



dare 2 express

**Dare2express – Mental Health Charity**  
**Annual Report & Financial Statements**

1<sup>st</sup> April 2019 – 31<sup>st</sup> March 2020



dare 2 express

## 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 15<sup>th</sup> March 2016 then amended on 20<sup>th</sup> September 2016. The Dare2express charity trustees during this reporting period are:

John Dennis - Founder  
 Nathan Giles  
 Louise Salter  
 Mark Newman

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 fourth Annual Report submitted by the Dare2express trustees since the birth of the charity in 2016. Dare2express is the brainchild 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.

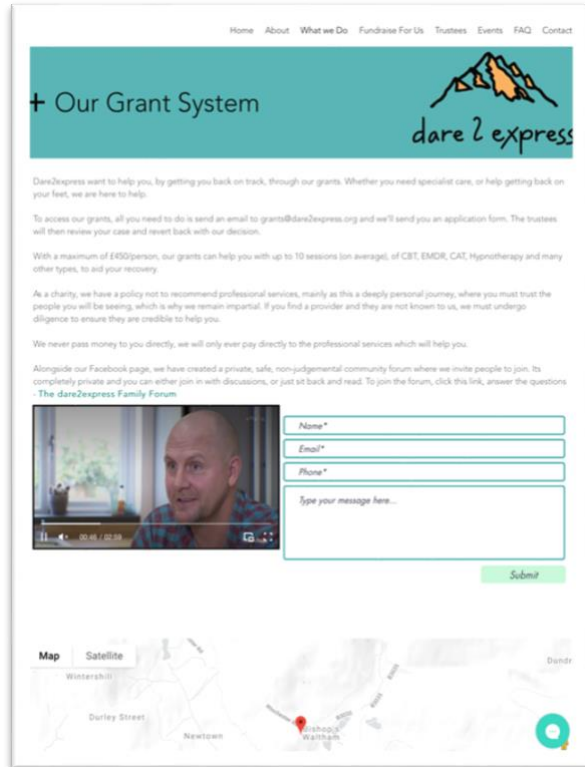
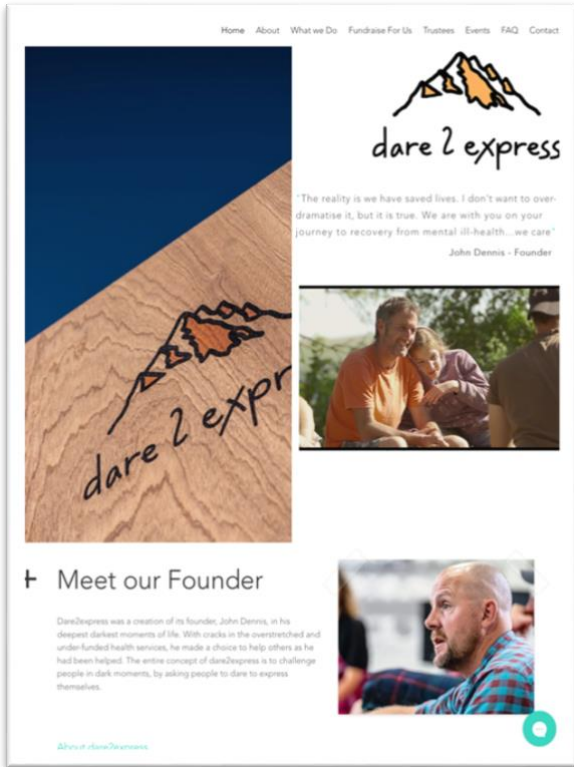
After his initial diagnosis from his doctor in May 2013, it was an uphill struggle to understand how this affected him and countless others. His initial refusal to accept his condition, he believed, comes from the stigma and taboo associated with mental illness and people's unwillingness to discuss it.

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?

This year saw Dare2express organise an 'open' 2-day event called Dare2expressival for anyone with mental health issues and for those people who want to understand more about the subject of mental health. The team invited a series of speakers with first-hand experience of dealing with mental health; ranging from a soldier who had lost limbs in the Afghanistan war through to local people who have directly benefited from Dare2express grants for their treatment. In the meantime, 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 combining, Facebook, Instagram and Twitter, the impact of the campaign is still being felt globally.

Finally, the Trustees have refreshed the Dare2express website to make it more user friendly as well as setting up a dedicated Just Giving page linked to the website to make it easier to donate.



**Who used and benefited from our services?**

This reporting year saw Dare2express provide funding for 6 people to undergo specialist mental health treatment. Each person undergoes a minimum of 4 sessions with selected cases given additional treatment based on medical advice from the practitioner. The number assisted might appear limited, but the Trustees ensure due diligence is undertaken for every request to maximise the benefit of the grants allocated. As mentioned previously the Dare2express festival hosted in excess of 90 people from a wide variety of backgrounds and age groups; this provided both education and awareness of the issues surrounding mental health.



## Chairman's Summary

A momentous occasion for the Dare2express campaign, for this reporting period, was our festival held in September 2019, at Meon Springs Farm, Hampshire. The event itself was a free to attend, hosting 98 people over a 2-day period and has been a desired event since the charity's inception.

We invited a series of speakers, who in their own circumstances, had suffered with some form of mental ill-health problems, or in on instance, a loss of limbs as a soldier in Afghanistan. This was highly engaging, thought provoking, friendship buildings and outdoor goodness for adults and children alike.



Having so many people, with varying degrees of mental ill-health, or those how do not suffer, really did create a level playing field and gave those who do suffer a completely safe environment to talk openly about it.

The continued success of the "The Dare2express Family Forum" has been fantastic. More engagement, more open conversation, more deliberate acts to seek advice and to offer advice alike, is something the Trustees did not think would happen.

What the forum does show, is the genuine need to have a platform, which is safe to speak on, moreover, non-judgemental allowing for total transparency. This is what we have provided as a charity and is the real hero of the Charity.

During the past 12 months, uptake in requests for support through our grants has increased considerably. From March 2016 (formation) till midway through 2019, male users were our biggest grant users, female users have now taken over. This is not an indication that male users have seen a decline or interest in the grants, it indicates the trust we, as a charity, have created.

In September 2019, we welcomed Mr Mark Newman as a trustee. A great addition to our team, which more importantly, Mr Newman was a user of our service and decided to give back, given the assistance he received.

**What's next?**

With the COVID-19 Pandemic starting to have an affect towards the end of the reporting period; Dare2express Family Forum is becoming vitally important to support people through the effects of the lockdown. As always, we will continue to raise awareness of this hidden illness, continue to 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 being planned towards the end of 2020 in the hope that social distancing restrictions will be eased.

Finally, all this would not have been 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, Louise Salter and Mark Newman.

Sincerely,

John Dennis - Founder and Trustee



## Dare2express

### Statement of Financial Activities (SoFA) For the period from 1<sup>st</sup> April 2019 to 31<sup>st</sup> March 2020

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 19/20 (£)	Total 18/19 (£)
<b>Incoming resources</b>	5				
Donations and legacies		2,307	0	2,307	1,931
Charitable activities		3,838	0	3,838	480
<b>Total</b>		<b>6,145</b>	<b>0</b>	<b>6,145</b>	<b>2,411</b>
<b>Resources expended</b>	6				
Raising funds		4,104	0	4,104	0
Charitable Activity - Grants		2,885	0	2,885	3,380
Charitable Activity - Festival		5,566	0	5,566	0
Separate item of expense		180	0	180	0
<b>Total</b>		<b>12,735</b>	<b>0</b>	<b>12,735</b>	<b>3,380</b>
<b>Net income</b>		(6,590)	0	(6,590)	(969)
Transfers between funds		0	0	0	0
<b>Net movement in funds</b>		<b>(6,590)</b>	<b>0</b>	<b>(6,590)</b>	<b>(969)</b>
<b>Reconciliation of funds</b>					
Total funds bought forward		9,916	0	9,916	10,885
Total funds carried forward		<b>3,326</b>	<b>0</b>	<b>3,326</b>	<b>9,916</b>

### Balance Sheet For the period from 1<sup>st</sup> April 2019 to 31<sup>st</sup> March 2020

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 19/20 (£)	Total 18/19 (£)
<b>Fixed assets</b>					
Intangible assets		0	0	0	0
Tangible assets		0	0	0	0
Investments		0	0	0	0
<b>Total</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>Current assets</b>					
Stock		0	0	0	0
Debtors		0	0	0	0
Investments		0	0	0	0
Cash in hand/bank		3,326	0	3,326	9,916
<b>Total</b>		<b>3,326</b>	<b>0</b>	<b>3,326</b>	<b>9,916</b>
<b>Liabilities</b>					
Creditors (amounts falling due within one year)		0	0	0	0
Net current assets		3,326	0	3,326	9,916
<b>Total assets less current liabilities</b>		<b>3,326</b>	<b>0</b>	<b>3,326</b>	<b>9,916</b>
<b>The funds of the charity</b>					
Unrestricted funds	7	3,326	0	3,326	9,916
Restricted funds		0	0	0	0
<b>Total charity funds</b>		<b>3,326</b>	<b>0</b>	<b>3,326</b>	<b>9,916</b>

**Notes to the accounts****Summary of significant accounting policies****For the period from 1<sup>st</sup> April 2019 to 31<sup>st</sup> March 2020****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.

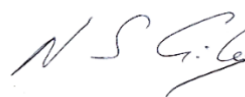
<b>5. Analysis of income</b>	Unrestricted funds (£)	Restricted funds (£)	Total 19/20 (£)	Total 18/19 (£)
<b>Income from donations and legacies</b>				
Grants	0	0	0	0
Donations	2,307	0	2,307	1,931
	<b>2,307</b>	<b>0</b>	<b>2,307</b>	<b>1,931</b>
<b>Income from charitable activities</b>	3,838	0	3,838	480
<b>Total Income</b>	<b>6,145</b>	<b>0</b>	<b>6,145</b>	<b>2,411</b>
<b>6. Analysis of expenditure</b>				
Expenditure on raising funds	4,104	0	4,104	0
Grants	3,380	0	3,380	3,380
Festival Event	5,566	0	5,566	0
Separate Item of Expense	180	0	180	0
	<b>12,735</b>	<b>0</b>	<b>12,735</b>	<b>3,380</b>
<b>7. Analysis of charitable funds</b>	At 1 <sup>st</sup> Apr 2019 (£)	Incoming resources (£)	Resources expended (£)	At 31 <sup>st</sup> Mar 2020 (£)
Movement of unrestricted funds				
<b>General fund</b>	<b>9,916</b>	<b>6,145</b>	<b>12,735</b>	<b>3,326</b>

#### 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<sup>st</sup> July 2020