



**Dare2express – Mental Health Charity**  
**Annual Report & Financial Statements**  
**1<sup>st</sup> April 2021 – 31<sup>st</sup> March 2022**

## 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 principal 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

In our 7<sup>th</sup> annual report, the trustees have worked to secure income through people either undertaking their own fundraisers on their own, or through planned fundraising events.

We have seen a marked increase of income in this period, which is both amazing and hugely beneficial to assist more people through our grant support.

### 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](http://dare2express.org)) and increasingly through word of mouth by people who have been assisted by Dare2express in the UK. There are more than 8000 connections combining, Facebook, Instagram, and Twitter.

### Who used and benefited from our services?

This year we have continued to provide important grants to people who needed help with their mental health treatment. Since the pandemic we have noticed more people reaching out to us as a charity, be it in grant applications, via our established Facebook family forum or communicating with our trustees. After careful consideration from our diligent team of trustees, six applicants were successful with their grant applications during this year. As a small charity we continue to take pride in the numbers of applications we receive. Each application means someone has dared to express and ask for help. This is what we strive for as a charity.

## Chairman's Summary

Following the unprecedented situation, the Covid Pandemic thrust upon us in 2020, this continued to remain similar through this current reporting period.

With more lockdowns of varying degrees being enforced, the continued isolation for many people continued. As a direct result, we witnessed more people looking for support, or indeed a place of safety to release some pressures caused by these worldly changes pressed upon us.

Towards the end of the 2019/2020 reporting period, dare2express funds were diminishing. The trustees rallied and several fundraising campaigns were launched, with overwhelming success. Certainly, more than we had expected, which was completely overwhelming to us all.

People's generosity continues to amaze me on a regular basis.

*Just as treasures are uncovered from the earth, so virtue appears from good deeds, and wisdom appears from a pure and peaceful mind. To walk safely through the maze of human life, one needs the light of wisdom and the guidance of virtue" – Buddha*

Our financial reserve has reached a threshold the trustees would like to see; something we had not achieved as a charity since its conception in 2016. On behalf of the trustees and as chairman, my deepest of thanks to all who supported dare2express during this period.

We had planned to host another dare2express-tival in Sept 2021, however, for varying reasons and some linked to covid, the sad decision was made to postpone till 2022.

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 (much as it did in 2020); 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, Louise Salter, Nathan Giles, and Mark Newman.

I'm therefore truly grateful.

Sincerely,

John Dennis - Founder and Trustee

## Dare2express

### Statement of Financial Activities (SoFA)

For the period from 1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 21/22 (£)	Total 20/21 (£)
<b>Incoming resources</b>	5				
Donations and legacies		18,505	0	18,505	15,012
Charitable activities		0	0	0	0
<b>Total</b>		<b>18,505</b>	<b>0</b>	<b>18,505</b>	<b>15,012</b>
<b>Resources expended</b>	6				
Raising funds		0	0	0	150
Charitable Activity - Grants		2,475	0	2,475	1,672
Separate item of expense		0	0	0	0
Website /Just Giving Fees		417	0	417	328
<b>Total</b>		<b>2,892</b>	<b>0</b>	<b>2,892</b>	<b>2,150</b>
<b>Net income</b>		15,612	0	15,612	12,862
Transfers between funds		0	0	0	0
<b>Net movement in funds</b>		<b>15,612</b>	<b>0</b>	<b>15,612</b>	<b>12,862</b>
<b>Reconciliation of funds</b>					
Total funds brought forward		16,188	0	16,188	3,326
Total funds carried forward		<b>31,800</b>	<b>0</b>	<b>31,800</b>	<b>16,188</b>

### Balance Sheet

For the period from 1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 21/22 (£)	Total 20/21 (£)
<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		31,800	0	31,800	16,188
<b>Total</b>		<b>31,800</b>	<b>0</b>	<b>31,800</b>	<b>16,188</b>
<b>Liabilities</b>					
Creditors (amounts falling due within one year)		0	0	0	0
Net current assets		31,800	0	31,800	16,188
<b>Total assets less current liabilities</b>		<b>31,800</b>	<b>0</b>	<b>31,800</b>	<b>16,188</b>
<b>The funds of the charity</b>					
Unrestricted funds	7	31,800	0	31,800	16,188
Restricted funds		0	0	0	0
<b>Total charity funds</b>		<b>31,800</b>	<b>0</b>	<b>31,800</b>	<b>16,188</b>

**Notes to the accounts****Summary of significant accounting policies****For the period from 1<sup>st</sup> April 2021 to 31<sup>st</sup> March 2022****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.

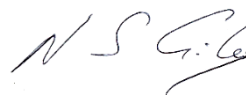
<b>5. Analysis of income</b>	Unrestricted funds (£)	Restricted funds (£)	Total 21/22 (£)	Total 20/21 (£)
<b>Income from donations and legacies</b>				
Grants	0	0	0	0
Donations	18,505	0	18,505	15,012
	<b>18,505</b>	<b>0</b>	<b>18,505</b>	<b>15,012</b>
<b>Income from charitable activities</b>				
	0	0	0	0
<b>Total Income</b>	<b>18,505</b>	<b>0</b>	<b>18,505</b>	<b>15,012</b>
<b>6. Analysis of expenditure</b>				
Expenditure on raising funds	0	0	150	150
Grants	2,475	0	2,475	1,673
Separate material item of Expense	0	0	0	328
Website /Just Giving Fees	417		417	0
	<b>2,892</b>	<b>0</b>	<b>2,892</b>	<b>2,150</b>
<b>7. Analysis of charitable funds</b>	At 1 <sup>st</sup> Apr 2021 (£)	Incoming resources (£)	Resources expended (£)	At 31 <sup>st</sup> Mar 2022 (£)
Movement of unrestricted funds				
<b>General fund</b>	<b>16,188</b>	<b>18,505</b>	<b>2,892</b>	<b>31,800</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: 14 Aug 2022