



Our community. Our charity.

Report and financial statements
1 April 2021 - 31 March 2022

COMPANY NUMBER 1955570
CHARITY NUMBER 293340

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.

What is bipolar?



Bipolar is a severe mental illness characterised by extreme mood swings and changes in energy levels. Someone with bipolar can have long or short periods of stability but can then go 'low' (into deep depression) or 'high' (experiencing hypomania, mania or psychosis).

The condition can affect both males and females of any age, from any social or ethnic background.

There are more than a million people living with bipolar in the UK. Shockingly, it takes an average of 9.5 years to receive a correct diagnosis and it's estimated that 56% of people with the condition don't have a diagnosis. This means people are missing out on potentially life-saving treatment and support.

Bipolar can devastate finances, hold people back in the workplace, cause homelessness, affect education and destroy family life and friendships. Heartbreakingly, bipolar increases the risk of suicide by 20 times. And every day at least one person with bipolar takes their own life.

Beyond the individual with a diagnosis, people with bipolar say their condition has had a significant negative impact on an average of five close friends and family members.

But there is hope. The charity is inspired by many individuals who manage the condition well with effective treatment and self-management. Even the most unwell patient who's had hospital admissions can make a recovery and live a full life.



“ I'd been sleeping less, I was extremely productive and I felt really sociable. The only way I can explain it is that my brain felt strange – as though it was fizzing. **CR**

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Reference and Administrative Information



Company number

1955570

Country of incorporation

United Kingdom

Charity number

293340

Country of registration

England & 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 were as follows:

Guy Paisner, Chair

Hilary Samson-Barry, Vice Chair

Nadia Silver, Vice Chair

Sarita Dent, Treasurer

Alice Alphandary

Melissa Barnett

Jeremy Clark

Derrick Dale QC

Mohini Morris (resigned August 2021)

Robert Print

Jennifer Trent-Staves (resigned March 2022)

Bill Walden-Jones

Prof Allan Young (resigned June 2022)

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

S Market Place

Kingston Upon Thames

Surrey KT1 1JX

Investment Manager

Sarasin & Partners LLP

Juxon House

100 St. Paul's Churchyard

London EC4M 8BU

Solicitors

Carter Bells

Kings' Stone House

12 High Street

Kingston Upon Thames

Surrey KT1 1HD

Auditor

Sayer Vincent LLP

Chartered Accountants and Statutory Auditor

Invicta House

108-114 Golden Lane

London EC1Y 0TL

CEO Message 2021/22

A word from Simon.



Simon Kitchen

Chief Executive Officer
Bipolar UK

2021/22 felt like a pivotal year for our charity. Much of the work of the Bipolar Commission took place in this period and we saw good momentum in our work to scale up the impact we can have for our community, both directly through our services, and in our ability to influence those with the power to improve the lives of people living with bipolar and their loved ones. We also had some real success partnering with organisations who will help us both deliver and fund our services.

In a year when we were emerging from the challenges of the coronavirus pandemic, I think we have much to be proud of, but we know we also have a long way to go to reach our aim of being there for everyone who needs us.

The work of the Bipolar Commission in particular is vital in helping us develop a robust evidence base for our influencing work with policy makers, NHS commissioners and anyone with an interest in helping keep people well. I want to say a huge thank you to everyone who contributed to our waves of research. We got more than 7,000 responses, making this the largest body of data on issues around bipolar for many years.

We learned that the waiting time for diagnosis in the UK is even longer than we had previously thought at an unacceptable 9.5 years, and also that people living with bipolar overwhelmingly welcomed their diagnosis as the first step on their path to living well with the condition.

We also learned just how limited and patchy the support for people with bipolar is across the country and what the lack of specialist services can mean on an individual level for so many.

We launched a full report of the Bipolar Commission research at a parliamentary reception on 8 November 2022. Our aim is for the recommendations to be the start of a national conversation about bipolar which will lead to tangible improvements in the support available.

Trustees' Annual Report

A small charity with big ambition.



Reference and administrative information set out on page 5 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.

Aims, objectives and activities

The trustees review the aims, objectives and activities of the charity each year. This report looks at what the charity has achieved and the outcomes of its work in the reporting period. The trustees report the success of each key activity and the benefits the charity has brought to the groups of people it is set up to help. The review also helps the trustees ensure the charity's aims, objectives and activities remain focused on its stated purposes.

When reviewing the charity's aims and objectives and in planning its future activities, the trustees have referred to the Charity Commission's general guidance on public benefit. In particular, the trustees considered how planned activities will contribute to the aims and objectives that have been set.

Charitable Objects

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

Back in 1982, Sheila Woodland and Philomena Germing, both living with bipolar, made contact through newspaper adverts. They sought others with bipolar so they could share their experiences.

As more people responded, a society was born. The first meeting was held in January 1983 at Church House, Westminster Cathedral. Records show 43 people attended. People, friends and family who were looking to connect and combat the lack of dedicated services for people with bipolar.

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

Today, we are a small charity that supports an ever-growing community. During the reporting period we directly supported hundreds of people to stay well each month – and we have the ambition to reach thousands more. If we include the support we provide indirectly via our website, eCommunity and social media platforms, this figure rises significantly (see pages 10-13 for a breakdown of support by service area).

Peer support is at the core of our work. Our integrated service consists of:

Peer support groups for people affected by bipolar, facilitated by trained and supported volunteers

A moderated eCommunity that's open 24/7 365 days a year

One-to-one peer support via telephone and email

Our work to reopen groups following the pandemic continues and, at the time of writing, there are 32 groups meeting in person again. However the lockdowns taught us a great deal about the power and reach of our digital services. We recognise that for some people online Peer Support groups via Zoom are proving to be an adequate, if not preferable, alternative to in-person meetings.

What is vital is that people can access the support that they need, and so we will remain flexible to the needs of our community as we scale back up to pre-pandemic levels and beyond.

Through the work of the Bipolar Commission, the charity also aims to act as the voice of our community to change public attitudes and build a society that enables people affected by bipolar to live well and fulfil their potential.

This is only possible thanks to the enormous commitment of our small team of staff, our amazing volunteers and our dedicated supporters.



“

I get so much from speaking to someone who just gets it. You offer something the doctors don't, and you offer so much so thank you. **SN**

Review of achievements

Lockdown learnings



Data from surveys that our community completed during the periods of lockdown reinforced what we were hearing on the telephone and via our eCommunity: that the Covid-19 pandemic was a particularly tough time for many people with bipolar.

We were able to access support from newly created government funds for organisations like ours, responding to the pandemic and were able to increase the provision of staff in our call-back service in particular. This one-to-one support was highly valued during this period, and we were pleased to be able to mobilise this extra staff resource to make more calls to people.

eCommunity

Many people affected by bipolar reported that being a part of our community was extremely helpful, and the eCommunity grew in terms of members, posts and conversations. Having this as a safe online space which is open 24/7, 365 days a year, means that people always have somewhere to go if they want to talk to others in similar circumstances.

Currently the eCommunity is moderated from 8am to 8pm, 365 days a year. Our aim, with future funding, is for it to be moderated 24/7, 365 days a year.

Peer support groups

We recognise that digital channels are a way for us to reach greater numbers of people and provide greater flexibility for those accessing online services. For some people online Peer Support groups may now be a preferred option to our traditional in-person service, and we are committed to taking the learning from the lockdown period to offer greater choice.

We also recognise that, for some of our community, being in a room with others is very important and has specific benefits that can't be recreated via Zoom, such as making deeper connections and getting out of the house to help prevent isolation and feelings of loneliness.

1,500 people joined our 'Live Well with Bipolar' conference

Annual conference

Another learning from lockdown was the success of the 2021 virtual annual conference. Having no option to offer an in-person conference meant we switched to an online platform, which gave us an understanding of the additional reach the online option provided – both in terms of numbers and geographically.

On World Bipolar Day 30 March 2022, 3,111 signed up for and more than 1,500 people joined our 'Live Well With Bipolar' conference. They heard from a range of experts by experience, clinicians and academics. A good proportion of the audience were engaging with the charity for the first time. Around one-third of the delegates were from overseas, meaning that we were getting the messages about living well with bipolar to audiences that were unlikely to have heard them had we had an in-person conference.

We were delighted to welcome American clinical psychologist and writer, Kay Redfield Jamison who participated in a Q&A, we shared early results from the Bipolar Commission's research, and we hosted practical sessions for those with bipolar from different backgrounds (men, women, LGBTQ+, minoritized communities).

“ The forum has helped me a lot, and the moderators are a key part of that, they're very helpful, friendly, and made me feel very welcome.

The year in numbers



The charity's main activities and who it tries to help are described below. All its charitable activities focus on supporting all individuals affected by bipolar disorder and associated illnesses and are undertaken to further Bipolar UK Ltd's charitable purposes for the public benefit.

Peer Support Services

Bipolar UK provides a range of peer support services for people affected by bipolar. This includes people living with bipolar and their friends and family. These services bring people with bipolar together to empower each other to live well: exchanging self-care advice and providing mutual support in implementing the sometimes difficult lifestyle changes that are necessary to live well and reduce the risk of suicide.

This peer support is delivered through support groups, via telephone and email and online with an eCommunity. These are delivered as an integrated service with many clients using multiple services at different times. They are usually funded as an integrated service at a national and local level though some funders like to boost activities in different formats.

Peer Support Groups

We began to meet in person again after the last of the lockdown periods, although some people valued the convenience of meeting online and we plan to run a blended service of Zoom meetings and in-person meetings, informed by our community's needs and preferences.

In the reporting period between April 2021 and March 2022, we held an average of 47 Peer Support groups per month throughout England, Wales and Northern Ireland. These included local peer support groups both in person and online, and our themed support groups specifically for women, young people and 'work and learning' following on from our successful introduction of these in the previous year.

We added a further 14 groups between April 2022 and August 2022, bringing the total to 61. From September 2022 we also introduced 2 new monthly online peer support groups - one for 'friends and family' and one for people anywhere in the UK who don't live near a local group.

The overall attendance at Peer Support groups dropped to just below 1,500 compared to just below 2,000 in 2020/21. We have found that, having been obliged to pause their attendance at meetings at the start of the pandemic some members have not yet returned, either online or at the in-person meetings we have reopened. We have also seen a big shift to other services delivered online, so it may be that people are getting support that way. It is important that we can be there for as many people as possible, in whichever way suits them best, but we also remain convinced of the power of conversation in maintaining balance, so we will keep a close eye on this potential movement between services in the coming year.

We continue to actively recruit and train volunteer co-facilitators to help us manage the Peer Support group meetings and have added 24 to our number in the year. This still leaves us some way short of our pre-pandemic level of 200 co-facilitators, and we continue to explore a range of recruitment channels as we plan to recruit more

Peer Telephone Call-back and Email Service

During 2021/22, we delivered more than 8,000 incidents of support, which included responding to almost 3000 calls and emails over the year. We helped thousands of people speak to someone else with lived experience, often for the first time and added 4 volunteers to our service.

Chatbot

Our chatbot, launched in the previous year continues to allow people to book calls and can often signpost people to useful information on our website. With over 700 questions per month responded to, this has proved a useful tool providing information and support.

eCommunity

The eCommunity continued to grow from 8,761 to 11,137 users over the course of the year, with over 1,549,851 pages viewed. Having moderators between 8am and 8pm, 365 days a year, helps to ensure the safety of users and the provision of useful information as appropriate. It is clear that users value the space to talk with others about a wide range of topics and users report lower levels of isolation as a result.

Employment support

Bipolar UK provided webinars, training and one-to-one support to people living with bipolar and their employers to encourage bipolar friendly workplaces. This included advising on reasonable adjustments which employers can make to help employees manage their condition, including 'guilt free' sick days or late starts when staff can feel the early symptoms of an episode, which they need to manage well to ward off a full episode.

Mood Tracker app

Following a soft launch in the summer of 2021, we officially launched the Mood Tracker app at our annual conference on 30 March 2022. At that point, 4602 people had downloaded the app. At the time of writing, just over 10,305 people have downloaded the app.



I've been coming to the support meetings for five years and they keep me afloat. The groups are so supportive because you are among people who live and breathe bipolar. They make me feel I'm not alone in living with this condition. When you're first diagnosed with bipolar these support groups provide you with clarity and understanding about this illness at what was, for me, a very scary time.

Olly (on Peer Support Groups)

I was called as part of your Peer Support Line service, and I want to express my thanks to the person I spoke to. They were brilliant in that they listened and shared their experience with me openly and honestly. In contrast to other services I've accessed, they helped solidify my position of wanting to thrive and achieve with Bipolar (1) rather than be depressed and defined negatively by it.

Anonymous (on Peer Support Line)

Policy, research and communications



Bipolar Commission

During 2021/22 the charity delivered the bulk of its work hosting the Bipolar Commission. This included conducting four big patient surveys building evidence on diagnosis, triggers, hospital care, medication, physical health and suicide prevention.

We also hosted six round tables to collate evidence from world-leading experts and conducted more than 100 interviews with expert witnesses in the UK and abroad to provide qualitative evidence of the impact of poor care and interventions that could overcome them.

Later in the year, we conducted three further surveys: women, the economic impact of bipolar (for both individuals with the condition and their friends and family) and to psychiatrists via the Royal College of Psychiatrists.

Our reports

The early findings of the Bipolar Commission were presented in two interim reports. On 27 October 2021, we launched 'Bipolar Diagnosis Matters' at a parliamentary event which established a diagnosis delay of 9.5 years.

On 30 March 2022, we launched 'Hidden In Plain Sight' at our annual conference which focused on the lived experience of the bipolar community to paint a comprehensive picture of what it's like living with bipolar in the UK today.

The final report 'Bipolar Minds Matter' which included the Bipolar Commission's recommendations was launched at a parliamentary reception on 8 November 2022.

All the Bipolar Commission reports are here:
www.bipolaruk.org/bipolarcommission

Our e-petition

At the time of writing, we have gathered 11,427 signatures on our petition (www.change.org.uk/SpeedUpBipolarDiagnosis), which called on the NHS to speed up diagnosis of bipolar so that people can get targeted help more quickly. This demonstrates the groundswell of support that exists within the community for diagnosis and the vital importance the NHS must place on it.



The findings of the
Bipolar Commission
have shocked me.

Professor Guy Goodwin

The year in numbers

Key facts

Peer Support Groups



We held on average **47 PEER SUPPORT GROUPS PER MONTH** throughout England, Wales and Northern Ireland

WE ADDED A FURTHER 14 GROUPS between April 2022 and August 2022 bringing the total to **61 PEER SUPPORT GROUPS**

Overall attendance has dropped just below 1500 down from 2000 the previous year. This is due to having to pause meetings due to the pandemic and a shift to other services delivered online



We actively recruit and have added **24 VOLUNTEER CO-FACILITATORS** to help us manage the Peer Support group meetings

Peer Callback and Email Service



We delivered more than **8000 INCIDENTS OF SUPPORT**.



This included responding to almost **3,000 CALLS** and **EMAILS** over the year



We added **4 VOLUNTEERS** to our service

Chatbot



We have responded to over **700 QUESTIONS PER MONTH**

eCommunity



The eCommunity **GREW BY 27% FROM 8,761 TO 11,137 USERS** over the course of the year with over **1,549,851** pages viewed.

Mood Tracker App

 **10,305**

The Mood Tracker App was launched on 30 March 2022. At time of writing, just over **10,305 PEOPLE HAVE DOWNLOADED THE APP**

Our e-Petition

 **11,427**

At the time of writing we have gathered 11,427 signatures in our petition, which called on the NHS to speed up diagnosis of bipolar so that people can get targeted help more quickly.

Bipolar Commission

100 

We hosted **6 ROUND TABLES**, conducted more than **100 INTERVIEWS AND 3 SURVEYS**.

Our reports

3 

WE LAUNCHED 3 REPORTS as part of the Bipolar Commission -

- Bipolar Diagnosis Matters,
- Hidden in Plain Sight,
- Bipolar Minds Matter

Achievements and performance

Our partner The Access Group raised an enormous **£30,949 IN THE REPORTING YEAR AND £448,738 OVERALL** to help us reach more people in the future

Our two-year partnership with Rotary GB & Ireland is targeting a **20% INCREASE IN THE NUMBER OF PEOPLE WE ARE ABLE TO SUPPORT**

Our partnership with **SPECIALIST DEBT ADVICE** provider PayPlan allows us to refer our community members to specialist advisors at no cost to them.

Department of Health and Social Care have given us **£158,025 TOWARDS OUR SUICIDE PREVENTION ACTIVITY**.



£448,738

Our community. Our charity.

Photos taken at the Parliamentary Reception to launch 'Bipolar Minds Matter' on 8 November 2022, which included the Bipolar Commission's recommendations.



Achievements and performance



Increasing our impact for our community.

We have always been a small charity that aspires to punch above its weight in providing support to our community. The last year has seen us make real strides in growing our impact by working in partnership with others who share our vision of people living well with bipolar and achieving their potential.



One such partner is The Access Group who have supported the development of a range of materials and online content, from videos and sub sites, to an eLearning course. Not only that, but they also raised an enormous £30,949 in the reporting year and £448,738 overall to help us reach more people in the future. From sponsored walks to mountain climbs, skydives and much more, we have benefited so much from the technical support and generosity of staff and their networks.

We were also developing our two-year partnership with Rotary GB & Ireland which launched in the Autumn of 2022. We have created an ambitious partnership plan which seeks to harness Rotary's huge network of clubs and members to target a 20% increase in the number of people we are able to support. It is this kind of partnership which will enable us to reach our aim of providing support to all who would benefit from it, and we are delighted to be working with Rotary on rolling out the plan over the next two years.

Similarly, we were delighted to partner with the specialist debt advice provider PayPlan. With excessive spending being a problem common during the hypomanic and manic phases of bipolar, being able to refer our community members to specialist advisors at no cost to them is of real value.

Our ability to access £158,025 from the Department of Health and Social Care (DHSC) towards our suicide prevention activity speaks to our growing profile among commissioners and should give us confidence about our future growth plans and our overall sustainability.

This work, along with the continued generosity of Trusts and Foundations, some who have been steadfast supporters and others who we are delighted chose to partner with us for the first time in 2021/2 has meant that we can face the future with confidence and that we are developing momentum in our mission to support more people.

Our enforced working from home pattern during the pandemic has given way to a hybrid working approach which Trustees and Management believe is working well in terms of our programme delivery. The smaller Kings Cross premises also means that there are cost efficiencies in this arrangement and staff report satisfaction in the work/life balance that hybrid working affords. Our ability to recruit staff, wherever they might live around the country has increased the talent pool considerably, and also allows us to recruit geographically, leading in the future to the sense of a national charity operating in the regions and not just from London.



A tribute to the people who make a difference

Our staff, volunteers and trustees.

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.



Our volunteers have played a leading role in sustaining and driving the charity and its community. This includes 132 active volunteers who deliver services locally in England, Wales and Northern Ireland.

Indeed, our board itself is made up of 10 volunteer trustees most of whom have a bipolar diagnosis or who are directly affected by bipolar in their family.

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

“

Your telephone support means such a lot to me.

AJ

“

I'm enjoying the forum, I think it's because they have the best moderators. **ANON**

Financial review.



The budgeted income and expenditure for the financial year was £790,500 and £823,000 respectively. The charity had a stronger financial year due to higher than anticipated income at £1,175,634 primarily because of higher Grant and Legacy income

Expenditure was higher than budgeted at £892,105 due to expansion of its in-person service provision post-covid and investments in enhancing the charity's fundraising, communication, policy and research capability. This has led to a surplus of £293,970 on unrestricted reserves compared to a surplus of £380,988 in 2020/21 and a small deficit on restricted activities of £6,757 compared to a surplus of £44,074 in 2020/21.

Principal risks and uncertainties

The principal risks and uncertainties for the charity are financial sustainability and maintaining the safety of our staff, volunteers, and service users.

In 2017/18 the charity experienced a large financial deficit which required the charity to halve its staff team and expenditure within the financial year to remain an ongoing concern. While the charity was able to rapidly make the necessary changes to remain solvent it has left a determination never to repeat that experience. The charity continues to have a low proportion of its income in multi-year grants and regular donors and is spending more on accessing new income streams which have long lead in times. To that end the charity continues to maintain relatively large reserves and focus on building up its multi-year grants.

Bipolar is a fluctuating condition where people can quickly become acutely unwell. Being unwell for people with bipolar can include hyperactivity and erratic behaviour while manic or suicidal thoughts when depressed. 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.

Reserves policy

As of 31 March 2022, the charity held reserves of £1,237,097 (2021: £949,884 as restated) of which £177,623 (2021: £184,380) was restricted and £7,997 held as designated funds (2021: £7,997).

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 aspire 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 and less than 10% of that income committed on a multi-year basis
- The fluctuating value of assets
- 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 other risks materialise

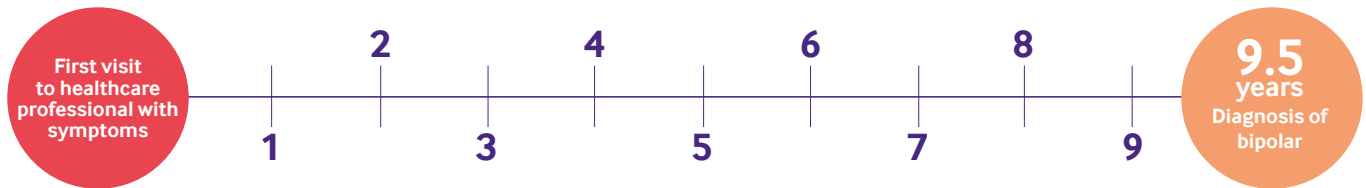
Based on the above assessment and mindful of the need for the charity to be able to sustain its core services, the Trustees have estimated that the level of free reserves required to mitigate against the identifiable risks is between £450,000 and £550,000 which represents 6 months of average unrestricted expenditure for twelve months ahead. Free reserves at the balance sheet date are £551,477 and therefore sufficient to cover the risks the charity is exposed to. The remaining £500,000 of free reserves is being designated by the Trustees for the purposes of implementing the main recommendations detailed in the Bipolar Commission report over the next five years.

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 twelve months it is the Trustees' intention these funds are invested to generate additional income and promote sustainability of the charity through sustainable service development and enhancements. The Trustees' policy on reserves is subject to an annual review by the Finance Committee and formal approval by the Board.

Going concern

Through Board meetings, Finance Committee's 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.

It takes an average of 9.5 years for people to get a diagnosis of bipolar



Plans for the future

There are over a million people living with bipolar in the UK. It takes on average 9.5 years to get a diagnosis and 60% of people with bipolar get no dedicated treatment and support for the condition. As a result people with bipolar earn less money, have more debt, are more likely to become homeless and account for at least one in twenty suicides in the UK.

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, 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.

Despite our 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 400 groups and a live peer support line. We want to provide the best advice and guidance on living with bipolar and provide a shining light to people affected by bipolar across the world.



“ I struggled from the age of 15 but didn’t get a diagnosis of bipolar type 2 until I was 27. My emotions were either numbed, or I was out on all night benders.

If I’d received a diagnosis earlier, I could have lived the life I wanted, the life my peers were living. JK



It's good to know that 365 days a year I can log on at any time of the night or day and there will always be somebody there who's been through similar experiences and who really gets what it's like living with bipolar. I go there to share my experiences and frustrations. The interaction stops me feeling so alone with my bipolar and gives me a sense of family.

NC explains why the eCommunity is a key element of his support network

Fundraising

Sustainable growth.



Following two successful fundraising years and healthy reserves, the charity has started to think strategically about how it could sustain its growth and achieve its goal of universal peer support for everyone living with bipolar.

The charity has significantly increased its spend on fundraising and communications to ensure its brand and income can match the ambition of its goal. Fundraising and communications are the crucial link between the charity and its community. They enable us to both educate people about the condition and listen to the needs and aspirations of our supporters and donors – most of whom are affected by bipolar themselves.

Fundraising also play an active role in project development and monitoring – with funding applications forming the basis of project plans and funding reports allowing effective evaluation. During 2021/22 the charity developed a number of income streams to complement and diversify from our established grants and trusts funding program. During 2022/23 the charity will continue to grow these areas in line with increasing our profile and income so that the charity can meet its ambitious service goal of universal peer support.

Responsible fundraising

The charity is registered with the Fundraising Regulator and complies with its code of conduct.

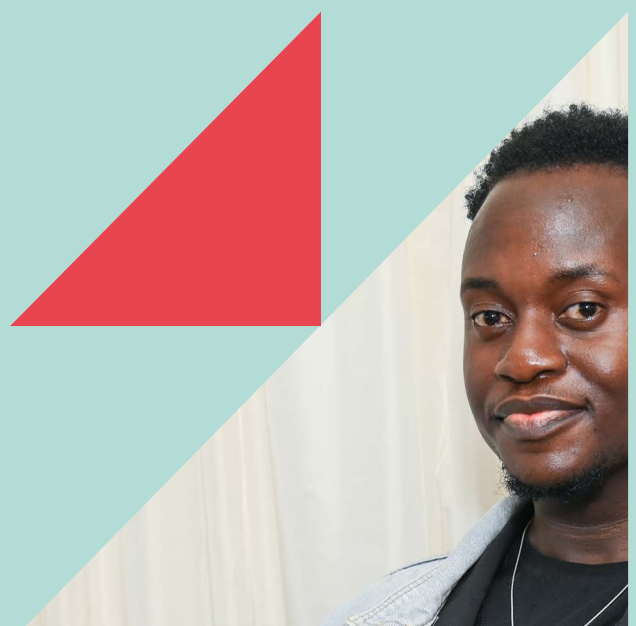
A complaint was received from a member of the public for unsolicited communication. The incidence was reported to the Regulator and the matter was dealt with in accordance with the requirements of the code.

The charity is conscious that people with bipolar may potentially make impulsive donations to the charity when they are unwell. As a result, the source of any large, unexpected donations is checked to ensure the donor had 'capacity' to make the donation. A 'cooling-off' period would be allowed if such circumstances were to arise.

Furthermore the Fundraising and Service modules of the CRM system are completely segregated thus ensuring that potentially vulnerable individuals are not contacted in respect of fundraising appeals.

Areas of funding growth:

- NHS monies being spent in England under the Community Mental Health Framework
- Major donors, with a focus on those affected by bipolar
- Corporate and non-corporate partnerships with organisations that align with our values and goals



Structure, governance and management

How we operate.



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.

Recruitment and Appointment of Trustees

Trustees are recruited through a combination of national advertisements and personal introductions to ensure specific skill sets are obtained. During 2021/22 Mohini Morris and Jennifer Trent-Staves stepped down from the board and we thank them for their service.

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.

In getting to know the charity all trustees have a series of in-depth briefing meetings with the Chair, Treasurer and key staff including the CEO and Deputy CEO. Through these they are introduced to the charity's Articles of Association and other governance documents including the Year Plan, Risk Register and Management Accounts. There are also 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 reflection without the staff team. This allows new and old Trustees a safe space to consider their performance in the meeting and provide constructive feedback to colleagues. New Trustees are also assigned a trustee mentor from the existing members of the board who they can have regular contact with between meetings.

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.

Senior Management Team

The trustees delegate the day-to-day operations of the charity to the Chief Executive and the Senior Management Team (SMT). The trustees have worked with the SMT to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the SMT through Action Logs which are updated and reported on quarterly.

Remuneration policy

The total remuneration budget is decided by the Finance Committee and approved by the Board. Under advice from the staff team they consider changes in costs of living, 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 two Vice-Chairs of the charity. The Remuneration Committee receive 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, the performance of individual staff members and wider benefits.

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.



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 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 of the incoming resources and application of resources, including the income and expenditure, of the charitable company 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 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 in operation

The trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company 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 2022 was 12 (2021 13). 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 Trustees' 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 on 10 December 2022 and signed on their behalf by

Guy Paisner
Chair of Trustees
Date: 10/12/2022

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 2022 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 law and 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 2022 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 ClientName'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 i

nconsistencies 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.

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.

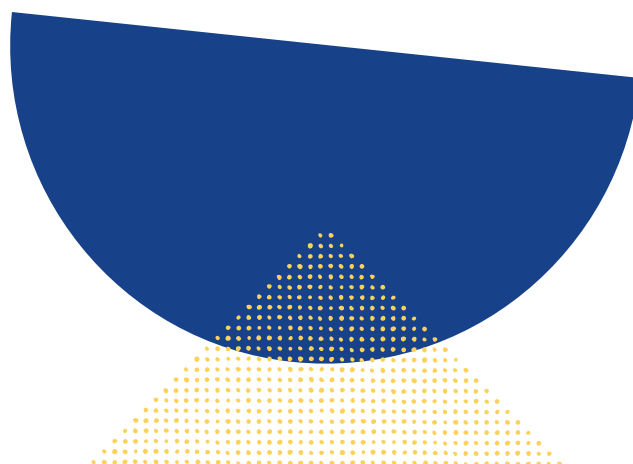
In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual 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. 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)
Date: 10/12/2022

for and on behalf of Sayer Vincent LLP, Statutory Auditor
Invicta House,
108-114 Golden Lane,
LONDON, EC1Y 0TL

Statement of financial activities.

For the year ended 31 March 2022.

(including income & expenditure account)

	Notes	Unrestricted £	Restricted £	Total 2022 £	Restated Unrestricted £	Restricted £	Restated Total 2021 £
INCOME FROM:							
Donations and legacies	2	745,595	-	745,595	571,445	-	571,445
Charitable activities							
Peer Support Services (Covid-19 Response)	3	-	253,951	253,951	-	424,070	424,070
Peer Support Groups	3	-	-	-	-	108,565	108,565
Phone & Email Support	3	-	-	-	-	8,844	8,844
The eCommunity	3	-	1,000	1,000	-	4,938	4,938
Employment Support	3	-	-	-	-	755	755
Communications Policy & Research	3	-	175,000	175,000	-	9,949	9,949
Investments	4	88	-	88	14	-	14
Total income		745,683	429,951	1,175,634	571,459	557,121	1,128,580
EXPENDITURE ON:							
Raising funds	5	248,789	-	248,789	167,209	-	167,209
Charitable activities							
Peer Support Services (Covid-19 Response)	5	-	122,523	122,523	-	122,232	122,232
Peer Support Groups	5	-	127,883	127,883	-	122,249	122,249
Phone & Email Support	5	2,831	94,853	97,684	496	83,000	83,496
The eCommunity	5	59,900	58,523	118,423	556	96,000	96,556
Employment Support	5	5,620	-	5,620	9,489	755	10,244
Communications Policy & Research	5	138,257	32,926	171,183	26,055	75,477	101,532
Total expenditure		455,397	436,708	892,105	203,805	499,713	703,518
Net income / (expenditure) before net gains / (losses) on investments		290,286	(6,757)	283,529	367,654	57,408	425,062
Net gains / (losses) on investments		3,684	-	3,684	-	-	-
Net income / (expenditure) for the year	6	293,970	(6,757)	287,213	367,654	57,408	425,062
Transfers between funds		-	-	-	13,334	(13,334)	-
Net movement in funds		293,970	(6,757)	287,213	380,988	44,074	425,062
Reconciliation of funds:							
Total funds brought forward		765,504	184,380	949,884	384,516	140,306	524,822
Total funds carried forward		1,059,474	177,623	1,237,097	765,504	184,380	949,884

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.

At 31 March 2022.

COMPANY NUMBER 1955570

	Notes	£	2022 £	Restated £	Restated 2021 £
FIXED ASSETS:					
Tangible assets	11	-	9,054	-	12,071
Intangible assets	12	-	28,422	-	27,420
Investments	13	-	593,684	-	-
	-	-	631,160	-	39,491
CURRENT ASSETS:					
Debtors	14	103,778	-	63,270	-
Cash at bank and in hand	-	620,108	-	1,037,847	-
	-	723,886	-	1,101,117	-
Liabilities:					
Creditors: amounts falling due within one year	15	(117,949)	-	(190,724)	-
Net current assets	-	-	605,937	-	910,393
Total net assets	-	-	1,237,097	-	949,884
THE FUNDS OF THE CHARITY:					
Restricted income funds	17a	-	177,623	-	184,380
Unrestricted income funds:	-	-	-	-	-
Designated funds	-	507,997	-	7,997	-
General funds	-	551,477	-	757,507	-
Total unrestricted funds	-	-	1,059,474	-	765,504
Total charity funds	-	-	1,237,097	-	949,884

Approved by the trustees on 10 December 2022
and signed on their behalf by

Guy Paisner
Chair of Trustees

Statement of cash flows.

For the year ended 31 March 2022.

	2022		2021	
	£	£	£	£
CASH FLOWS FROM OPERATING ACTIVITIES			Restated	Restated
Net income for the reporting period	287,213		425,062	
(as per the statement of financial activities)				
Depreciation charges	15,275		6,077	
(Gains)/losses on investments	(3,684)		-	
Dividends, interest from investments	(88)		(14)	
(Increase)/decrease in debtors	(40,508)		58,030	
Increase/(decrease) in creditors	(72,775)		(24,422)	
Net cash provided by operating activities		185,433		464,733
CASH FLOWS FROM INVESTING ACTIVITIES:				
Dividends, interest and rents from investments	88		14	
Purchase of fixed assets	(13,260)		(27,326)	
Purchase of investments	(590,000)		-	
Net cash (used in) investing activities		(603,172)		(27,312)
Change in cash and cash equivalents in the year		(417,739)		437,421
Cash and cash equivalents at the beginning of the year		1,037,847		600,426
Cash and cash equivalents at the end of the year		620,108		1,037,847
ANALYSIS OF CASH AND CASH EQUIVALENTS AND OF NET DEBT				
	At 1 April 2021	Cash flows	Other non-cash changes	At 31 March 2022
	£	£	£	£
	1,037,847	(417,739)	-	620,108
Total cash and cash equivalents	1,037,847	(417,739)	-	620,108

Notes to the financial statements.

For the year ended 31 March 2022.

1. Accounting policies

a) Statutory information

Bipolar UK Limited 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 that 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 that 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.

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.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

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 due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

o) 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.

p) 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.

q) 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.

r) 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

2. Income from donations and legacies

	Unrestricted £	Restricted £	2022 Total £	Restated Unrestricted £	Restricted £	Restated 2021 Total £
Grants	297,087	-	297,087	220,617	-	220,617
CJRS Income	-	-	-	20,577	-	20,577
Donations	279,938	-	279,938	292,972	-	292,972
Legacies	162,610	-	162,610	13,502	-	13,502
Charitable activities	2,003	-	2,003	23,777	-	23,777
Donated services	3,957	-	3,957	-	-	-
	745,595	-	745,595	571,445	-	571,445

Donated services relate to website support services provided by the Access Group during the year at a discounted price

3. Income from charitable activities

	Unrestricted £	Restricted £	2022 Total £	Restated Unrestricted £	Restricted £	2021 Total £
PEER SUPPORT SERVICES (COVID 19 RESPONSE)						
Department of Health	-	-	-	-	200,000	200,000
Big Lottery	-	-	-	-	109,874	109,874
Stichting Benevolentia	-	-	-	-	30,000	30,000
St James Place Foundation	-	-	-	-	23,753	23,753
The Evan Cornish Foundation	-	-	-	-	9,524	9,524
Wales National Lottery	-	24,314	24,314	-	-	-
Crowdfunder Ltd	-	10,998	10,998	-	-	-
Eveson Charitable Trus	-	5,013	5,013	-	-	-
The Alice Ellen Cooper Dean Foundation	-	5,000	5,000	-	-	-
DHSC - Suicide Grant	-	158,025	158,025	-	-	-
Haberdashers Benevolent Foundation	-	5,000	5,000	-	-	-
The Sussex Community Foundation	-	5,000	5,000	-	-	-
Leicestershire County Council	-	5,000	5,000	-	-	-
The February Foundation	-	4,798	4,798	-	-	-
The Zochonis Charitable Trust	-	4,000	4,000	-	-	-
Other Grants less than £4,000	-	26,803	26,803	-	50,919	50,919
Sub-total for Peer Support Services (Covid 19 response)	-	253,951	253,951	-	424,070	424,070
PHONE & EMAIL SUPPORT						
Small grants	-	-	-	-	8,844	8,844
Sub-total for Phone & Email Support	-	-	-	-	8,844	8,844

3. Income from charitable activities (continued)

	Unrestricted £	Restricted £	2022 Total £	Restated Unrestricted £	Restricted £	2021 Total £
PEER SUPPORT GROUPS						
Mind	-	-	-	-	50,000	50,000
Comic Relief	-	-	-	-	44,070	44,070
Community Foundation for Northern Ireland	-	-	-	-	6,072	6,072
	-	-	-	-	8,423	8,423
Sub-total for Peer support Groups	-	-	-	-	108,565	108,565
THE ECOMMUNITY						
Small grants	-	1,000	1,000	-	4,938	4,938
Sub-total for The eCommunity	-	1,000	1,000	-	4,938	4,938
EMPLOYMENT & SUPPORT						
Small grants	-	-	-	-	755	755
Sub-total for Employment Support	-	-	-	-	755	755
COMMUNICATION POLICY & RESEARCH						
The Access Foundation	-	50,000	50,000	-	-	-
Porticus Foundation	-	90,000	90,000	-	-	-
Hypatia Foundation	-	35,000	35,000	-	-	-
Other grants	-	-	-	-	9,949	9,949
Sub-total for Policy & Research	-	175,000	175,000	-	9,949	9,949
TOTAL INCOME FROM CHARITABLE ACTIVITIES	-	429,951	429,951	-	557,121	557,121

4. Income from investments

	Unrestricted £	Restricted £	2022 Total £	Unrestricted £	Restricted £	2021 Total £
INVESTMENT INCOME						
Investment income	88	-	88	14	-	14
	88	-	88	14	-	14

5a. Analysis of expenditure (current year)

CHARITABLE ACTIVITIES											
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Groups	The e-Community	Employment Support	Comms, Policy & Research	Governance costs	Support costs	2022 Total	2021 Total
	£	£	£	£	£	£	£	£	£	£	£
Staff costs	136,152	61,781	67,608	72,968	82,463	5,620	75,274	12,807	69,229	583,902	450,892
Depreciation and amortisation	3,558	829	1,593	1,593	465	-	3,881	66	3,290	15,275	6,077
Other Costs incl Office	11,604	7,506	11,636	11,835	2,743	-	13,949	828	701	60,802	93,998
Fundraising Consultancy	76,058	-	-	-	-	-	259	-	-	76,317	17,086
IT Support Costs & Website	21,295	4,428	11,784	11,784	4,169	-	17,469	-	7,257	78,186	57,640
Audit Fees	-	-	-	-	-	-	-	22,200	-	22,200	-
Support Group Meeting facilities	-	-	2,966	2,966	-	-	-	-	-	5,932	2,170
Office Rent and Insurance	-	-	-	-	-	-	-	-	13,705	13,705	53,283
Bipolar Commission	-	-	-	-	-	-	34,464	-	-	34,464	-
Publications and Communications	122	-	-	-	-	-	1,200	-	-	1,322	22,372
	248,789	74,544	95,587	101,146	89,840	5,620	146,496	35,901	94,182	892,105	703,518
Support costs	-	17,637	19,774	19,508	19,952	-	17,311	-	(94,182)	-	-
Governance costs	-	5,503	7,162	7,229	8,631	-	7,376	(35,901)	-	-	-
Total expenditure 2022	248,789	97,684	122,523	127,883	118,423	5,620	171,183	-	-	892,105	-
Total expenditure 2021	167,209	83,496	122,232	122,249	96,556	10,244	101,532	-	-	-	703,518

Audit Fees consists of £11,400 inc VAT for 2021/22 and £10,800 not accrued in 2020/21

5b. Analysis of expenditure (prior year)

CHARITABLE ACTIVITIES										
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Groups	The e-Community	Employment Support	Comms, Policy & Research	Governance costs	Support costs	2021 Total
	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 7)	81,032	62,611	54,340	54,340	64,602	8,061	43,775	18,376	63,755	450,892
Depreciation and amortisation	119	56	730	731	-	137	63	-	4,241	6,077
Other Costs incl Office	46,756	1,389	6,772	6,761	737	173	10,514	815	20,081	93,998
Fundraising Consultancy	17,086	-	-	-	-	-	-	-	-	17,086
IT Support & Website	12,570	5,792	5,227	5,227	15,982	218	9,562	-	3,062	57,640
Audit Fees	-	-	-	-	-	-	-	-	-	-
Support Group Meeting facilities	-	-	1,085	1,085	-	-	-	-	-	2,170
Office Rent & Insurance	-	-	-	-	-	-	-	-	53,283	53,283
Bipolar Commission	-	-	-	-	-	-	-	-	-	-
Publications and Communications	9,646	-	-	-	-	-	12,726	-	-	22,372
	167,209	69,848	68,154	68,144	81,321	8,589	76,640	19,191	144,422	703,518
Support costs	-	11,472	48,537	48,564	12,426	1,450	21,973	-	(144,422)	-
Governance costs	-	2,176	5,541	5,541	2,809	205	2,919	(19,191)	-	-
Total expenditure 2021	167,209	83,496	122,232	122,249	96,556	10,244	101,532	-	-	703,518

6. Net income/expenditure for the year

This is stated after charging / (crediting):

	2022 £	2021 £
Depreciation of tangible fixed assets (Note 11)	3,017	3,241
Amortisation of intangible assets (Note 12)	12,258	2,836
Loss or profit on disposal of fixed assets	-	-
OPERATING LEASE RENTALS PAYABLE:		
Property	9,929	10,628
Other	12,504	12,504
AUDITOR'S REMUNERATION (EXCLUDING VAT):		
Audit	11,400	10,800

7. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

Staff Costs	2022 £	2021 £
Salaries and wages	503,803	403,206
Social security costs	42,402	27,424
Employer's contribution to defined contribution pension schemes	19,414	14,780
Agency/Contractors	18,284	5,482
Total	583,903	450,892

There are no termination payments included in salaries and wages above for 2022 (2021: Nil)

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

	2022	2021
£60,000 - £69,999	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £135,485 (2021: £147,213).

Key management personnel consist of 3 employees (2021: 3)

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil).

No payments were made to Trustees during the year for reimbursement of travel and subsistence costs (2021: Nil)

8. Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 17 (2021: 14).

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

Staff are split across the activities of the charity as follows	2022 No.	2021 No.
Charity Management & Admin	2.0	2.0
Peer Support Groups	4.0	4.0
Phone & Email Support	4.0	2.0
E-Community	2.0	2.0
Fundraising	3.0	3.0
Employment Support	1.0	1.0
Communications, Research Policy	1.0	-
	17.0	14.0

9. Related party transactions

Aggregate donations from related parties were £ 10,430 (2021: £0)

The following Trustees made unrestricted donations to the charity during the financial year:
Mr Robert Print £300; Mr Jeremy Clark £120 and Ms Melissa Barnett £10.

10. Taxation

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

11. Tangible fixed assets

Cost	Computer & office equipment £
At the start of the year	107,378
At the end of the year	107,378
DEPRECIATION	
At the start of the year	95,307
Charge for the year	3,017
At the end of the year	98,324
NET BOOK VALUE	
At the end of the year	9,054
At the start of the year	12,071

All of the above assets are used for charitable purposes.

12. Intangible fixed assets

Cost	Computer & office equipment £
At the start of the year	59,779
Additions in year	13,260
At the end of the year	73,039
AMORTISATION	
At the start of the year	32,359
Charge for the year	12,258
At the end of the year	44,617
NET BOOK VALUE	
At the end of the year	28,422
At the end of the year	27,420

All of the above assets are used for charitable purposes.

13. Listed investments

	2022 £	2021 £
Fair value at the start of the year	-	-
Additions at cost	590,000	-
Disposal proceeds	3,684	-
Fair value at the end of the year	593,684	-
INVESTMENTS COMPRISE:		
UK Common investment funds	593,684	-
	593,684	-

14. Debtors

	2022 £	Restated 2021 £
Trade debtors	29,908	14,933
Prepayments/ Accrued Income	73,870	48,337
	103,778	63,270

The Prior Year Prepayments/ Accrued Income amount has been restated to £48,337 due to a £53,765 overestimation of outstanding legacies. See note 21.

15. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	13,788	17,230
Taxation and social security	16,160	11,644
Accruals	66,501	38,516
Deferred income (note 16)	21,500	123,334
	117,949	190,724

16. Deferred income

	2022 £	2021 £
Balance at the beginning of the year	123,334	156,667
Amount released to income in the year	(123,334)	(33,333)
Amount deferred in the year	21,500	-
Balance at the end of the year	21,500	123,334

Deferred income at the end of the financial year represents a grant received from the Rotherham Clinical Commissioning Group for the set up 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.

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

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	37,476	-	-	37,476
Investments	93,684	500,000	-	593,684
Net current assets	420,317	7,997	177,623	605,937
Net assets at 31 March 2022	551,477	507,997	177,623	1,237,097

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

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	39,491	-	-	39,491
Net current assets	718,016	7,997	184,380	910,393
Net assets at 31 March 2022	757,507	7,997	184,380	949,884

18a. Movements in funds (current year)

	At 1 April 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2022 £
RESTRICTED FUNDS:					
Peer Support Services (Covid 19 Response)	89,481	47,477	(122,523)	-	14,435
Peer Support Groups	90,315	58,682	(127,883)	-	21,114
Phone and Email Support	4,584	90,269	(94,853)	-	-
The eCommunity	-	58,523	(58,523)	-	-
Communications Policy & Research	-	175,000	(32,926)	-	142,074
Total restricted funds	184,380	429,951	(436,708)	-	177,623
UNRESTRICTED FUNDS:					
Designated funds:					
Bipolar Commission	-	-	-	500,000	500,000
Self Help Groups	7,997	-	-	-	7,997
Total designated funds	7,997	-	-	500,000	507,997
General funds	757,507	293,970	-	-	551,477
Total unrestricted funds	765,504	293,970	-	-	1,059,474
Total funds	949,884	723,921	(436,708)	-	1,237,097

The narrative to explain the purpose of each fund is given at the foot of note 18b..

18b. Movements in funds (prior year)

	At 1 April 2020 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2021 £
RESTRICTED FUNDS:					
Peer Support Services (Covid 19 Response)	48,326	176,721	(122,232)	(13,334)	89,481
Peer Support Groups	50,296	162,268	(122,249)	-	90,315
Phone and Email Support	4,584	83,000	(83,000)	-	4,584
The eCommunity	37,100	58,900	(96,000)	-	-
Communications Policy & Research	-	755	(755)	-	-
Total restricted funds	140,306	557,121	(499,713)	(13,334)	184,380
UNRESTRICTED FUNDS:					
Designated funds:					
Self Help Groups	7,997	-	-	-	7,997
Total designated funds	7,997	-	-	-	7,997
General funds	376,519	367,654	-	13,334	757,507
Total unrestricted funds	384,516	367,654	-	13,334	765,504
Total funds	524,822	924,775	(499,713)	-	949,884

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 large number of Covid-19 response related grant applications not restricted to a particular charitable activity. 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 about the impact of the covid-19 pandemic and exchange self-care tips in a safe moderated environment. The eCommunity has recruited over 11,137 members.

Phone and email Support – employing staff with lived bipolar experience to make one-one calls to people living with the condition with the aim of reducing social isolation during the covid-19 pandemic and signpost 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 e-learning packages, 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 woman.

Prior Year transfer out of restricted funds – The trustees reconsidered the grant income received by the charity in previous years and concluded that the balance of £13,334 in the Peer Support Services fund at 1 April 2020 had no longer any restrictions. As a result, a transfer out of this fund into general funds was made.

Purposes of designated funds:

i) Bank balances held by Self Help Support Groups to meet local expenditure £7,997 (2021:£7997)

ii) 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.

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 2022 £	Equipment 2021 £
Less than one year	4,168	12,504
One to five years	-	4168
	4,168	16,672

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).

21. Prior year adjustment

	Unrestricted £	Restricted and Designated 31-Mar-21 £	Total £
Funds previously reported	811,272	192,377	1,003,649
Legacy adjustment	(53,765)	-	(53,765)
Funds restated	757,507	192,377	949,884
Net movement in funds			
Net movement in funds previously reported	434,753	44,074	478,827
Legacy adjustment	(53,765)	-	(53,765)
Net movement in funds restated	380,988	44,074	425,062

Legacy Adjustment

Based on evidence which came to light after the 2020/21 financial year end, the estimated value of certain legacies was overstated. As a result an adjustment to prior year legacy income has been made amounting to £53,765.

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 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.

Alice Ellen Cooper Dean Charitable Foundation
Barbour Foundation
Basil Samuel Charitable Trust
Big Lottery
Clare Dolman
Crowdfunder Ltd
DHSC Suicide Prevention Fund
Dorset Foundation
Enterprise Development Fund
Ernest Kleinwort Charitable Trust
Eveson Charitable Trust
February Foundation
Garfield Weston Foundation
Haberdashers' Benevolent Foundation
Hypatia Foundation
Leicestershire Communities
Mary Kinross Charitable Trust
Porticus
Roger & Douglas Turner Trust
Rotherham NHS Foundation Trust
St James's Place Foundation
Stone Family Foundation
Sussex Community Foundation
Tamasin Little
The Access Foundation
The Access Group
Valentine Charitable Trust
Wales National Lottery
Zochonis Charitable Trust

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