



Dare2express – Mental Health Charity
Annual Report & Financial Statements
1st April 2017 – 31st March 2018

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 second 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 have increased our exposure as a charity through our Facebook page gaining further donations and higher levels of activity especially from people with who were depression suffers. With almost 10,000 followers combining, Facebook, Instagram and Twitter, the impact of the campaign is being felt in by many, in many corners of the globe.

Who used and benefited from our services?

During the reporting period, John Dennis conducted presentations as guest speaker at several schools and businesses in Hampshire, West Sussex and Kent. The events directly satisfied the aims of the charity by raising awareness of Clinical Depression and in themselves generated a considerable amount of positive feedback on social media. The largest frustration we encounter as a mental ill-health charity is the stigma that still surrounds the subject, with people needing the service, but unwilling to come forward. John Dennis has expanded on these activities within the following Chairman's Summary.

The overall balance and success of the charity has been a delight to the trustees, with gained exposure across all platforms – social media and personal interactions through John Dennis' talks.

Chairman's Summary

Public engagement is the most important thing we wanted to achieve. The more people talking about it, the more impact it has. This certainly has been achieved, not only by the work I do through my talks, but with the trustees and verbal communications with people in general.

One of the toughest things I find, is the stigma and shame that is sadly still attached to mental ill-health and personal wellbeing. We seem willing to spend significant sums of money on a car, holiday or friends and family, yet shamefully the mind is still seen as taboo.

During the 12 months following our official charitable status, we have been busy in once sense and upset on the other with the resignation of a trustee through change in personal commitments. This is part of life and certainly is not a negative, we wish Robert and his family all the very best in the future and thank them for their support.

Our work as a team, though demanding has resulted in the allocation of 4 grants, and several talks at schools, colleges and businesses.

I am particularly proud to have been asked to speak at Brinsbury Agricultural College, part of Chichester University, situated just south of Billingshurst, West Sussex. The purpose of the presentation was to bring mental health into an open forum for discussion. As expected it was highly engaging for both students and I. To emphasise the importance of engagement at a young age I received an email the following day from a student explaining that she suffers from suicidal feelings and that she would now reach out for support.

This remains to be the reason we founded Dare2express and is something we all as a team are and do feel very proud of.

Later in the year, I was approached by the deputy head at Hamble School in Hampshire to talk to the entire Y9 students. My brief was to be open and honest with the children, as it formed part of a school careers week highlighting that life is sometimes just tough, and it's ok to talk about mental health issues and seek the right help.

There were three 45-minute talks to 280 students. Again, the engagement was fantastic, with good feedback from the students throughout the school.

Some significant shifts within government and the launch of "Heads Together" by the Royals, has provided an uptick in interest which has been nothing more than outstanding for the greater cause.

The challenging thing throughout this process is getting people to commit to wanting help. We are discovering that it is very easy for people to make the excuse not to commit – something I know all too well, as it's a standard trait for those suffering mental illnesses.

Our aim over the coming 12 months is to expand our reach and offer our grants to many more people. We can only do that with a concentrated shift in people psyche. Only then will we see the benefits of what Dare2express can bring.

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 have put in since the inception.

Sincerely,

John Dennis - Founder and Trustee

Dare2express

Statement of Financial Activities (SoFA)

For the period from 1st Apr 2017 to 31st March 2018

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 17/18 (£)	Total 16/17 (£)
Incoming resources	5				
Donations and legacies		1,071	0	1,071	692
Charitable activities		0	0	0	11,250
Total		1,071	0	1,071	11,942
Resources expended	6				
Raising funds		0	0	0	0
Charitable activities		2,070	0	2,070	0
Separate items of expense		0	0	0	58
Total		2,070	0	2,070	58
Net income		(999)	0	(999)	11,884
Transfers between funds		0	0	0	0
Net movement in funds		(999)	0	(999)	11,884
Reconciliation of funds					
Total funds brought forward		11,884	0	11,884	0
Total funds carried forward		10,885	0	10,885	11,884

Balance Sheet

For the period from 1st Apr 2017 to 31st March 2018

	Notes	Unrestricted funds (£)	Restricted funds (£)	Total 17/18 (£)	Total 16/17 (£)
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		10,885	0	10,885	11,884
Total		10,885	0	10,885	11,884
Liabilities					
Creditors (amounts falling due within one year)		0	0	0	0
Net current assets		10,885	0	10,885	11,884
Total assets less current liabilities		10,885	0	10,885	11,884
The funds of the charity					
Unrestricted funds	7	10,885	0	10,885	11,884
Restricted funds		0	0	0	0
Total charity funds		10,885	0	10,885	11,884

Notes to the accounts**Summary of significant accounting policies****For the period from 1st Apr 2017 to 31st March 2018****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.

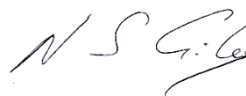
5. Analysis of income	Unrestricted funds (£)	Restricted funds (£)	Total 17/18 (£)	Total 16/17 (£)
Income from donations and legacies				
Grants	0	0	0	0
Donations	1,071	0	1,071	692
	1,071	0	1,071	692
Income from charitable activities				
	0	0	0	11,250
	0	0	0	11,250
6. Analysis of expenditure				
Expenditure on raising funds	0	0	0	0
Issue of Grants	2,070	0	2,070	
Other expenditure				
Re-useable presentation cheque	0	0	0	58
	2,070	0	2,070	58
7. Analysis of charitable funds	At 1 st Apr 2017 (£)	Incoming resources (£)	Resources expended (£)	At 31 st Mar 2018 (£)
Movement of unrestricted funds				
General fund	11,884	1,071	2,070	10,885

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 Nov 2018