support services which evidence shows can reduce the risk of suicide in the bipolar community.

The year also saw us take the message of bipolar hope out to the wider world through a series of in-person events. This included a joint conference with the National Centre for Mental Health in Cardiff, an event in Northern Ireland with Aware NI and our 40th Birthday Party in London. Our national partner, Rotary in Great Britain and Ireland also helped us increase our impact in local communities with over 30 Rotary clubs across the country organising events and running information stalls in support of World Bipolar Day.

Finally, in March, I put on my walking boots and joined our Trustee Jeremy Clark and his wife Daisy on a walk from Durham to Holy Island in the North East of England. We walked 200km over 9.5 days to help shine the spotlight on the horrendous 9.5-year delay to diagnosis. Combined with our online World Bipolar Day conference, these events brought together thousands of people, both increasing their understanding of bipolar and building a community of mutual support to tackle its challenges.

# Objectives and activities

The Trustees review the aims, objectives and activities of the charity each year, taking account of the Charity Commission's general guidance on public benefit. This report looks at what the charity has achieved and the outcomes of its work in the reporting period.

## Purposes and aims

Our objectives remain consistent with our founding ethos – to bring people with bipolar together to share their experiences and support each other.

Thanks to two trail-blazing women, Sheila Woodland and Philomena Germing, the Manic Depression Fellowship (as it was then called) was founded in 1983 when 43 people attended the first meeting at Church House, Westminster Cathedral.

A report of the meeting read: 'We should work to dispel the stigma, secrecy and widespread ignorance of manic depression. Manic depressives should be more open about the condition and still find suitable jobs.' While we now use different language to talk about bipolar, these aims couldn't be more relevant more than 40 years later.

We meet our Charitable Objects, to support all individuals affected by bipolar disorder and associated illnesses in any way which is charitable in law, in the following ways:

- **Provision of specialist advice services**
- **Facilitation of peer support services**
- **Public education activities to increase understanding of bipolar disorder**

## Where we are now

In 2023/24 Bipolar UK is a charity made up of 183 volunteers by the end of March and 30 staff. We engage with and support over 10,000 people affected by bipolar every month.

Peer support remains at the core of what we do, though over the last six years we have added a number of new functions including campaigning for, and delivering research into, earlier diagnosis and specialist treatment and support for everyone living with bipolar.



A report of the first meeting read:



We should work to dispel the stigma, secrecy and widespread ignorance of manic depression. Manic depressives should be more open about the condition and still find suitable jobs.

# Review of achievements

2023/24 was another positive year for the charity as our peer support services fully recovered from the pandemic and our policy and advocacy work really started to bear fruit.





# Our campaigns and projects

## Bipolar Commission

Back in 2021/22 the charity conducted a massive advocacy research project to compile a comprehensive 'state-of-the-nation' report to show what it's like to live with bipolar in the UK in the 21st century. It provided hard-hitting recommendations for a new model of care based on earlier diagnosis and specialist treatment. This model delivers both better outcomes for patients and cost savings to the NHS.

To work towards encouraging implementation of the Bipolar Commission recommendations, in October 2023 the charity launched its first MP writing campaign. More than 150 bipolar campaigners from our community wrote to their MP about the challenges of living with bipolar, the importance of getting a diagnosis, and the increased risk of suicide. Over 80 MPs responded by writing letters to Ministers and their local Mental Health Commissioners asking them to take action on the issue. This contributed to bipolar being mentioned for the very first time in a national Suicide Prevention strategy.

We can't change the system alone so in summer 2023 we ran an in-person event with the National Centre for Mental Health (NCMH) in Wales which energised our work in the country. The outcome of the day was a joint statement with NCMH, Royal College of Psychiatrists and other local partners, endorsing the findings of the Bipolar Commission and asking for the Welsh Government to prioritise earlier diagnosis and specialist treatment for bipolar.

Using the findings of the Bipolar Commission, the charity also conducted further research into the difference in diagnosis delays across the Home Nations, the increasing risk of suicide by delaying diagnosis and hypersexual behaviour. The next phase of the Bipolar Commission will explore 'Bipolar in the workplace'. A survey of our community was distributed over the winter and received over 1,000 responses. The findings were published in July 2024 and kickstarted Bipolar UK's work in this area.

## Could it be bipolar? campaign

It's estimated that more than 500,000 people are living with undiagnosed bipolar in the UK. In 2023 we launched our Could it be bipolar? campaign to raise awareness of the symptoms and to signpost people potentially living with bipolar to access support. The first six-month phase of the

campaign focused on social media and the press, reaching over 1.5 million people and resulting in an estimated 18,305 people completing the Mood Disorders Questionnaire on our website.

In January 2023, we extended our Could it be bipolar? campaign by distributing educational leaflets and posters in 61 GP surgeries in the North East. The surgeries had a combined footfall of over 600,000 across three months. The first quarter of the campaign saw more than 180 people clicking through directly using QR codes on the materials and a 34% increase in visitors to our 'getting a bipolar diagnosis' page. This, alongside reach through press and online searches, contributed to 19,957 people visiting our diagnosis page in 2023/24.

The next phase is to look for national and local partners to scale up the campaign so we can eventually reach everyone affected by the condition.

## Mood Tracker app

Keeping track of and being aware of daily mood is a key tool in empowering people to manage bipolar. Our Mood Tracker app which we launched in March 2022 continues to get excellent reviews and is mostly given 4 and 5\* ratings (with an average of 4.7/5\*).



At the end of May 2024, the app had been downloaded **33,374** times with **16,634** of these between April 2023 - March 2024 alone.

In December 2023, the charity launched a French-language version of the app in partnership with Bipolarité France. By the end of May 2024, it had been downloaded 1,916 times.

## Rotary partnership

During 2023/24 our partnership with Rotary in Great Britain and Ireland continued to grow, with over 30 clubs across the country taking part in events and organising information stalls in their communities for World Bipolar Day. Over 50 Rotary members joined an awareness-raising walk from Durham to Holy Island in the North East and the Rotary Club of Cuckfield Lindfield & Haywards Heath contributed to the opening of a new peer support group in their area.

We also launched the first Rotary Bipolar eClub which offers opportunities to get involved in Rotary initiatives and help enhance understanding of bipolar amongst the 1.4 million Rotary members worldwide.

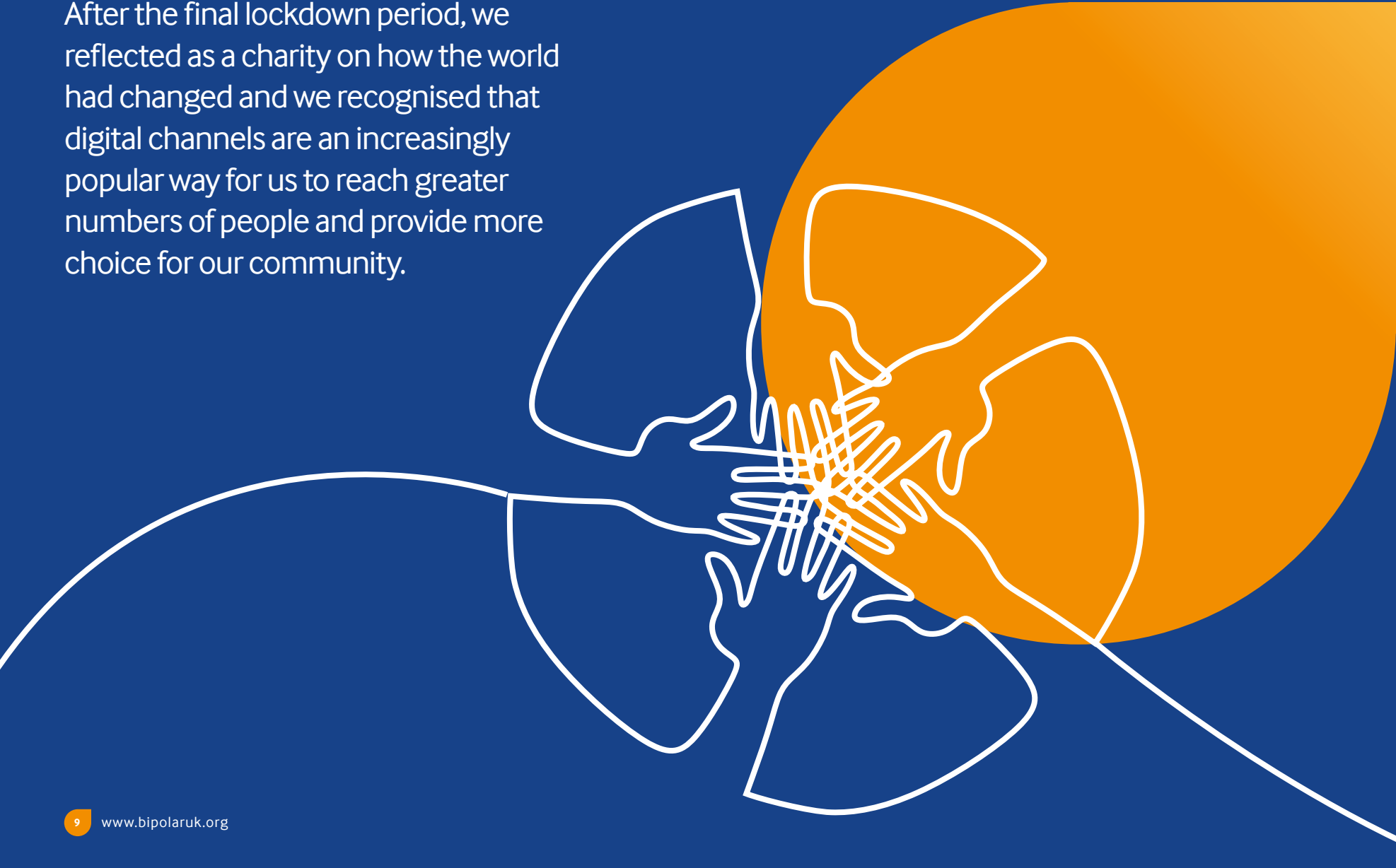
## Our online conference

In March 2024, as part of a World Bipolar Week series we brought together 24 amazing speakers and hosted five live online events covering research, hypersexual behaviour, Advance Choice Documents, supporting someone with bipolar and our main conference which focused on bipolar in the workplace and bipolar type 2.

Over 3,000 people signed up for the sessions in spite of the unfortunate timing of this year's World Bipolar Day falling on Easter Saturday!

# Our peer support services

After the final lockdown period, we reflected as a charity on how the world had changed and we recognised that digital channels are an increasingly popular way for us to reach greater numbers of people and provide more choice for our community.



### Peer Support Groups

Going forward, we are committed to continue to learn and listen to our community about their changing needs, which is why we currently run both online and in-person Peer Support groups.

During the month of March 2024, we held 84 Peer Support group meetings. From April 23 to March 24, we held an average of 74 meetings a month throughout England, Wales and Northern Ireland, up from 55 the previous year (April 21 – March 22). This takes the charity back up to the pre-pandemic number of groups.

Between 2022/23 and 2023/24, average monthly reported attendance has increased almost 50% from 231 to 344. This is on an upward trajectory as existing groups fill up with more attendees as they become more widely known, and people become increasingly confident going out and about again.

The focus in 2024/25 will be on boosting the attendance of existing groups to increase impact and to optimise the efficiency of our resources.

### Peer Support 1-1 call-back and email service

Between April 2023 and March 2024, we delivered 5,268 incidents of support via 1-1 emails and call-backs, which is a slight increase compared to the previous year (April 22 – March 23).

This means we have helped thousands of people affected by bipolar to speak to someone else with lived experience, often for the first time.

### Chatbot

Our chatbot, launched in 2019, continues to allow people to book 1-1 support calls and signpost people to useful information on our website. Between April 2023 and March 2024, more than 584 questions a month were answered. This was slightly down on the year before.

### The eCommunity

The eCommunity continued to grow to over 15,000 members over the course of the year, with 692,001 page views. Having moderators on hand 365 days a year, between 8am and 8pm, helps to secure the safety of members. Moderators ensure all content that's shared is appropriate, engage with the community and offer 1-1 support via private messages.

eCommunity users tell us they value the space to talk about a wide range of topics with others who really understand bipolar and report lower levels of isolation as a result.



Just to say how much I appreciate the eCommunity – I have used it several times and have found it informative and supportive.

# Our research

During 2023/24 Bipolar UK established a dedicated research function with a Director of Research and Research Manager. During the year they were involved in advocating and supporting a number of research studies to improve outcomes for people living with bipolar.

Bipolar UK has seven ongoing small research partnerships with universities, which are investigating a range of new treatments and support for bipolar, including the effectiveness of different medications and cognitive remediation therapy.

## Brain and Genetics Hub – Cardiff University

The new UKRI Mental Health Hubs, including our partner hub with Cardiff, Bristol and other South Western universities, started on 1 April 2024 (£4.3million for world-leading research into severe mental illness – [News – Cardiff University](#)). This is Bipolar UK's largest and most significant research partnership to date.

We have two small partnerships for which we have submitted applications, including an extension of Integrated Bipolar Parenting Intervention (IBPI) to investigate the partner carers of parents with bipolar, as well as a randomised controlled trial (RCT) of lithium testing. Finally, we have one prospective small partnership which is a continuation of the Advance Choice Document (ACD) project to examine the impact of ACDs.

For major partnerships, we submitted one application, CATALYST, a randomised controlled trial investigating lorazepam as a treatment for catatonia in those with Severe Mental Illness (SMI).

## Launching our Research Community

In March 2024, the charity launched its first dedicated research community for people interested in getting involved in bipolar-related research studies or lived experience advisory work (coproduction).



**Dr Tania Gergel**  
Director of Research, Bipolar UK

## News

We're proud to be partnering with a new UKRI Mental Health Hub with Cardiff, Bristol and other South Western universities.



Having a dedicated community will make research recruitment easier and encourage more researchers to move into the field of bipolar. By June 2024, over 300 people had signed up.

# A massive thank you

None of what you have read — the impactful services and support delivered in such trying times — would be possible without the hard work, dedication and humanity of our staff, volunteers and supporters.

A particularly heartfelt thank you goes out to our:

# 183

active support  
service volunteers

**14** trustees

**15** ambassadors

**21** commissioners

**11** clinical advisory  
panel steering  
group members



These people are at the heart of our charity and our community.



# The year in numbers | Key facts

Chatbot

584

We responded to 584 questions per month in 2023/2024



Peer Support Groups

74

There were an average of 74 Peer Support Group meetings a month in England, Wales and Northern Ireland

Since the last financial year, average monthly reported attendance has increased almost 50% from 231 to 344



Peer Support 1-1 Call Back & Email Service

5,268

We delivered 5,268 incidents of support via 1-1 emails and call-backs, which is a slight increase compared to the previous year



Rotary Partnership

30

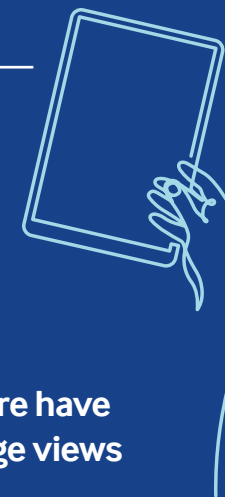
During 2023/24 over 30 Rotary clubs across the country took part in events and organising information stalls in their communities for World Bipolar Day



Bipolar UK website

48,323

From April 23 to March 24 there have been an average of 48,323 page views per month



Message your  
MP campaign



150

Over 150 local constituents in  
our community wrote to their MP  
to ask them to champion bipolar

Mood Tracker  
App



16,634

From April 20 to March 24  
there were 16,634 downloads  
of the Mood Tracker app

In May 24, the total number of downloads  
since the app launched in March 22 was 33,374

Newsletter



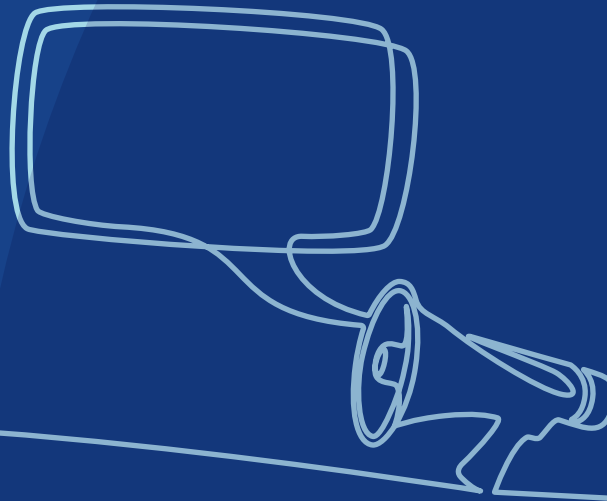
20,846

As of March 24, we had 20,846  
newsletter subscribers

80



Over 80 MPs from all sides of the  
political spectrum responded and  
sent in bipolar-related questions  
to their local Mental Health Trusts  
and the Minister for Mental Health



Could it  
be bipolar?

19,957

19,957 people visited our  
diagnosis page in 2023/24

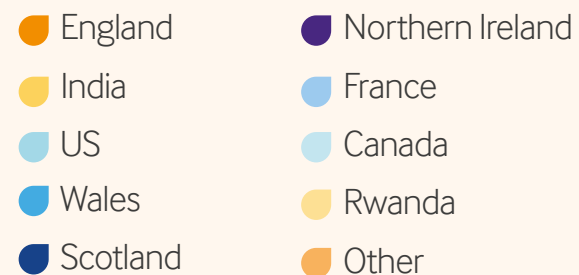
# World Bipolar Day reach

# 3,000

Over 3,000 people signed up to attend Bipolar UK's World Bipolar Day conference and webinars

People from 41 different countries tuned into the conference, including:

0.7%  
0.8%  
0.8%  
0.8%  
2.6%



**73% of attendees** felt better able to live well with bipolar or support loved ones after attending the conference.



I found the conference very useful; it has given me hope for future employment and made me feel I'm not alone with this illness and there is help out there for anyone who needs it.

Website users  
in March 2024

**67,744**

67,744 page views for  
the month of March 2024

PR in  
March 2024

**34m**

Audience

**48**

News items

**114**

Brand mentions

Social media  
in March 2024

**300**

More than 300 social media  
posts went out across our  
four platforms – Instagram,  
LinkedIn, X and Facebook



**248%**

Overall engagement  
increased by 248%

**279%**

Post links had 279% more  
clicks than average in March

# Financial review

The charity had a strong financial year due to higher than anticipated income of £1,707,052. This was primarily because we received more income than expected in legacies.







Your 'Work and Bipolar' session inspired me to create a document, which my manager supported and shared with HR. It will now be part of our onboarding pack for new employees and managers at our global company. I wanted to share this good news with you!

## Expenditure was £1,414,959 due to the expansion of our in-person service provision post-covid and investments in building the charity's fundraising, communications, policy and research capabilities.

The Trustees consider the financial position of the organisation to be sound and continue to review the fundraising strategy to ensure that sufficient funds are available for future years. Bipolar UK recognises that at any time its accounts will hold both restricted funds, which are monies held subject to specific conditions set by the donor or funder, and unrestricted funds. It is the policy of Bipolar UK to allocate a proportion of its unrestricted funds for certain designated purposes and to hold the balance as a General Unrestricted Fund.

### Principal risks and uncertainties

The principal risks and uncertainties for the charity are maintaining the safety of our staff, volunteers and people who use our services, and sustainable growth, particularly in light of the fact that there are very few multi-year grants available in the charity sector.

Bipolar is a fluctuating condition where people can quickly become acutely unwell. This can include hyperactivity and erratic behaviour during periods of hypomania or mania, or recurring suicidal thoughts during periods of depression. The charity's peer support model depends on staff and volunteers with lived experience who are both supporting vulnerable people and at risk of becoming unwell themselves. The charity therefore operates stringent safeguarding procedures and puts an emphasis on positive mental health within the workplace.

The charity staff numbers have remained stable over the last year seeing small growth from 29 to 30FTE. During the financial year staff turnover remained high at 23%.

The CEO and Deputy CEO have taken the high turnover seriously, conducting exit interviews and improving our practices where appropriate. This includes proposing more generous staff remuneration packages for Trustee approval, increasing reflective practice within services to reduce stress and increasing the hours for roles where capacity is an issue. Some of these are starting to bear fruit and the turnover has fallen slightly since the winter. We hope to reduce it to the national average by autumn 2024.

The charity is now entering a phase of consolidation and needs to bed down its new team and work patiently towards achieving its goals. The focus is on improving attendance at our groups and integrating our different databases to improve data security and the client journey.

# Reserves policy

**As of 31 March 2024, the charity held reserves of £1,605,907 (2023: £1,288,159) of which £138,113 (2023: £91,012) were restricted and £655,502 were held as designated funds (2023: £490,124).**

Reserves are held to provide against any future income shortfall, fulfil working capital requirements and allow funds to be available to support service developments within the approved annual budget.

The Board of Trustees aspires to hold 'free reserves' equivalent to six months' unrestricted expenditure at any point in time with a minimum of three months held in cash.

'Free reserves' are defined as unrestricted reserves, exclusive of fixed assets, and determined based on average monthly unrestricted expenditure for 12 months ahead.

In determining an appropriate level of free reserves, the Trustees have identified the key risks and uncertainties facing the charity and seek to provide free reserves sufficient to mitigate those risks.

## In particular:

- Dependence on voluntary donations and grants for the charity's income with a low proportion of income committed on a multi-year basis
- The high proportion of fixed-salary costs which would necessitate restructuring to reduce
- The fluctuating value of assets, given the significant proportion of the free reserves held in managed funds
- Uncertainty of restricted and unrestricted income breakdown during the financial year
- Unexpected liabilities over and above budgeted contingencies
- Fluctuations in timing of cash flows which could result in insufficient funds to pay staff and suppliers
- Events having a major negative reputational impact on the charity
- Time and expense in finding alternative funding or reduction in costs should targets or funding commitments not be met, or should other risks materialise

Based on the above assessment and being mindful of the need for the charity to be able to sustain its core services, the Trustees have estimated that the level of free reserves required to mitigate against the identifiable risks is six to nine months of average unrestricted expenditure for 12 months ahead. The remaining free reserves have been designated by the Trustees for the purposes of implementing the main recommendations detailed in the Bipolar Commission report over the next five years. Also, additional reserves will be designated in 2023/24 for a redevelopment of the charity's website and expansion of our Peer Support Services offer.

As at the end of March 2024, we now have unrestricted free reserves of £812,292, which is around 8 months of running costs for the charity. Beyond the current financial period, the Trustees' long-term aim is to ensure continued and appropriate support for individuals affected by bipolar. Should unrestricted reserves exceed the upper limit of six months it is the Trustees' intention that these funds, designated for specific charitable activities, are drawn down over a longer period. This currently includes the continuation of the Bipolar Commission, service expansion and the website upgrade.

The Trustees' policy on reserves is subject to an annual review by the Finance Committee and formal approval by the Board. It was agreed at the March 2024 Board meeting that the charity would run a planned deficit of £150,000 during the financial year to spend down its designations and to bring its unrestricted reserves in line with its policies.

## Going concern

Through Board meetings, Finance Committees meetings and Risk Register reviews, the Trustees have considered the charity's activities and finances and consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern. These financial statements have therefore been prepared on this basis.

In June 2024, the charity had an active pipeline of £2.8 million from a number of sources including research partnerships, NHS contracts, grants from trusts and public donations. Based on a review of our pipeline over the previous 12 months the charity would expect to receive income of at least £1.319 million during 2024/25.

An independent Fundraising Review was completed in summer 2024 and will provide recommendations on how the charity can maximise its current income generation resources and options for growing the team further so the charity can achieve its long-term ambitions.

Growing our impact has never been more important. Despite our relatively small size, our community is experiencing colossal levels of unmet need. Three in five people living with bipolar get no dedicated treatment or support for the condition. As a result, people with bipolar earn less money, have more debt, are more likely to become homeless and are more at risk of suicide — with up to one in five people with bipolar ending up taking their own life.

Independent evaluations have shown that Bipolar UK peer support services can play a vital role in empowering people to live well and fulfil their potential. They reduce relapse rates and suicidal thoughts, and keep people out of hospital. Bipolar UK also has an important role to play in advocating for better care and treatment, and delivering research into the condition and its cure.

# Fundraising

Over the last three years the charity has developed three key income streams more or less from scratch – corporate partnerships, commissioned income and research partnerships. This has reduced the charity's dependence on grant funders and expanded the scope and reach of the charity considerably.

The key area of income growth for the charity in 2024/25 has continued to come from commissioned income. This includes NHS contracts linked to the Community, Voluntary Sector Framework in England, and upscaling our role within Research Council funded studies. Both take advantage of Bipolar UK's unique expertise in delivering co-design with people living with bipolar and providing peer support that keeps people well, out of hospital and most importantly, alive.

Legacies remain the big unknown for the charity, with income varying from £40,000 in 2022/23 to over £500,000 in 2023/24. Through our partnership with Farewill we have improved the visibility of our legacy pipeline with £888,173 registered (as of June 2024) but it remains a key income stream that we can't budget for. In anticipation of potential legacies, the charity is developing a number of 'oven ready' projects, most notably expanding 'Could it be bipolar?' so the charity can invest income from legacies in a sustainable way.

Bipolar UK will explore opportunities to expand its in-work training offer so it can play its full part in supporting people living with bipolar to manage their bipolar in the workplace.

Bipolar UK is a member of the Fundraising Regulator and complies with all regulations required. During 2023/24 Bipolar UK was not made aware of any complaints.

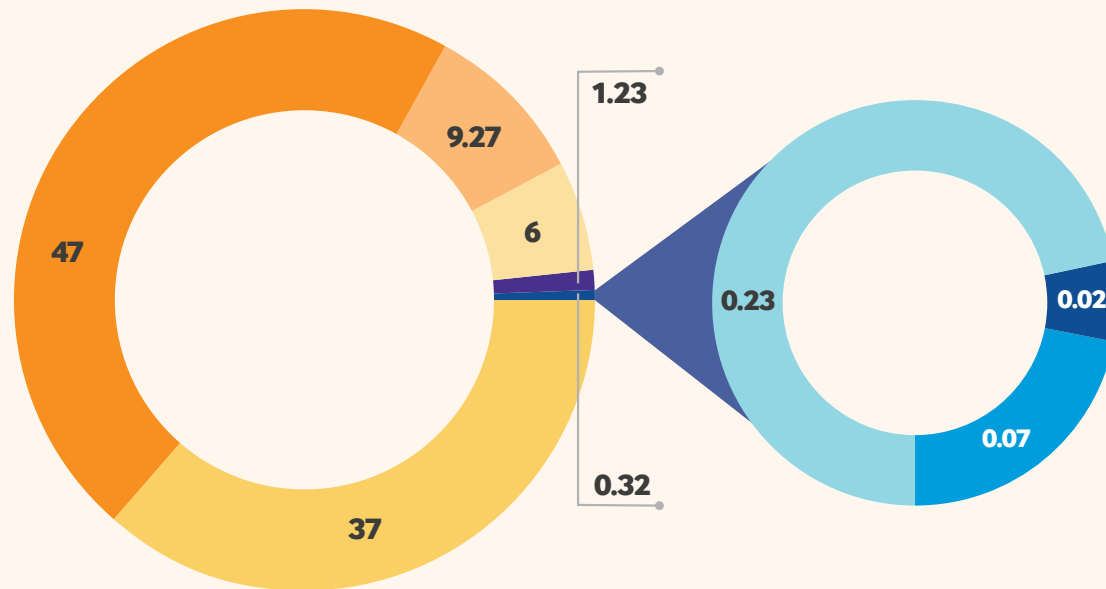


Great team offering peer support advice and information, if you need support on living well with bipolar, help on getting a diagnosis or support for a loved one and yourself do book a call.

# Plans for the future

Out of a potential six million people affected by bipolar in the UK, the charity is currently reaching and supporting less than 1% of them a month.

## How many people have heard of Bipolar UK?



### Key

- Friends and family of those with a diagnosis who don't know we exist
- Friends and family of people living without bipolar diagnosis who don't know we exist
- Diagnosed bipolar don't know we exist
- Undiagnosed bipolar don't know exist
- Diagnosed and know we exist
- Undiagnosed and know we exist

Those that use our services find help and solace though we know that millions of people affected by bipolar aren't yet reaching us. This is compounded by the fact that more than half the people with bipolar don't even know they have the condition.

The level of unmet need is enormous. Our digital services, most notably our eCommunity and website, could accommodate and benefit most of them at no or little extra cost to the charity. Many of our support groups could accept more attendees, and signing up more members to our growing research community would stimulate more research into bipolar. Raising the profile of bipolar and the support Bipolar UK offers is therefore our top priority for the next year.

Our goals are:

- To improve awareness of the charity and its services through engagement with press, social media and building up NHS referral routes
- To improve diagnosis rates by advocating for earlier diagnosis and specialist services
- To improve our website with a new focus on diagnosis, suicide prevention and taboo subjects like bipolar and hypersexual behaviour
- To consolidate our services, increasing training in suicide prevention and achieving targeted growth in specific areas like London and Wales which are currently underserved
- To grow our Research Community and Research Partnerships to improve outcomes for people living with bipolar

Despite our increasing impact, our services only reach a small proportion of people living with bipolar in the UK and a tiny fraction of the global number. The charity is developing an ambitious multi-year plan to improve understanding of the condition, provide a universal peer support service across the UK (with a target of 400 groups) and develop a 'live' peer support line.

We want to provide the best advice and guidance on living with bipolar and be a shining light for everyone affected by bipolar across the world.

# Management & governance

To achieve its mission the charity invests significant time in its management and governance. In summary:

## Structure, governance and management

The Board of Trustees is legally responsible for the strategic direction of the charity. It meets every three months and is supported by the Finance Committee chaired by our Treasurer, which meets on a quarterly basis between Board meetings. Alongside this there are four additional Trustee/staff advisory groups covering the key operational areas of the charity: fundraising, policy and communications, services and research.

The charity also has a Clinical Advisory Panel Steering Group, co-chaired by Professor Allan Young and newly appointed Trustee, Dr Aditya Sharma. It comprises leading bipolar clinicians in primary and secondary care and plays a key role in ensuring the efficacy of our advice and services and advocating for diagnosis and specialist treatment within the NHS.

## Recruitment and appointment of Trustees

Trustees are recruited through a combination of national advertisements to broaden recruitment and ensure specific skill sets are obtained. There were no new recruitments in 2023/24 though the charity will be recruiting additional Trustees in 2024/25 to replace four retirements.

## Trustee induction and training

Trustees receive a comprehensive induction which covers both the responsibilities of the role and the specifics of the charity. All new Trustees are required to review and understand the Essential Trustee information on the Charity Commission website and other accompanying documents. They also have access to the latest governance training provided by charity sector bodies, such as NCVO. Trustees are all required to complete training on safeguarding, cybersecurity and GDPR and sign a confidentiality agreement.

In getting to know the charity the Trustees have a series of briefing meetings with the Chair, Treasurer and key staff including the CEO and

Deputy CEO. Through these meetings, they are introduced to the Charity's Articles of Association and other governance documents including the Year Plan, Risk Register and Management Accounts. We also arrange in-person visits to our offices and Peer Support groups, and an online tour of our eCommunity.

Each Board meeting ends with 15-20 minutes of time to reflect without any staff present. This allows new and longer-serving Trustees a safe space to consider their performance in the meeting and provide constructive feedback to colleagues.

All Trustees have Bipolar UK email addresses enabling them to separate charity and personal communications. It also allows them to access a 'Trustee intranet' where key performance indicators are uploaded monthly and bespoke charity training webinars on fundraising and other areas of charity activity can be accessed.

## Executive Team

The Trustees delegate the day-to-day operations of the charity to the Chief Executive and Deputy Chief Executive who provide an Executive function for the charity. The Trustees have worked with the Executive, with support of the wider management team, to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the Executive through Action Logs which are updated and reported on quarterly.

## Remuneration policy

The total staffing budget is proposed by the staff team, reviewed, amended and recommended by the Finance Committee and approved by the Board. Under advice from the staff team, they consider changes in costs of living, salary benchmarking, immediate financial resources of the charity and short and medium-term financial projections to ensure any changes in pay and conditions are sustainable.

Remuneration of individual staff is reviewed and approved by a Remuneration Committee which comprises the Treasurer, Chair and the Vice-Chair of the charity. The Remuneration Committee receives an annual proposal for new posts and staff pay produced by the CEO, Deputy CEO and Finance Manager. In distributing the total remuneration budget, the staff consider new posts, retention and recruitment, wider benefits and the performance of individual staff members based on evidence from appraisals.

Changes to pay outside this process are proposed by the CEO and approved by the Treasurer and must fit within the total Remuneration package unless approved by the Board.

## Remuneration policy for key management personnel

The remuneration of key management personnel is determined with due consideration of comparable current market sector rates by the Remuneration Committee and approved by the Board.

## Related parties and relationships with other organisations

There are no related party relationships with any other organisations.

## Registration

The organisation is a charitable company limited by guarantee, incorporated on 7/11/1985 and registered as a charity on 10/2/1986.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All Trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.



# Statement of responsibilities of the Trustees

The Trustees (who are also directors of Bipolar UK Ltd for the purposes of company law) are responsible for preparing the Trustees' annual report including the strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and group and of the incoming resources and application of resources, including the income and expenditure, of the charitable company or group for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities Statement of Recommended Practice ("SORP")
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue operating

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy the financial position of the charitable company at any time and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware, there is no relevant audit information of which the charitable company's auditor is unaware:

- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information
- The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2024 was 14 (2023: 12). The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

## Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

The directors' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The Trustees' annual report has been approved by the Trustees.



## Guy Paisner

Chair of Trustees

Date: 30 September 2024

# Independent auditor's report

to the members of Bipolar UK Ltd

## Opinion

We have audited the financial statements of Bipolar UK Ltd (the 'charitable company') for the year ended 31 March 2024 which comprise the statement of financial activities, balance sheet, statement of cash flows, and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable to the Laws of England and Wales, and the United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

## Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

## Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Bipolar UK Ltd's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

## Other Information

The other information comprises the information included in the Trustees' annual report, other than the financial statements and our auditor's report thereon. The Trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

## Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the Trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The Trustees' annual report, has been prepared in accordance with applicable legal requirements.

## Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of Trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' annual report and from the requirement to prepare a strategic report.

## Responsibilities of Trustees

As explained more fully in the statement of Trustees' responsibilities set out in the Trustees' annual report, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

# Independent auditor's report

to the members of Bipolar UK Ltd

## Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

## Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
  - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
  - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance

- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit
- We reviewed any reports made to regulators
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

## Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



**Fleur Holden**  
(Senior Statutory Auditor)

for and on behalf of Sayer Vincent LLP, Statutory Auditor  
110 Golden Lane,  
LONDON,  
EC1Y 0TG

Date: 12 December 2024

# Statement of financial activities

(incorporating an income and expenditure account)

For the year ended 31 March 2024

	Note	Unrestricted £	Restricted £	2024 Total £	Unrestricted £	Restricted £	2023 Total £
<b>INCOME FROM:</b>							
Donations and legacies	2	1,106,185	20,018	1,126,203	1,041,466	21,190	1,062,656
<b>Charitable activities</b>							
Awareness Raising	3	–	9,500	9,500	–	–	–
Commissioned Services	3	173,442	–	173,442	37,450	–	37,450
Communications Policy & Research	3	–	–	–	–	22,947	22,947
Peer Support Groups	3	–	353,491	353,491	–	192,274	192,274
Peer Support Services	3	–	3,856	3,856	–	5,094	5,094
Investments	4	40,560	–	40,560	23,145	–	23,145
<b>Total income</b>		<b>1,320,187</b>	<b>386,865</b>	<b>1,707,052</b>	<b>1,102,061</b>	<b>241,505</b>	<b>1,343,566</b>
<b>EXPENDITURE ON:</b>							
Raising funds	5	285,376	–	285,376	329,188	–	329,188
<b>Charitable activities</b>							
Awareness Raising	5	275,132	22,976	298,108	–	–	–
Bipolar Commission Implementation	5	123,736	–	123,736	17,873	–	17,873
Communications, Policy & Research	5	–	–	–	215,833	125,163	340,995
Employment Support	5	8,692	–	8,692	15,393	–	15,393
Peer Support Groups	5	66,650	300,335	366,985	89,452	186,927	276,380
Peer Support Service	5	–	–	–	21	1,590	1,611
Peer Support Service (Covid-19 Response)	5	–	–	–	187	14,435	14,622
Phone & Email Support	5	149,842	–	149,842	151,089	–	151,089
Research	5	57,595	16,454	74,049	–	–	–
The eCommunity	5	108,171	–	108,171	89,751	–	89,751
<b>Total expenditure</b>		<b>1,075,194</b>	<b>339,765</b>	<b>1,414,959</b>	<b>908,786</b>	<b>328,115</b>	<b>1,236,900</b>
Net income/(expenditure) before net gains/(losses) on investments		244,993	47,100	292,093	193,275	(86,610)	106,666
Net gains/(losses) on investments		25,655	–	25,655	(55,603)	–	(55,603)
<b>Net income/(expenditure) for the year</b>	6	270,648	47,100	317,748	137,672	(86,610)	51,063
<b>Reconciliation of funds:</b>							
Total funds brought forward		1,197,146	91,013	1,288,159	1,059,474	177,623	1,237,097
<b>Total funds carried forward</b>		<b>1,467,794</b>	<b>138,113</b>	<b>1,605,907</b>	<b>1,197,146</b>	<b>91,013</b>	<b>1,288,159</b>

All of the above results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18a to the financial statements.

# Balance sheet

Company no. 1955570

As at 31 March 2024

	Note	2024 £	2023 £
<b>FIXED ASSETS:</b>			
Tangible assets	11	26,302	24,951
Intangible assets	12	–	4,076
Investments	13	573,736	548,081
		<b>600,038</b>	<b>577,108</b>
<b>CURRENT ASSETS:</b>			
Debtors	14	184,646	59,748
Short term deposits		148,137	150,601
Cash at bank and in hand		773,710	679,228
		<b>1,106,493</b>	<b>889,577</b>
<b>Liabilities:</b>			
Creditors: amounts falling due within one year	15	(100,624)	(178,526)
<b>Net current assets</b>		<b>1,005,869</b>	<b>711,051</b>
<b>Total net assets</b>		<b>1,605,907</b>	<b>1,288,159</b>
<b>The funds of the charity:</b>			
Restricted income funds	17a	138,113	91,013
Unrestricted income funds:			
Designated funds		655,502	490,124
General funds		812,292	707,022
<b>Total unrestricted funds</b>		<b>1,467,794</b>	<b>1,197,146</b>
<b>Total charity funds</b>		<b>1,605,907</b>	<b>1,288,159</b>

Approved by the Trustees on 30 September 2024 and signed on their behalf by



**Guy Paisner**

Chair of Trustees



# Statement of cash flows

For the year ended 31 March 2024

	2024		2023	
	£	£	£	£
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>				
Net income for the reporting period (as per the statement of financial activities)	317,748		51,062	
Depreciation charges	13,492		29,573	
(Gains)/Losses on investments	(25,655)		55,603	
Dividends, interest from investments	(40,560)		(23,145)	
Loss on the disposal of fixed assets	421		5,289	
(Increase)/Decrease in debtors	(124,898)		44,030	
(Decrease)/Increase in creditors	(77,902)		60,577	
<b>Net cash provided by operating activities</b>		<b>62,646</b>		<b>222,989</b>
<b>CASH FLOWS FROM INVESTING ACTIVITIES:</b>				
Dividends, interest from investments	40,560		23,145	
Purchase of fixed assets	(11,187)		(26,413)	
Movement to short term deposits	2,463		(150,601)	
Purchase of investments	—		(10,000)	
<b>Net cash (used in) investing activities</b>		<b>31,836</b>		<b>(163,869)</b>
<b>Change in cash and cash equivalents in the year</b>		<b>94,482</b>		<b>59,120</b>
Cash and cash equivalents at the beginning of the year		679,228		620,108
<b>Cash and cash equivalents at the end of the year</b>		<b>773,710</b>		<b>679,228</b>
<b>ANALYSIS OF CASH AND CASH EQUIVALENTS</b>				
	At 1 April 2023	Cash flows	Other non-cash changes	At 31 March 2024
	£	£	£	£
Cash at bank and in hand	679,228	94,482	—	<b>773,710</b>
<b>Total cash and cash equivalents</b>	<b>679,228</b>	<b>94,482</b>	<b>—</b>	<b>773,710</b>

# Notes to the financial statements

For the year ended 31 March 2024

## 1 Accounting policies

### a) Statutory information

Bipolar UK Ltd is a charitable company limited by guarantee, incorporated in England and Wales on 7 November 1985.

Bipolar UK is an unincorporated charity registered on 10 February 1986 with the Charity Commission for England and Wales (charity number 293340).

The registered office address and the principal place of business is :  
32 Cubitt Street London WC1X 0LR.

### b) Basis of preparation

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

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

In applying the financial reporting framework, the Trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

### c) Public benefit entity

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

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

### d) Going concern

As a result of reviews carried out by the Trustees at Finance and Board meetings together with regular review of the risk register, they consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern in the foreseeable future. The financial statements have, therefore, been prepared on this basis.

### e) Income

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

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

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

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

### f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and the economic benefit can be measured reliably.

In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the Trustees' annual report for more information about their contribution.

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

### g) Interest receivable

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

# Notes to the financial statements

For the year ended 31 March 2024

## h) Fund accounting

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

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

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

## i) Expenditure and irrecoverable VAT

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

- Costs of raising funds relate to costs incurred in encouraging people and organisations to support financially the charity's work. This includes the costs of advertising, publicity and the staging of fundraising events
- Expenditure on charitable activities includes the costs of delivering services, including staff costs, directly attributable to each activity. Where the costs cannot be directly attributed they have been allocated to activities on a cost-incurred basis
- Support and Governance costs have been allocated to each activity based on staff numbers employed in that activity (or on time spent on that activity)
- Other expenditure represents those items not falling into any other heading

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities.

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

## j) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

## k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Computer and office equipment — Straight line basis over 3 - 5 years

## l) Intangible fixed assets

Intangible fixed assets are measured initially at their purchase cost. Assets under £1,000 are written off to the Statement of Financial Affairs. Amortisation is provided at rates calculated to write off the cost less estimated residual value of each asset over the expected useful life as follows:

- Computer software — Straight line basis over 3 - 5 years

## m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

## n) Debtors

Trade and other debtors are recognised at the settlement amount. Prepayments are valued at the amount prepaid net of any trade discounts due.

## o) Short term deposits

Short term deposits includes cash balances that are invested in accounts with a maturity date of between three and 12 months.

## p) Cash at bank and in hand

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

## q) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

## r) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

## s) Pensions

Contributions were paid on behalf of employees into their personal pension schemes and are charged to the Statement of Financial Activities in the year in which they become payable. No further liabilities accrue to the charity other than these payments.

# Notes to the financial statements

For the year ended 31 March 2024

## 2 Income from donations and legacies

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
	£	£	£	£	£	£
Grants	153,550	—	153,550	174,803	—	174,803
Donations	373,571	20,018	393,589	851,662	21,190	872,852
Legacies	543,559	—	543,559	15,001	—	15,001
Donated services	35,505	—	35,505	—	—	—
	<b>1,106,185</b>	<b>20,018</b>	<b>1,126,203</b>	<b>1,041,466</b>	<b>21,190</b>	<b>1,062,656</b>

Donated services relate to room hire at Universal Music and support from IDS Media for our North East GP Campaign.

## 3 Income from charitable activities

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
	£	£	£	£	£	£
<b>Peer Support Services</b>						
Other Grants less than £4,000	—	3,856	3,856	—	5,094	5,094
<b>Sub-total for Peer Support Services</b>	<b>—</b>	<b>3,856</b>	<b>3,856</b>	<b>—</b>	<b>5,094</b>	<b>5,094</b>
<b>Peer Support Groups</b>						
Big Lottery	—	130,000	130,000	—	129,568	129,568
Big Lottery Wales	—	17,209	17,209	—	—	—
CRH Charitable	—	5,365	5,365	—	—	—
Devon Community Foundation	—	4,200	4,200	—	—	—
DHSC Suicide Prevention	—	50,000	50,000	—	—	—
Enterprise Development Fund	—	12,587	12,587	—	17,345	17,345
Ernest Kleinwort Charitable Trust	—	4,000	4,000	—	—	—
Eveson Trust	—	7,748	7,748	—	—	—
Garfield Weston Foundation	—	50,000	50,000	—	—	—
Moondance Foundation	—	—	—	—	20,000	20,000
Rethink Mental Illness	—	5,275	5,275	—	—	—
Sir James Knott	—	10,000	10,000	—	10,000	10,000
The Stanley Grundy Foundation	—	5,000	5,000	—	—	—

# Notes to the financial statements

For the year ended 31 March 2024

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
	£	£	£	£	£	£
The Trustees Louis Nicholas Residuary Charitable Trust	–	4,000	4,000	–	–	–
Other Grants less than £4,000	–	48,107	48,107	–	15,361	15,361
<b>Sub-total for Peer support Groups</b>	<b>–</b>	<b>353,491</b>	<b>353,491</b>	<b>–</b>	<b>192,274</b>	<b>192,274</b>
<b>COMMISSIONED SERVICES</b>						
Cardiff University	5,000	–	5,000	–	–	–
CNTW	7,894	–	7,894	–	–	–
Coventry & Warwickshire Partnership Trust	6,970	–	6,970	–	–	–
Kings College London	12,144	–	12,144	6,000	–	6,000
NHS South West London	–	–	–	10,000	–	10,000
Oxford Health NHS Foundation Trust	108,000	–	108,000	–	–	–
Rotherham CCG	7,000	–	7,000	7,500	–	7,500
Torbay and South Devon NHS Foundation Trust	9,325	–	9,325	–	–	–
University of Lancaster	7,000	–	7,000	–	–	–
Other Grants less than £4,000	10,109	–	10,109	13,950	–	13,950
<b>Sub-total for Commissioned Services</b>	<b>173,442</b>	<b>–</b>	<b>173,442</b>	<b>37,450</b>	<b>–</b>	<b>37,450</b>
<b>COMMUNICATIONS POLICY &amp; RESEARCH</b>						
Hypatia Foundation	–	–	–	–	10,000	10,000
Torbay and South Devon NHS Foundation Trust	–	–	–	–	9,789	9,789
Other grants	–	–	–	–	3,158	3,158
<b>Sub-total for Communications Policy &amp; Research</b>	<b>–</b>	<b>–</b>	<b>–</b>	<b>–</b>	<b>22,947</b>	<b>22,947</b>
<b>AWARENESS RAISING</b>						
Hypatia Foundation	–	7,500	7,500	–	–	–
Other grants	–	2,000	2,000	–	–	–
<b>Sub-total for Awareness Raising</b>	<b>–</b>	<b>9,500</b>	<b>9,500</b>	<b>–</b>	<b>–</b>	<b>–</b>
<b>TOTAL INCOME FROM CHARITABLE ACTIVITIES</b>	<b>173,442</b>	<b>366,847</b>	<b>540,289</b>	<b>37,450</b>	<b>220,315</b>	<b>257,765</b>

# Notes to the financial statements

For the year ended 31 March 2024

## 4 Income from investments

	Unrestricted	Restricted	2024 Total	Unrestricted	Restricted	2023 Total
	£	£	£	£	£	£
Investment Income	40,560	—	40,560	23,145	—	23,145
<b>Sub-total for Investment Income</b>	<b>40,560</b>	<b>—</b>	<b>40,560</b>	<b>23,145</b>	<b>—</b>	<b>23,145</b>

## 5a Analysis of expenditure (current year)

	Charitable activities												2024 Total	2023 Total
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Services (Covid-19 Response)	Peer Support Groups	The e-Community	Employment Support	Bipolar Commission	Awareness Raising	Research	Support Costs	Governance Costs	£	£
	£	£	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 7)	182,218	74,176	—	—	221,029	82,070	5,962	100,187	123,070	59,956	99,685	47,968	996,321	834,793
Depreciation and amortisation	3,311	1,515	—	—	2,199	—	—	—	1,432	—	5,036	—	13,493	34,862
Other Costs including Office Costs	22,109	20,462	—	—	24,486	70	12	—	32,625	—	65,135	419	165,318	175,565
Fundraising Consultancy	13,948	—	—	—	—	—	—	—	—	—	—	—	13,948	45,032
IT Support Costs & Website	8,766	24,963	—	—	28,319	5,444	1,064	—	43,230	—	10,422	475	122,683	83,257
Audit Fees	—	—	—	—	—	—	—	—	—	—	—	17,050	17,050	14,000
Support Group Meeting facilities	—	—	—	—	18,994	—	—	—	—	—	—	—	18,994	10,636
Office Rent and Insurance	—	—	—	—	—	—	—	—	—	—	23,103	—	23,103	24,205
Publications and Communications	712	208	—	—	2,114	—	—	—	41,015	—	—	—	44,049	14,550
	231,064	121,324	—	—	297,141	87,584	7,038	100,187	241,372	59,956	203,381	65,912	1,414,959	1,236,900
Support costs	13,293	6,980	—	—	17,095	5,039	405	5,764	13,887	3,449	—	(65,912)	—	—
Governance costs	41,019	21,538	—	—	52,749	15,548	1,249	17,785	42,849	10,644	(203,381)	—	—	—
<b>Total expenditure 2024</b>	<b>285,376</b>	<b>149,842</b>	<b>—</b>	<b>—</b>	<b>366,985</b>	<b>108,171</b>	<b>8,692</b>	<b>123,736</b>	<b>298,108</b>	<b>74,049</b>	<b>—</b>	<b>—</b>	<b>1,414,959</b>	
Total expenditure 2023	329,188	151,089	1,611	14,622	276,380	89,751	15,393	17,873	340,995	—	—	—		1,236,900



# Notes to the financial statements

For the year ended 31 March 2024

## 5b Analysis of expenditure (prior year)

	Charitable activities											2023 Total €
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Services (Covid-19 Response)	Peer Support Groups	The e-Community	Employment Support	Bipolar Commission	Comms, Policy & Research	Governance costs	Support costs	
	€	€	€	€	€	€	€	€	€	€	€	
Staff costs (Note 7)	191,261	108,203	1,324	12,017	170,986	62,448	11,259	—	149,295	21,929	91,383	<b>834,794</b>
Depreciation and amortisation	8,705	8,219	—	—	8,478	—	—	—	159	—	9,300	<b>34,862</b>
Other Costs including Office Costs	15,685	3,252	—	—	15,355	1,928	335	—	87,518	717	50,775	<b>175,565</b>
Fundraising Consultancy	45,032	—	—	—	—	—	—	—	—	—	—	<b>45,032</b>
IT Support Costs & Website	9,855	4,480	—	—	21,367	9,385	1,056	—	29,051	531	7,533	<b>83,257</b>
Audit Fees	—	—	—	—	—	—	—	—	—	14,000	—	<b>14,000</b>
Support Group Meeting facilities	—	—	—	—	10,636	—	—	—	—	—	—	<b>10,636</b>
Office Rent and Insurance	—	—	—	—	—	—	—	—	—	—	24,205	<b>24,205</b>
Bipolar Commission	—	—	—	—	—	—	—	14,689	—	—	—	<b>14,689</b>
Publications and Communications	—	15	—	—	316	—	—	—	14,219	—	—	<b>14,550</b>
	270,538	124,170	1,324	12,017	227,138	73,760	12,650	14,689	280,242	37,177	183,197	<b>1,236,900</b>
Support costs	48,756	22,378	239	2,166	40,934	13,293	2,280	2,647	50,505	—	(183,197)	—
Governance costs	9,894	4,541	48	439	8,307	2,698	463	537	10,249	(37,177)	—	—
<b>Total expenditure 2023</b>	<b>329,188</b>	<b>151,089</b>	<b>1,611</b>	<b>14,622</b>	<b>276,380</b>	<b>89,751</b>	<b>15,393</b>	<b>17,873</b>	<b>340,995</b>	<b>—</b>	<b>—</b>	<b>1,236,900</b>

# Notes to the financial statements

For the year ended 31 March 2024

## 6 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2024 £	2023 £
Depreciation of tangible fixed assets (Note 11)	9,416	10,515
Amortisation of intangible assets (Note 12)	4,076	24,346
<b>OPERATING LEASE RENTALS PAYABLE:</b>		
Property	18,420	20,236
Other	—	—
<b>AUDITOR'S REMUNERATION (EXCLUDING VAT):</b>		
Audit	11,750	11,000
Under accrual from prior year	2,000	3,000

## 7 Analysis of staff costs, Trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2024 £	2023 £
Salaries and wages	876,862	721,239
Social security costs	80,344	67,767
Employer's contribution to defined contribution pension schemes	39,115	31,099
	<b>996,321</b>	<b>820,105</b>

There were two termination payments included in salaries and wages above for 2024 (2023: Nil).

The following number of employees received annual remuneration during the year between:

	2024	2023
£60,000 – £69,999	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £497,260 (2023: £429,952).

Key management personnel consist of 10 employees (2023: 10).

The charity Trustees were neither paid nor received any other benefits from employment with the charity in the year (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

One of the Trustees was reimbursed for Travel costs of £377 in 2024 (2023: 1, £339).

## 8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 27.8 (2023: 23.4).

Staff are split across the activities of the charity as follows:

	2024 No.	2023 No.
Charity Management & Admin	3.3	2.26
Peer Support Groups	8.0	6.36
Phone & Email Support	2.5	3.04
Self-Management	0.7	—
eCommunity	3.1	2.63
Fundraising	5.9	4.90
Employment Support	0.1	0.58
Awareness Raising	3.1	—
Research	1.1	—
Communications, Research, Policy	—	3.65
<b>Total headcount</b>	<b>27.8</b>	<b>23.42</b>

## 9 Related party transactions

Aggregate donations from related parties were £1,242 (2023: £430).

The following Trustees made unrestricted donations to the charity during the financial year: Mr Robert Print £29 (2023, £120); Mr Jeremy Clark £212 (2023, £260), and Guy Paisner £1,000..

## 10 Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

# Notes to the financial statements

For the year ended 31 March 2024

## 11 Tangible fixed assets

Cost	Computer & Office equipment
	£
At the start of the year	37,708
Additions	11,187
Disposals	(12,093)
At the end of the year	36,802
<b>DEPRECIATION</b>	
At the start of the year	12,756
Charge for the year	9,416
Disposals	(11,672)
At the end of the year	10,500
<b>NET BOOK VALUE</b>	
At the end of the year	26,302
At the start of the year	24,952

All of the above assets are used for charitable purposes.

## 12 Intangible fixed assets

Cost	Computer Software
	£
At the start of the year	73,039
Additions in year	—
At the end of the year	73,039
<b>AMORTISATION</b>	
At the start of the year	68,963
Charge for the year	4,076
At the end of the year	73,039
<b>NET BOOK VALUE</b>	
At the end of the year	—
At the start of the year	4,076

All of the above assets are used for charitable purposes.

## 13 Listed investments

	2024	2023
	£	£
Fair value at the start of the year	548,081	593,684
Additions at cost	—	10,000
Net gain/(loss) on change in fair value	25,655	(55,603)
Fair value at the end of the year	573,736	548,081

### INVESTMENTS COMPRISE:

	2024	2023
	£	£
UK Common investment funds	573,730	548,081
Shares listed on the London Stock Exchange	—	—
Unlisted shares in UK registered companies	—	—
Cash	6	—
	573,736	548,081

## 14 Debtors

	2024	2023
	£	£
Trade debtors	27,469	11,950
Prepayments/Accrued Income	157,177	47,798
Accrued income	—	—
	184,646	59,748

## 15 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	29,071	25,877
Taxation and social security	—	20,699
Accruals	60,653	44,213
Deferred income (note 16)	10,900	87,737
	100,624	178,526

# Notes to the financial statements

For the year ended 31 March 2024

## 16 Deferred income

Deferred income comprises:

	2024 £	2023 £
Balance at the beginning of the year	87,737	21,500
Amount released to income in the year	(87,737)	(21,500)
Amount deferred in the year	10,900	87,737
<b>Balance at the end of the year</b>	<b>10,900</b>	<b>87,737</b>

Deferred income in March 24, and the prior year represents a grant received from the Rotherham Clinical Commissioning Group for the setup of a peer support group in Rotherham together with delivering four self-management courses and the evaluation of these courses over a three-year period. For March 2023 there is an additional £55,000 from the Stone Family Trust which was received on the 31 March 2023. Along with smaller grants received, which have been deferred into 2023/24.

## 17a Analysis of net assets between funds (current year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	—	26,302	—	26,302
Investments	—	573,736	—	573,736
Net current assets	812,300	55,455	138,114	1,005,869
<b>Net assets at 31 March 2024</b>	<b>812,300</b>	<b>655,493</b>	<b>138,114</b>	<b>1,605,907</b>

## 17b Analysis of net assets between funds (prior year)

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	29,027	—	—	29,027
Investments	65,954	482,127	—	548,081
Net current assets	612,041	7,997	91,012	711,050
<b>Net assets at 31 March 2023</b>	<b>707,022</b>	<b>490,124</b>	<b>91,012</b>	<b>1,288,159</b>

## 18a Movements in funds (current year)

	At 1 April 2023 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2024 £
<b>RESTRICTED FUNDS:</b>					
Peer Support Service	3,504	—	—	(3,504)	—
Peer Support Groups	27,651	359,913	(300,335)	3,504	90,733
Awareness Raising	59,858	26,952	(22,976)	(16,454)	47,380
Research	—	—	(16,454)	16,454	—
<b>Total restricted funds</b>	<b>91,013</b>	<b>386,865</b>	<b>(339,765)</b>	<b>—</b>	<b>138,113</b>
<b>UNRESTRICTED FUNDS:</b>					
Designated funds:					
Bipolar Commission	482,127	—	(123,736)	—	358,391
Service Expansion	—	—	—	277,000	277,000
Website Re-Build Reserve	—	—	(23,404)	38,000	14,596
Self Help Groups	7,997	—	—	(2,482)	5,515
Total designated funds	490,124	—	(147,140)	312,518	655,502
General funds	707,022	1,320,187	(902,399)	(312,518)	812,292
<b>Total unrestricted funds</b>	<b>1,197,146</b>	<b>1,320,187</b>	<b>(1,049,539)</b>	<b>—</b>	<b>1,467,794</b>
<b>Total funds</b>	<b>1,288,159</b>	<b>1,707,052</b>	<b>(1,389,304)</b>	<b>—</b>	<b>1,605,907</b>

The narrative to explain the purpose of each fund is given at the foot of the note below.

# Notes to the financial statements

For the year ended 31 March 2024

## 18b Movements in funds (prior year)

	At 1 April 2022 £	Income & gains £	Expenditure & losses £	Transfers £	At 1 April 2023 £
<b>RESTRICTED FUNDS:</b>					
Peer Support Service	–	5,094	(1,590)	–	<b>3,504</b>
Peer Support Services (Covid-19 Response)	14,435	–	(14,435)	–	–
Peer Support Groups	21,114	193,464	(186,927)	–	<b>27,651</b>
Communications Policy & Research	142,074	42,947	(125,163)	–	<b>59,858</b>
<b>Total restricted funds</b>	<b>177,623</b>	<b>241,505</b>	<b>(328,115)</b>	–	<b>91,013</b>
<b>UNRESTRICTED FUNDS:</b>					
Designated funds:					
Bipolar Commission	500,000	–	(17,873)	–	<b>482,127</b>
Self Help Groups	7,997	–	–	–	<b>7,997</b>
	–	–	–	–	–
<b>Total designated funds</b>	<b>507,997</b>	–	<b>(17,873)</b>	–	<b>490,124</b>
Fair value reserve	–	–	–	–	–
Revaluation reserve	–	–	–	–	–
General funds	551,477	1,102,061	(946,516)	–	<b>707,022</b>
<b>Total unrestricted funds</b>	<b>1,059,474</b>	<b>1,102,061</b>	<b>(964,389)</b>	–	<b>1,197,146</b>
<b>Total funds</b>	<b>1,237,097</b>	<b>1,343,566</b>	<b>(1,292,504)</b>	–	<b>1,288,159</b>

## Purposes of restricted funds

Restricted funds represent grants received from donors to be utilised by the charity to deliver specific services to the bipolar community in accordance with terms stipulated in the individual grant agreements.

**Peer Support Services (Covid-19 Response)** – during the 2020/21 financial year the charity made a large number of Covid-19 response related grant applications not restricted to a particular charitable activity, but in response to Covid-19. As a result, the funds were utilised to fund all charitable activities including related support costs.

Bipolar UK provides face to face peer support and online self-management tools to empower people affected by bipolar to self-manage effectively. These can be broken down as follows:

**eCommunity** – provides a safe space for people affected by bipolar to talk online exchange self-care tips in a safe moderated environment. The eCommunity has recruited over 15,000 subscribers to date.

**Phone and email Support** – employing staff with lived bipolar experience to make 1-1 calls to people affected by the condition with the aim of sharing self-management tips and signposting to useful information on the charity's website.

**Peer Support Groups and Services** – face to face local peer support groups – and virtual groups using Zoom to bring small groups of people affected by bipolar together to provide regular support.

**Communications Policy & Research** – delivering on patient and public involvement contracts for universities; maintaining and updating website content, social media including facilitating regular Facebook 'live' sessions, developing an eLearning course, mobile phone mood tracking application and broadcast and print media. During 2021/22 particular focus on hosting the Bipolar Commission which included conducting four big patient surveys, compiling evidence on diagnosis, hospital care, medication, physical health, suicide prevention and the impact of bipolar on women.

**Awareness Raising** – updating website content, social media including facilitating regular Facebook 'live' sessions, developing e-learning packages, mobile phone mood tracking application, and broadcast and print media.

## Purposes of designated funds

- Bank balances held by Self Help Support Groups to meet local expenditure £5,515.25 (2023: £7,997)
- The Trustees have deliberated to set aside £500,000 as designated funds to implement the recommendations of the Bipolar Commission report over the next three to five years. The remaining balance is £381,932.

# Notes to the financial statements

For the year ended 31 March 2024

**19 Operating lease commitments payable as a lessee**

The charity’s total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods:

	Equipment	
	2024	2023
	£	£
Less than one year	18,420	20,236
	18,420	20,236

**20 Legal status of the charity**

The charity is a registered company limited by guarantee with no share capital. It is registered in England & Wales with registration No. 01955570.



# Thank you.

We are only able to provide the life-changing services we do because of the incredible generosity of our donors. Over the last year, people have given generously through commissioned income, Trusts, personal donations, and wills. All contributions are gratefully received. We would though like to say a particular thank you to the following organisations and individuals who have given over £4,000 and have not asked to remain anonymous. Because of you, we have improved the lives of tens of thousands of people affected by bipolar.

Action For Mental Health  
Big Lottery England  
Bipolarité France  
Cardiff University  
Coventry and Warwickshire NHS Trust  
CRH Charitable Trust  
Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust  
Department of Health and Social Care  
Devon Community Foundation  
Dr Clare Dolman  
Enterprise Development Fund  
Ernest Kleinwort Charitable Trust  
Eveson Charitable Trust  
Garfield Weston Foundation  
HMRC  
Hypatia Foundation  
John and Fiona Yeomans  
Kings College London  
Mary Kinross Charitable Trust

Oxford Health NHS Foundation Trust  
Paicolex Trust Company  
Paracletos  
Porticus Foundation  
Rethink Mental Illness  
Rotary Club of Cuckfield Lindfield & Haywards Heath  
Rotary Club of Cheltenham North  
Rotherham CCG  
Sir James Knott Trust  
Stone Family Foundation  
Tamasin Little  
The Basil Samuel Charitable Trust  
The Big Give Trust  
The Stanley Grundy Foundation  
Torbay and South Devon NHS Foundation Trust  
Trevor Chinn  
University Of Lancaster  
Wales National Lottery  
William Allen Young Charitable Trust



I went to the session last night in London Bridge, it was super useful and engaging, looking forward to attending future events.

[www.bipolaruk.org](http://www.bipolaruk.org)

