



dare 2 express

THANK
YOU
CARE
WORKERS

Dare2express – Mental Health Charity
Annual Report & Financial Statements
1st April 2020 – 31st March 2021

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 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 fifth 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?

Dare2express continues to provide financial grants to those that are struggling to fund their own treatment or have been denied treatment through public means. In the meantime, we continue to maintain our exposure as a charity through our Facebook Forum page, website (dare2express.org) and increasingly through word of mouth by people who have been assisted by Dare2express in the UK. There are in excess of 8000 followers combining, Facebook, Instagram and Twitter.

Who used and benefited from our services?

This reporting year saw Dare2express provide funding for 4 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.

Chairman's Summary

Following the unprecedented situation the Covid Pandemic thrust upon us; throughout the despair, sadness, and death, we found light and comfort from our supportive community. This really set the tone, of what was a very trying time, not only for people linked to dare2express, but fellow humans on a global scale. We witnessed lockdowns, businesses close and unemployment levels spike.

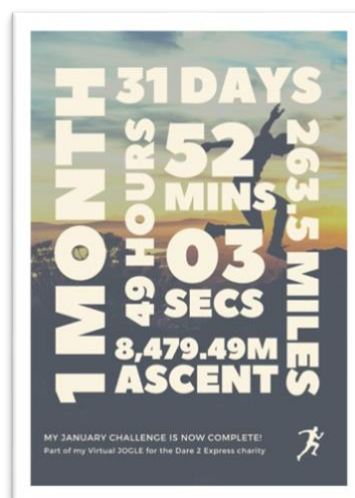
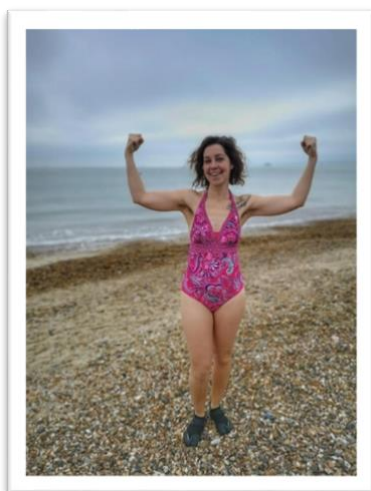
Towards the end of the last reporting period, dare2express funds were diminishing. During the Pandemic the opportunity to host events to raise money was limited; to that end, the trustees were forced to explore options to fundraise, but by engaging people at local level, rather than through large events.

The concept to ask people to either donate or fundraise directly for us was new and untested. Nonetheless, as a team, we developed our 'dare2' campaign, a plea for support, where we were asking people to take themselves out of their comfort zones and do some extraordinary.

While this was happening, we made the difficult decision to withdraw our grant system, to ensure an amount of money remained in the account for users in crisis. A very difficult decision to make.

What we never expected, was the uptake on the dare2 campaign and the success these inspirational people had, not only for our charity, but for them personally.

We had the wonderful Miss Bryony Wildblood swimming every day in the sea during December with 'dare2swim', the incredible Mr Andy McKenna riding every day for 100 days (with Multiple Sclerosis!), the inspirational Mr Charlie Head and his record making Stand-Up-Paddle-Board around the UK (in winter) called 'dare2headsup' and finally Mr Darren King and his 'dare2jogle' fundraiser whilst concurrently updating and hosting our new website, which looks amazing! In addition, our very own trustee Mark Newman created his own challenge called 'dare2sixferries' where a team of brave souls plan to ride in July 2021 (delayed due to Covid) from Portsmouth around the Isle of Wight, not only to raise money, but to create a bond with people who otherwise might not have done this as a team.



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Finally, our 'Wild Men of the Woods' events were a huge success. A men's only event, designed to get people connected in a safe environment to share, both struggles and positives, was something particularly special.

As the founder and trustee of this fine little charity, I will remain humbled by the kindness of humanity in times of struggle. The positive impact this has had will be something to carry us through in the future.

What's next?

With the Pandemic continuing to have an effect towards the end of this reporting period; Dare2express Family Forum remains vitally important as a safe place to voice themselves. As always, we will continue to raise awareness of this hidden illness, inspire people to speak out, support people where we can, and be observant to the needs of others.

Finally, this would not have been achieved if it were not for the continued support and guidance from my fellow Dare2Express trustees, Nathan Giles, Louise Salter and Mark Newman. I'm therefore truly grateful.

Sincerely,

John Dennis - Founder and Trustee



Dare2express

Statement of Financial Activities (SoFA)

For the period from 1st April 2020 to 31st March 2021

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 20/21 (£)	Total 19/20 (£)
Incoming resources	5				
Donations and legacies		15,012	0	15,012	2,307
Charitable activities		0	0	0	3,838
Total		15,012	0	15,012	6,145
Resources expended	6				
Raising funds		150	0	150	4,104
Charitable Activity - Grants		1,673	0	1,673	2,885
Charitable Activity - Festival		0	0	0	5,566
Separate item of expense		0	0	0	180
Website /Just Giving Fees		328	0	328	0
Total		2,150	0	2,150	12,735
Net income		12,862	0	6,590	(6,590)
Transfers between funds		0	0	0	0
Net movement in funds		12,862	0	6,590	(6,590)
Reconciliation of funds					
Total funds bought forward		3,326	0	3,326	9,916
Total funds carried forward		16,188	0	16,188	3,326

Balance Sheet

For the period from 1st April 2020 to 31st March 2021

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 20/21 (£)	Total 19/20 (£)
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		16,188	0	16,188	3,326
Total		16,188	0	16,188	3,326
Liabilities					
Creditors (amounts falling due within one year)		0	0	0	0
Net current assets		16,188	0	16,188	3,326
Total assets less current liabilities		16,188	0	16,188	3,326
The funds of the charity					
Unrestricted funds	7	3,326	0	16,188	3,326
Restricted funds		0	0	0	0
Total charity funds		16,188	0	16,188	3,326

Notes to the accounts**Summary of significant accounting policies****For the period from 1st April 2020 to 31st March 2021****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.

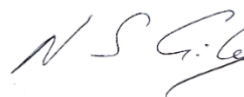
5. Analysis of income	Unrestricted funds (£)	Restricted funds (£)	Total 20/21 (£)	Total 19/20 (£)
Income from donations and legacies				
Grants	0	0	0	0
Donations	15,012	0	15,012	2,307
	15,012	0	15,012	2,307
Income from charitable activities	0	0	0	3,838
Total Income	15,012	0	15,012	6,145
6. Analysis of expenditure				
Expenditure on raising funds	150	0	150	4,104
Grants	1,673	0	1,673	3,380
Festival Event	0	0	0	5,566
Separate material item of Expense	0	0	0	180
Website /Just Giving Fees	328		328	0
	2,150	0	2,150	12,735
7. Analysis of charitable funds	At 1 st Apr 2020 (£)	Incoming resources (£)	Resources expended (£)	At 31 st Mar 2021 (£)
Movement of unrestricted funds				
General fund	3,326	15,012	2,150	16,188

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: 18th Oct 2021