



dare 2 express

Dare2express – Mental Health Charity
Annual Report & Financial Statements
1st April 2018 – 31st March 2019

Charitable Aims

To promote and protect the health of sufferers from Clinical Depression in the United Kingdom by:

- a. The provision of financial assistance, support, education and practical advice.
- b. Raising the awareness of the public about issues relating to Clinical Depression.

Structure, governance & management

Dare2express is a Charitable Incorporated Organisation (CIO) based in England, UK with the principle office located at Rydens, Victoria Road, Bishops Waltham, Hampshire SO32 1DJ.

The initial Constitution was adopted on 15th March 2016 then amended on 20th September 2016. The Dare2express charity trustees during the reporting period were:

John Dennis - Founder
Nathan Giles
Louise Salter

With respect to recruitment, apart from the first charity trustees, every trustee must be appointed for a term of two years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the incumbent charity trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

Trustees Annual Report

This is the third Annual Report submitted by the Dare2express trustees since the birth of the charity in 2016. Dare2express is the brain child of founder trustee, John Dennis and a campaign he holds very close to his heart, so much so the decision was made to make Dare2express a charity to help others going through similar battles.

After his initial diagnosis from his doctor in May 2013, it was an uphill struggle to understand how this affected him and countless others. His initial refusal to accept his condition, he believed, comes from the stigma and taboo associated with mental illness and people's unwillingness to discuss it.

Since then, John has become increasingly active about spreading awareness of depression, trauma and mental illness. Talking about his own experience and encouraging people to openly talk about issues which are often ignored or brushed under the carpet because they make us feel uncomfortable.

How do our activities deliver public benefit?

We continue to maintain our exposure as a charity through our Facebook Forum page and increasingly through 'word of mouth' by people who have been assisted by Dare2express in the UK. With almost 8000 followers on Facebook, Instagram and Twitter, the impact of the campaign is being felt by many.

Who used and benefited from our services?

During the reporting period, John Dennis conducted several speaking engagements at schools, businesses and social events, with an estimated audience of 1500 people.

In late 2018, the 'Dare2express Family Forum' was established, a private forum on Facebook where people can speak openly, in a completely non-judgmental and safe environment. To this day, the forum is a continues to be successful.

In what is essentially our first full year of the charity, engagement remains high, with our grants system supporting more than a dozen people. Those number might seem low, however, for a small charity, this is an extraordinary feat, especially given the area in which Dare2express operates.

Chairman's Summary

The Dare2express campaign and charity, continues to gather momentum, whereby we have increased our users for grants two-fold, and furthered our exposure through referrals. Overall, the referral basis, is purely trust driven, which given the topic of mental health is a significant step in the right direction. The subject of trust both as a user and as a charity has been one of the main topics of our trustee's meetings.

Therefore, how do we gain their trust and confidence especially with very personal information? We have combated this in several ways. Firstly, through extensive written and verbal communication; secondly by a series of mini-videos on social media and finally through the addition of 'The Dare2express Family Forum'.

Activity during the reporting period

I was presented with a fantastic opportunity to speak to the students at Brinsbury Agricultural College, which is attached to Chichester University. The task was to engage and encourage the students to talk about mental ill-health. There were 3x 45-minute sessions and I engaged with over 300+ students. The feedback was exceptionally positive.



During the period, I was invited again to speak at Hamble School, for their Careers Week. This time to the entire Y8, where we had the largest game of 'Rock, Paper, Scissors', which involved asking the children to step outside their comfort zones and engage in a completely different way.

In October 2019, I was invited to speak with the team at Threshold Sports in London. The objective was to highlight the effects mental ill-health can have in the workplace. Clearly this had a positive effect on the team, so much so, they hosted a fund raiser in Feb 2019 and raised a little over £360, which was donated directly to the charity account.....and I was rewarded with some delicious cakes!



Outside of my speaking engagements, we have continued the mini-videos, engagement of users through social media, the website and email. All of which strengthened what the charity stands for.

On outdoor activities, we hosted a sailing event in June 18, specifically for users of Dare2express. We invited 6 people to join us on a hosted day by Skipper Stephen Crook and his wife, Claire (who runs a Facebook page called Depression Friends). The purpose of the day was to create an open environment in a format which our charity has not done before, which proved to be a resounding success.



Finally, the Dare2Express Forum has been a revelation, with engagement and a real sense of community and has been a winning formula for the charity. Offering people, a safe place to openly talk about what might be affecting them; I believe it will have an enduring legacy for years to come.

Summary

The campaign continues to help those who need it; moreover, we make a significant difference to many people's lives by raising awareness of mental health issues especially through social media.

What's next?

We continue to raise awareness of this hidden illness, inspire people to speak out, continue to support people where we can and continue to be proactive and as observant to the needs of others. Further charitable events are planned for 2019/2020 as well as a concerted campaign to advertise our available grants which are finally being utilised this year. Next years' report will expand on those activities.

However, all this is not achieved if it were not for the assistance and guidance from the trustees for Dare2express, for that, I remain ever grateful for the work that Nathan Giles and Louise Salter does.

Sincerely,

John Dennis - Founder and Trustee

Dare2express

Statement of Financial Activities (SoFA)

For the period from 1st Apr 2018 to 31st March 2019

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 18/19 (£)	Total 16/17 (£)
Incoming resources	5				
Donations and legacies		1,931	0	1,931	1,071
Charitable activities		480	0	480	0
Total		2,411	0	2,411	1,071
Resources expended	6				
Raising funds		0	0	0	0
Grants		3,380	0	3,380	2,070
Separate items of expense		0	0	0	0
Total		3,380	0	3,380	2,070
Net income		(969)	0	(969)	(999)
Transfers between funds		0	0	0	0
Net movement in funds		(969)	0	(969)	(999)
Reconciliation of funds					
Total funds brought forward		10,885	0	10,885	11,884
Total funds carried forward		9,916	0	9,916	10,885

Balance Sheet

For the period from 1st Apr 2018 to 31st March 2019

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 18/19 (£)	Total 17/18 (£)
Fixed assets					
Intangible assets		0	0	0	0
Tangible assets		0	0	0	0
Investments		0	0	0	0
Total		0	0	0	0
Current assets					
Stock		0	0	0	0
Debtors		0	0	0	0
Investments		0	0	0	0
Cash in hand/bank		9,916	0	9,916	10,885
Total		9,916	0	9,916	10,885
Liabilities					
Creditors (amounts falling due within one year)		0	0	0	0
Net current assets		9,916	0	9,916	10,885
Total assets less current liabilities		9,916	0	9,916	10,885
The funds of the charity					
Unrestricted funds	7	9,916	0	9,916	10,855
Restricted funds		0	0	0	0
Total charity funds		9,916	0	9,916	10,885

Notes to the accounts**Summary of significant accounting policies****For the period from 1st Apr 2018 to 31st March 2019****1. 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 (FRS102) (effective 1 January 2015) – (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) and the Companies Act 2006.

The Charity meets the definition of a public benefit entity under FRS 102. Asset and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accountancy policy note(s).

2. Income

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

Grants & Donations. Grants and donations are only included in the SoFA when the general income recognition criteria are met. In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met.

Legacies. Legacies are included in the SoFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.

Tax reclaims on donations & gifts. Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.

Donated services & facilities. Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SoFA.

Volunteer help. The value of any voluntary help received is not included in the accounts but is described in the Trustees' Annual Report.

Interest, royalties and dividends. This is included in the accounts when receipt is probable, and the amount receivable can be measured reliably.

3. Expenditure

Liability Recognition. Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Creditors. Creditors and provisions are measured at settlement amounts less any trade discounts.

4. Assets

Tangible Fixed Assets. The Charity has no Tangible Fixed Assets.

Debtors. Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

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.

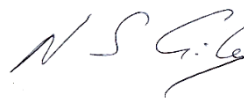
5. Analysis of income	Unrestricted funds (£)	Restricted funds (£)	Total 18/19 (£)	Total 17/18 (£)
Income from donations and legacies				
Grants	0	0	0	0
Donations	1,931	0	1,931	1,071
	1,931	0	1,931	1,071
Income from charitable activities				
	480	0	480	0
Total Income	2,411	0	2,411	1,071
6. Analysis of expenditure				
Expenditure on raising funds	0	0	0	0
Grants	3,380	0	3,380	2,070
Other expenditure				
	0	0	0	0
	3,380	0	3,380	2,070
7. Analysis of charitable funds	At 1 st Apr 2018 (£)	Incoming resources (£)	Resources expended (£)	At 31 st Mar 2019 (£)
Movement of unrestricted funds				
General fund	10,885	2,411	3,380	9,916

8. Staff Costs

The charity trustees were not paid, nor received any other benefits from employment with the charity in the reporting period, nor were they reimbursed expenses.



John Dennis – Founder and Trustee



Nathan Giles - Trustee

Approved by the Board of Trustees Signed: 1 Dec 2019