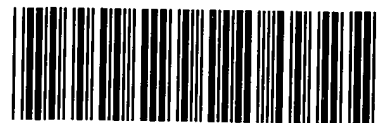


BIPOLAR UK LIMITED
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2015

REGISTERED CHARITY NO: 293340
COMPANY NO: 01955570

FRIDAY



A4G84FD7

A33

18/09/2015

#98

COMPANIES HOUSE

BIPOLAR UK

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2015

CONTENTS

Page

Legal and administrative details

1

Trustees' Report

2 - 24

Independent Auditors' Report

25

Statement of Financial Activities

26

Balance Sheet

27

Notes to the Financial Statements

28 - 33

BIPOLAR UK

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees

Claire Ackland (resigned June 2014)
William Courage
Clare Dolman
Nigel Griffiths
Justin Irwin
Paul Legg (resigned May 2014)
Tamasin Little
Dawn Marchant (resigned December 2014)
Daniel Ross
Ashley Toft
Prof Allan Young

Chair

Ashley Toft

Vice Chair

Clare Dolman

Treasurer

Daniel Ross

Chief Executive

Suzanne Hudson

Charity Number

293340

Company Number

1955570

Principal address & Registered office

11 Belgrave Road
London
SW1V 1RB

Accountants

haysmacintyre
26 Red Lion Square
London
WC1R 4AG

Bankers

CAF Bank
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4TA

National Westminster Bank plc
5 Market Place
Kingston Upon Thames
Surrey
KT1 1JX

Solicitors

Carter Bells
Kings' Stone House
12 High Street
Kingston Upon Thames
KT1 1HD

BIPOLAR UK

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 MARCH 2015

The charity is governed by the memorandum and articles of association incorporated on 7 November 1985 and amended by special resolution on 7 September 2013 with new Articles as registered with the Charity Commission and Companies House.

Introduction

Bipolar UK is the national charity dedicated to supporting individuals and families affected by the much misunderstood and devastating long-term illness of bipolar. Established in 1983 by service users to combat the lack of dedicated services, we have developed to become a small national charity which punches way above its weight. In the past twelve months alone, we supported more than 80,000 individuals and families.

This is only possible through the enormous commitment of our small staff team (currently 19), our amazing volunteers and our fantastic supporters.

We provide a range of support services to enable people affected by bipolar to take control of their lives including Information & Support, a national network of Support Groups, the eCommunity (our web-based peer support forum), Mentoring, workplace training and a Youth service. We also work in partnership with research organisations to improve medical treatment and support, and seek to combat the stigma and discrimination of this severe mental illness.

Bipolar – The Facts

Bipolar is a severe, long-term mental illness characterised by significant mood swings from manic highs to suicidal depression. Both males and females of any age and from any social or ethnic background can develop the illness. It can occur when work, studies, family and emotional pressures are at their greatest. In women it can also be triggered by childbirth or during the menopause.

More than one million people in the UK have bipolar. However this is only part of the story as it takes a shocking average of 10.5 years to receive a correct diagnosis of bipolar in the UK; tens of thousands more individuals are therefore within the cycle of assessment & potential diagnosis.

Bipolar affects every aspect of our lives and relationships. Families and friends can all be under immense stress related to the illness. As the national charity we work with and support individuals concerned about a potential diagnosis, individuals with a diagnosis and individuals affected by bipolar including families and loved ones. Within our circles of families, friends, colleagues and acquaintances, we all know someone who is affected by bipolar.

Bipolar increases the risk of suicide by up to 20 times. The World Health Organisation identifies bipolar as one of the top causes of lost years of life and health in 15 to 44 year olds.

Compared with other mental illnesses that have a similar or lower impact, treatment of bipolar is still hampered by misunderstanding and severe stigma, something Bipolar UK is committed to combat.

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

What We Do

As a small national charity our impact is significant. The demand for our services and support during the past year has continued to accelerate and we supported more than 80,000 individuals and families often in times of crisis, distress and immense vulnerability.

“A lifeline when things get bad and a way of learning more about what is within the spectrum of bipolar.”

We completed our second annual charity-wide service user survey in early 2015. Of interest is the frequency individuals access our services:

	2015	2014
Daily	9%	6.5%
Weekly	16.5%	17%
Monthly	32.5%	30%
Less Often	42%	46.5%

The rise in daily contact supports the rising service demand we are seeing from an operational perspective.

More than 1 in 4 individuals who responded to our survey use a Bipolar UK service at least once a week.

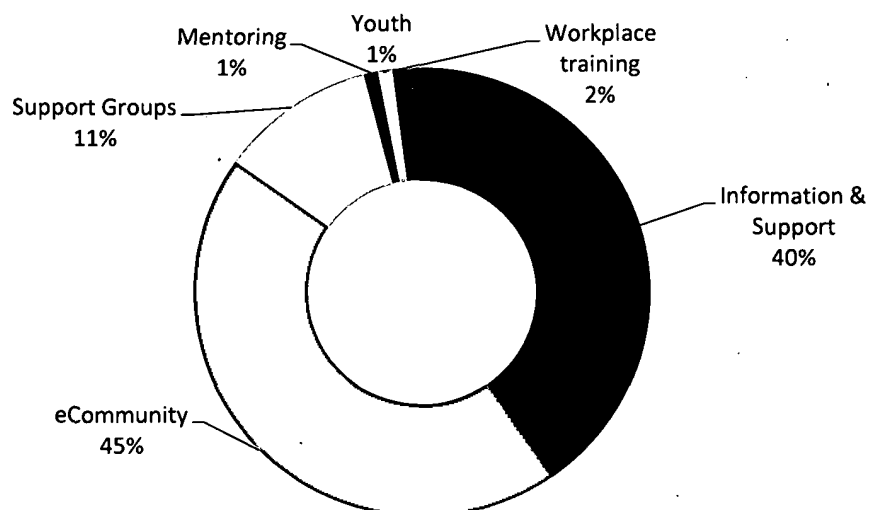
This compares sharply to, say, five years ago when individuals tended to access one service only and usually once a month or less.

As one respondent explained **“Amazing, life-saving work. I don't think I'd still be here without the service of the charity.”**

In the past four years, we have developed a blend of services including face-to-face, telephone and online as well as group and individual peer support. Survey respondents tell us they increasingly use a mix of our services – most notably Information & Support, the eCommunity and Support Groups. However, newer services - Mentoring, Youth and Workplace Training - are also seeing sharp rises in demand.

The following illustrates the blend of services used by individuals.

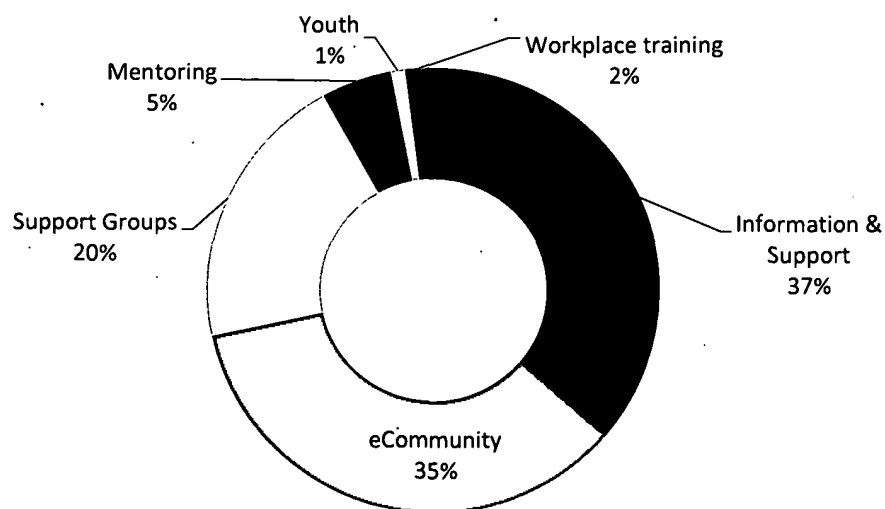
Individuals using our services daily



"Advice and support has been there whenever I needed it."

"I feel there is someone who really understands how devastating it is. Friends are great but they don't really know what it is like."

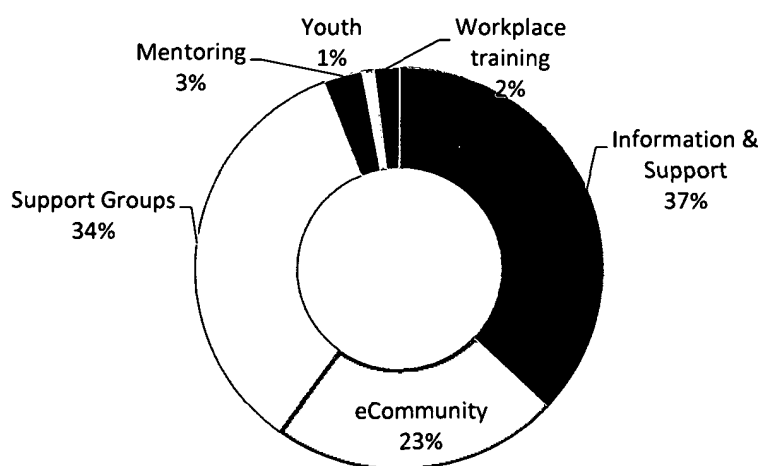
Individuals using our services weekly



I would be lost without bpuk [Bipolar UK]."

"In the last year I have started a relationship with someone who has bipolar. In the beginning I was scared and was unsure about how to deal with different episodes. The support has been invaluable at the time I needed it."

Individuals using our services monthly



"I have received more information, support and advice that has been helpful and useful from the website, support groups and eCommunity than any mental health professional."

"I first accessed Bipolar UK when it was known as the MDF and I honestly believe if it hadn't pointed me in the right direction, on several occasions over the years, my husband, who has the diagnosis would have been dead long ago and our children really messed up by the consequential fallout. As it is, over time my husband has learnt that he can help himself to limit negative impact on his life and that of those around him."

"There are times when I want help to be of a more passive nature and times when I need serious interaction and Bipolar UK ticks both boxes."

With service demand accelerating for the fourth consecutive year, we continue to be buffeted by the challenges of being a small national charity whose services are not replicated elsewhere within the voluntary sector.

Although factors driving accelerating service demand are largely unchanged, our analysis and feedback from service users suggests there has been a repositioning in terms of the leading drivers with the top three noted below frequently quoted.

- Restructuring of local mental health service provision, in particular lack of consistent support and rising referral times to services
- improved public awareness about bipolar and its impact
- improved public awareness of Bipolar UK and our services
- changing family dynamics with young people living longer in the family homes (we have again seen a sharp annual rise in the number of parents contacting us concerned about their adult child)
- workplace and employment issues related to the impact of bipolar
- challenges in accessing crisis support for individuals at the extremes of the Bipolar mood scale

The following pages look in detail at our services and teams.

INFORMATION & SUPPORT

Activities and Impact

Information and Support is now our largest service encompassing support via telephone and email, our website, printed and online information and leaflets, and our developing communications/engagement activities (including monthly eNewsletter, social media, Bipolar Awareness Day, Pendulum and the national Conference).

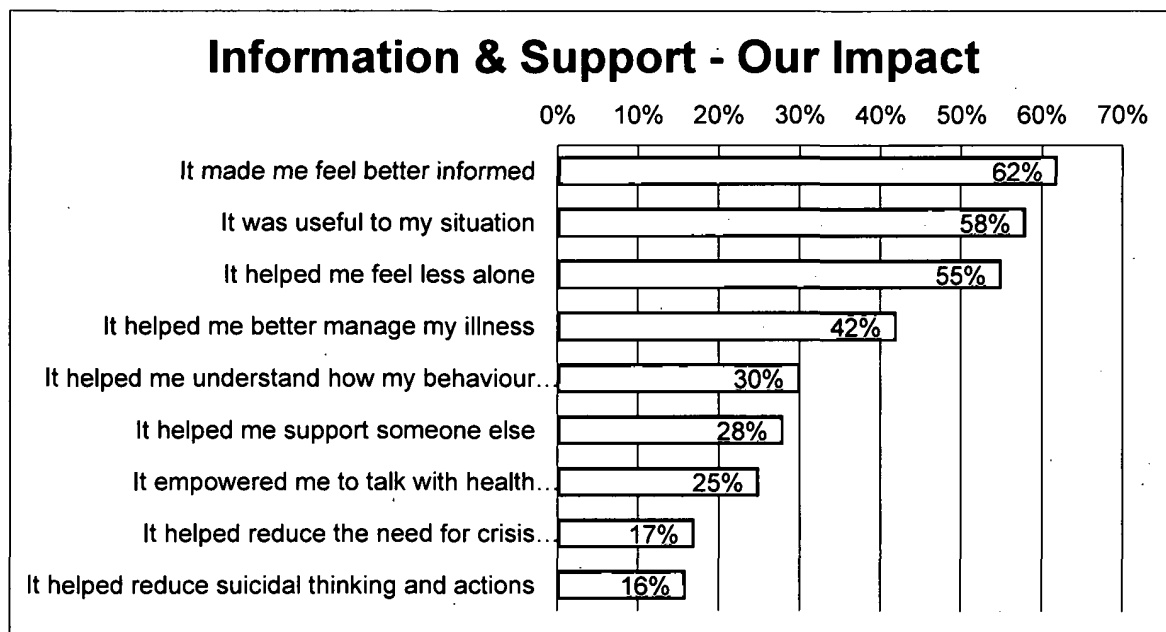
65% of respondents to our annual survey used Bipolar UK's Information and Support Service in the past year.

"You provide a critical frontline service to people with complex medical needs. It is a vital service."

94% of individuals agreed this service helped them understand bipolar and its impact better.

"They helped me feel more confident about how I was supporting my partner, and that I could make decisions to take care of them that on my own would have been more frightening."

"It's lovely to get the support if and when you need someone to speak to especially whom you can trust 100%."



"Good information helps me realise more about my illness and that I am not alone."

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

Support

This service, again, experienced increasing demand pressures. We received over 12,000 telephone and email requests for support and within this a further rise in complex/challenging calls. Over 10% of service user calls lasted longer than 15 minutes with a significant rise in calls lasting one hour or longer.

"I find the team very useful. People there have been very supportive when I have been experiencing episodes, including a recent manic one, and encouraged me to see my GP urgently."

"The phone was answered immediately and as a carer the information I was given was exactly what I needed."

"Kept me out of hospital and helped me deal with my bipolar."

As highlighted last year although we do not formally provide – or indeed publicise - crisis support, we supported individuals and families in crisis for a second year. Owing to rising demand for this specialist support we trained two additional team members to join three managers who provide support. This support is more than a listening service. When needed we will intervene, liaising directly with emergency services.

"It's just an amazing service. For us as a family, it's been invaluable having someone to talk to who understands what we are going through and made us feel more empowered and less alone."

During the past year, we've received more than 240 crisis calls and supported hundreds of individuals and their families.

Communications

In addition to information and leaflets available to download from our website we posted and circulated over 2,500 copies of our Introduction to Bipolar and Your National Bipolar Charity leaflet. Our bi-annual magazine Pendulum was requested by more than 3,000 individuals.

"The BUK mood scale is a useful tool. I have taken it along to PDOC appointments and have used it as a way to facilitate discussion."

Our website welcomed more than 172,000 unique visitors (an 11% increase over the year) with more than 904,823 page views (11.5% annual increase). The most popular pages being:

- Support Group Map
- Bipolar Information
- Frequently Asked Questions
- Our Services
- Information Leaflets

Bipolar UK social media continued to develop introducing the charity and our services to a wider audience. At end March 2015, we had 12,340 twitter followers (52% rise on the year) and 9,280 facebook fans (75% annual rise).

Requests for our monthly eNewsletter rose 23% during the year.

"It has also helped family members to understand more about me and my feelings."

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

We celebrated the third Bipolar Awareness Day working in partnership with the James Lind Alliance and the launch of a national survey that will determine the top ten unanswered research questions about bipolar.

Over 4,000 individuals responded – the highest survey engagement in the history of James Lind Alliance. With over 14,500 questions, the detailed analysis is well underway.

In partnership with Hafal and the Mental Health Foundation, the Let's Get Physical Campaign was launched across Wales in May 2014 and we engaged with thousands of individuals including service users and carers.

In March 2015 we hosted our National Conference welcoming 250 delegates. The theme of the day was Bipolar: Mind and Body and talks and workshops included nutrition, research update, planning pregnancy, Mindfulness and Bringing Bipolar Out of the Dark.

"Lots of useful and life-changing info, thank you so much."

Last Year we said we would:

- Prioritise future investment in the Information & Support service to ensure we continue to meet service demand.
- Develop our capacity to meet the rising demand for crisis support.
- Further develop our website to ensure individuals and families have access to high quality information.
- Develop our communications and engagement work with dedicated resources
- Host a national conference, lead on Bipolar Awareness Day and increase our participation in major campaigns.
- Investigate the feasibility of developing online support services including crisis and counselling support.

During the year we:

- Developed our capacity to meet the rising demand for crisis support.
- Commenced work on a new website to meet the needs of individuals, professionals, supporters and other stakeholders.
- Recruited a Communications & Engagement Officer.
- Hosted the national conference, led the highly successful Bipolar Awareness Day and increased our participation in major campaigns.
- Investigated the feasibility of developing online support services including crisis and counselling support. In light of this work we have taken the decision to develop, subject to funding, a dedicated Support Line and a crisis support service where online support is one element of the overall service provision.

In the year ahead we will:

- Launch a Bipolar Support Line subject to securing funding. In particular, the Support Line will not be outsourced but provided through a dedicated in-house team within Information & Support.
- Launch a Crisis Support service subject to securing funding.
- Launch our new website following a period of development and testing.
- Continue to develop and invest in our communications work.
- Lead on the fourth annual Bipolar Awareness Day and increase our participation in campaigns.

SUPPORT GROUPS

Activities & Impact

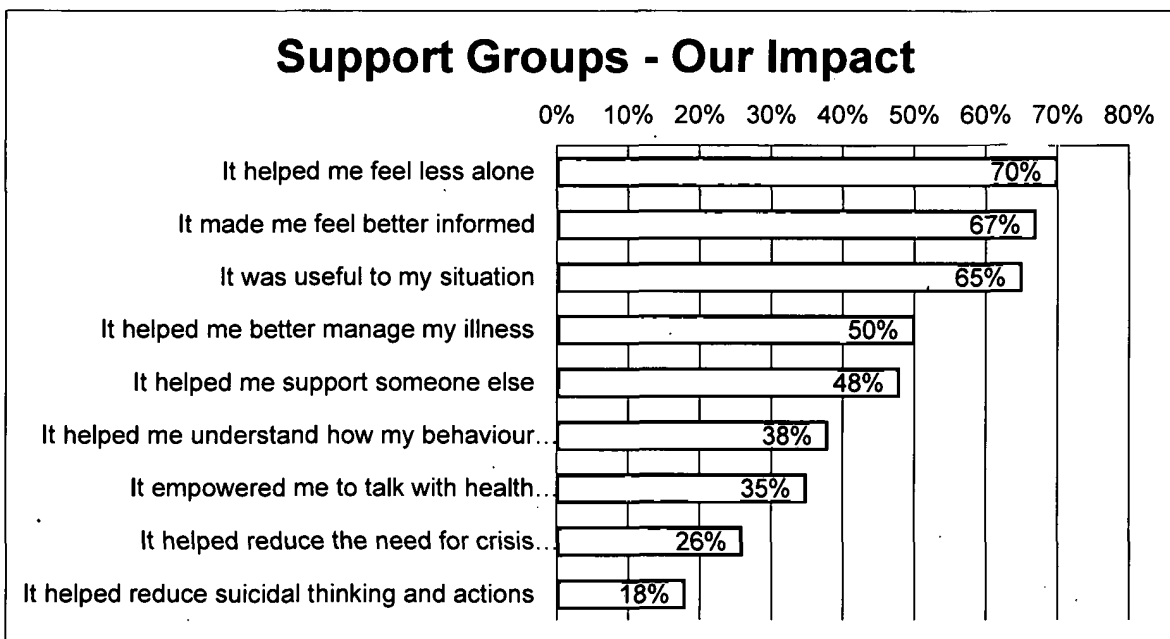
The network of Bipolar UK Support Groups provides peer support directly within our local communities across England, Wales and in Northern Ireland. We currently have 125 groups and we estimate more than 10,000 individuals attended at least one support group meeting during the year (with many attending regularly), a 11% increase on the previous year.

Bipolar UK support groups provide emotional and practical support through peer guidance. They help individuals with bipolar, their carers and families at a grass roots level by listening and offering personal experiences to people affected by feelings of distress or despair as well as dangerous feelings of heightened mood and mania. Unlike a number of charities, our groups are not branches or independent subsidiaries; they operate within our integrated service.

43% of individuals responding to our annual survey used our Support Group service during the past year.

"I very reluctantly attended a support group - I really didn't want to go. It was fantastic and I will be a regular member from now on."

89% thought Bipolar UK Support Group service helped them understand bipolar and its' impact better.



"I try to go every month and it really gives me something to look forward to. If I'm having a bad day or going through a period of depression I know that if I can make it to the next group session I will be able to talk to like-minded people who will make me feel better - they always do. Without the service my life would be much more lonely and my mental health would be less good."

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

Our Support Groups are open to anyone affected by bipolar. Over the past year approximately 80% of individuals attending had a diagnosis of bipolar or were concerned about the potential of a diagnosis. 20% were family members, carers and loved ones.

"The support group was exactly what I needed as a carer - being able to talk face to face with friendly people most of whom had Bipolar Disorder and were able to share their experience of various treatments."

Our support groups are facilitated by two or three authorised volunteers (we currently have 402 authorised Group facilitators), the majority of whom either have a diagnosis of bipolar or are directly affected by the illness. Service user involvement is key and opens doors for highly vulnerable individuals that otherwise would remain closed.

"They are invaluable especially as facilitated by people with lived experience."

Our staff team provides comprehensive support to our volunteer facilitators and for the groups themselves. Over the past year we joined nearly all of our groups, hosted eight regional training days for volunteer facilitators, supported groups through finance, fundraising, administration and communications and led the planning phase for potential new groups. Training days focused on sharing good practice, networking, and sessions on enhanced facilitation skills. Over 70% of our groups have now received training on enhanced facilitation skills.

"The presentations were excellent, professional yet warm and personal. A big learning curve, well worth being here, an investment in our groups future."

"Really useful as new facilitators, loads of information, thank you."

The impact of our support groups within communities is significant. They play a vital role in offering peer support and provide a unique forum for individuals (both those with the illness and those affected by the illness) to discuss their concerns and anxieties with regard to everyday living. Groups assist in reducing individuals' stress levels: a major cause of episodes.

"Even though I was a professional and worked in mental health, being a service user myself with mental health problems has at times totally disempowered me. I sometimes describe it as feeling totally naked and vulnerable. The group I go to helps me gain a form of control and power back."

The impact on the wider community is through engagement and reintegration. Our groups support individuals affected by this complex and devastating illness to play a fuller role in their communities; a significant outcome that is more difficult to achieve where groups do not exist. Bipolar UK Support Groups can help change – and sometimes literally save – people's lives.

"I feel less isolated when going to support groups. Helps build my confidence and self esteem. Helps me interact with others socially."

For many facilitators the role of leading a support group is a key part to their own self-management of the illness.

"This has been the best thing for me. I look so forward to the group every month. We are always busy and everyone helps each other."

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

Last year we said we would:

- Invest in staffing and resources to ensure we continue to comprehensively support our groups and volunteer facilitators.
- Attend a minimum of 90 Support Groups during the year.
- Work with our volunteers to develop a new training module for Group facilitators and host eight training days throughout the year.
- Work closely with local medical professionals, community mental health teams and commissioners.

During the year we:

- Invested in the service including a new Development Officer position to ensure we continue to comprehensively support our groups and volunteer facilitators.
- Visited 90 support group meetings.
- Hosted eight regional training days for our volunteer facilitators and developed a new training module (enhanced facilitation skills).
- Worked closely with local medical professionals, community mental health teams and commissioners including meetings, conferences and 33 mail outs.

In the year ahead we will:

- Further invest in the service including our staff and volunteers.
- Attend a minimum of 95 Support Groups during the year.
- Work with our volunteers to develop a new training module for Group facilitators and host nine training days throughout the year.
- Work closely with local medical professionals, community mental health teams and commissioners.

eCOMMUNITY

Activities & Impact

The eCommunity is a vibrant, supportive web-based, peer support discussion forum for all individuals affected by bipolar. The eCommunity is hosted and moderated by Bipolar UK providing a safe and secure environment for service users.

46% of survey respondents used Bipolar UK's eCommunity Support Service in the past year.

"I know this might sound a bit soppy and emotional but I wanted to thank you all so much. The forum has helped me immensely. My psychiatrist, CPN and therapist are very supportive, but they cannot provide the depth of advice and shared wisdom that service users here do."

90% of service users said the eCommunity service help them understand bipolar and its' impact better.

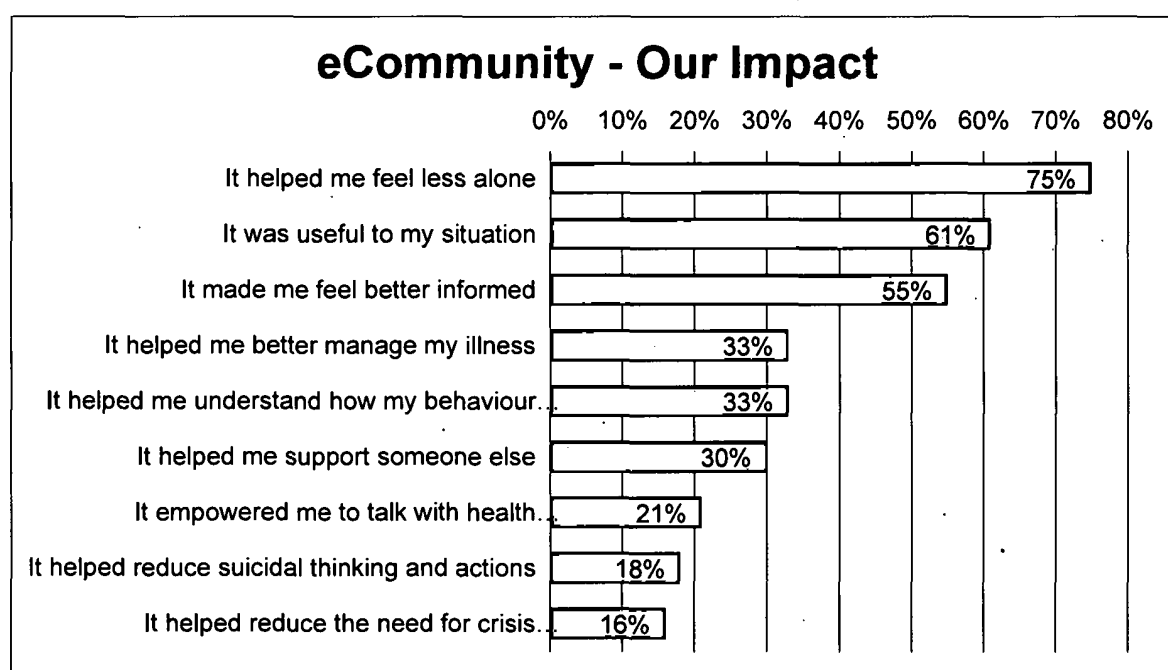
BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

The eCommunity now welcomes more than 12,000 registered service users – a 40% increase during the year. Service users visited the eCommunity more than 244,000 times and viewed just under five million pages. The average time a service user accesses the eCommunity per visit is just under 18 minutes.

“There are lots of amazing people here to talk to about anything and everything. I was diagnosed about a month ago so still getting to grips with the whole thing. The forum has helped me to understand the disorder. My (sometimes) very specific questions are always answered by members who comprehend and also care. A great help and support when you really need it.”



“This is an invaluable service – in fact I would go as far to say it is a vital service. It allows you to manage ‘self help’, but also support others.”

Bipolar UK’s support extends beyond the forum itself. Staff separately support individuals who initially expressed extreme fears and concerns on the forum. This support has encompassed individuals contemplating suicide or experiencing a manic episode. This specialist support has been provided seven days a week.

“As far as I know, there is nowhere else to go for the level of support available via your eCommunity service. When my husband was manic and undiagnosed, as a family we knew nothing about bipolar and I desperately wanted to talk to someone who had been through the same thing, but I did not know how to find such people. Fortunately, I found Bipolar UK and the forum.”

“It is an absolute life line for me. I am often isolated mentally and it helps to be able to talk to others who understand. I don’t just talk about illness so it helps socially.”

Last year we said we would:

- Welcome 1,500 new service users to the eCommunity.
- Enhance the service hosting structure
- Develop and implement enhanced crisis support
- Investigate the feasibility of developing online support services including crisis and counselling support.

During the year we:

- Welcomed more than 3,700 individuals.
- Enhanced the service hosting structure to support demand.
- Developed and implemented enhanced crisis support including specialist training for new members of the team.
- Investigated the feasibility of developing online support services including crisis and counselling support. In light of this work we have taken the decision to develop, subject to funding, a dedicated Support Line and a crisis support service where online support is one element of the overall service provision.

In the year ahead we will:

- Welcome 2,000 new service users to the eCommunity.
- Review the eCommunity platform and implement recommendations.
- Review moderation ensuring we continue to comprehensively support this expanding service.

LINK MENTORING

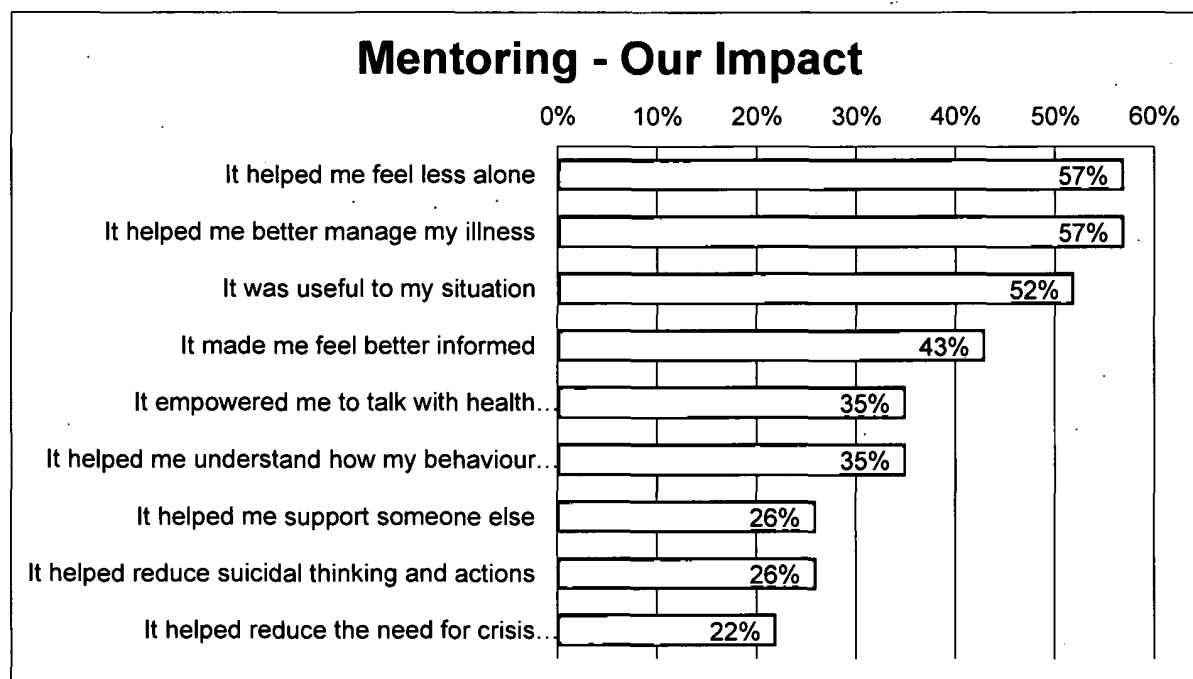
Activities & Impact

Link Mentoring is our one-to-one telephone mentoring service for individuals with a bipolar diagnosis and carers. A key aspect of the success of Link Mentoring is matching the mentee and the volunteer mentor. During the year we implemented the first phase of expanding the service on a national basis to meet demand.

"The Mentoring service has changed the course of my life. I don't know where I would be without the support of my mentor and the BUK team. I can now see a future."

78% of service users said Link Mentoring helps them understand bipolar and its' impact better.

"I am a volunteer on the mentoring service. Volunteering has helped to provide structure and purpose to my life. I have also learned from others and feel more able to support others. The supervision has given me the opportunity to learn more and support others, to communicate more effectively and I have felt empowered."



During the year 158 individuals accessed the Mentoring service. Of these 68% had a diagnosis of bipolar and 32% were family members and carers. On average, individuals receive six weekly mentoring sessions with their mentor. Owing to the increase in demand, we introduced one-off Mentoring sessions to support individuals waiting for a mentor match.

"I feel more prepared for what might happen in the future."

"This service is a much-needed lifeline."

502 mentoring sessions took place in the year.

A range of topics were discussed from discharge from hospital to self harm, to relationships and family pressures. The top five topics were:

- Family relationships
- Self management
- Physical well being and personal care
- Medication and relationships with health professionals
- Social relationships.

"My mentor is fantastic – an absolute godsend to me."

We hosted six training sessions for potential volunteer mentors and 16 new mentors joined the team. At the end of March, we had 48 volunteer mentors.

"What I enjoyed most about the training sessions was the ability to share ideas and problems with the facilitators and fellow volunteer mentors."

Through awareness events we engaged with over 360 individuals about the Mentoring service.

Last year we said we would:

- With the continued development of a national service, support 150 mentees
- Recruit and train new volunteer mentors so we have 45 in total
- Investigate the feasibility of group mentoring sessions
- Deliver 20 awareness sessions focusing on the service
- Investigate the feasibility of developing an online mentoring support service

During the year we:

- Implemented the first phase of the national service and supported 158 individuals.
- Recruited and trained 16 volunteer mentors bring the total of volunteer mentors to 48.
- Investigated the feasibility of group mentoring sessions and introduced one-off group sessions.
- Delivered 22 awareness sessions focusing on the service.
- Prioritised telephone mentoring given service demands.

In the year ahead we will:

- Support 200 individuals through Mentoring.
- Implement the recommendations from the charity wide volunteer review.
- Deliver 20 awareness sessions focusing on the service.

YOUTH SERVICE

Activities & Impact

Our Youth service is a dedicated service for young people aged 18 to 25. Following a three-year pilot in London we commenced the first phase of national development this year. The service encompasses support and advice via phone, email and online, support groups facilitated by our Youth Officers, working closely with organisations supporting young people and raising awareness about bipolar and good mental wellbeing.

89% of service users said Youth service helps them understand bipolar and its' impact better.

During the year we engaged with and supported over 1600 individuals, a 300% annual increase reflecting the first phase implementation of a national service.

"Thank you so much for coming back to me so quickly. I was just sat hugging a cuppa after another sleepless night of worry so your support is much welcomed."

We launched two new Youth Groups bringing the total to six and developed our secure social media support. The use and benefits of social media (our Youth social media is not public) increased significantly with posts/discussions about self management techniques, relevant research, events and activities. Bipolar UK Youth social media followers rose to over 1,200, a 38% increase demonstrating the importance of this medium for young people.

BIPOLAR UK

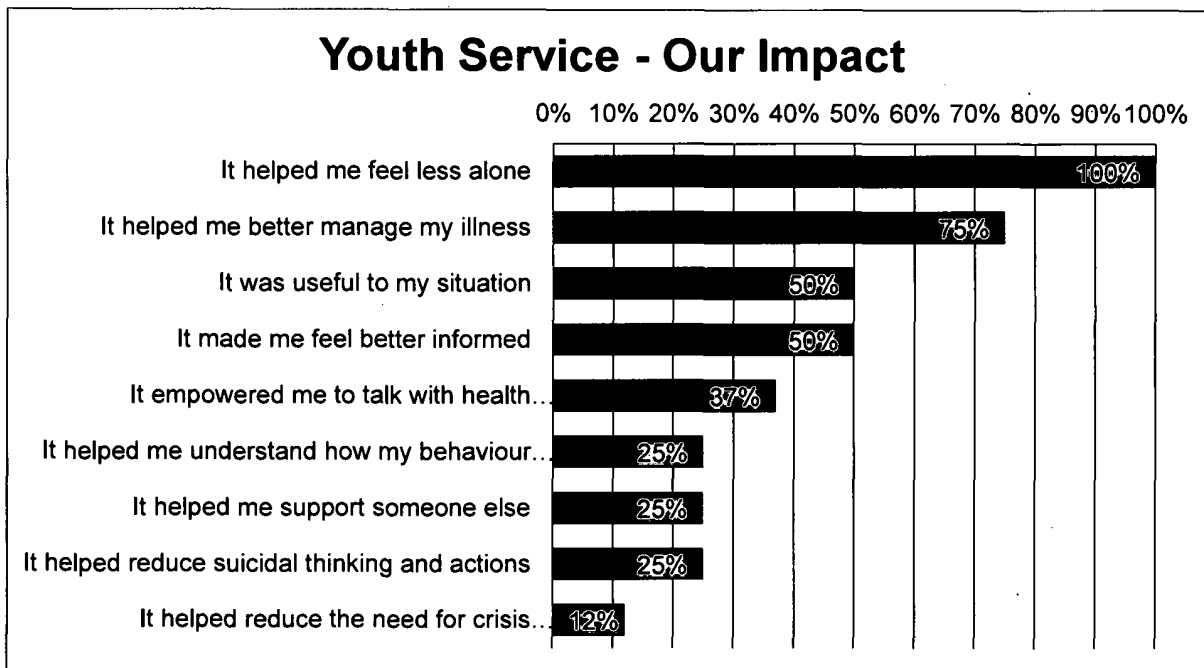
TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

The range of support offered – including Youth Groups, Information & Support, on-line support, social media communications, training, and awareness raising at Fresher's and other young people's events – enabled us to engage with and support young people concerned about their mental health, concerned about the potential of bipolar and those with a diagnosis. We received rising requests for support from young people concerned about members of their family or friends and from parents concerned about their adult children.

"Just wanted to say a big thank you for all of you in the [Youth] group. As you said we are not alone even if it feels like it a lot of time. Bipolar has changed my life a huge amount but the most difficult thing is the isolation it can cause."

This support is crucial in helping to combat the isolation that young people with a mental health condition can feel. It means they have somewhere and someone to turn to and they know they are not on their own.



We facilitated Youth events and activities including working with the National Theatre for our young people to attend drama workshops, hosting a Summer Bipolar Youth Wellbeing event with workshops on mindfulness, yoga, sleep and nutrition, and a trip to the Tate.

Support and contact with parents and family members is crucial as the impact of bipolar is never about the individual alone. Through our support they feel better equipped to support their adult child or family member. Across the charity we have seen the third annual rise in requests for support from families about their adult children.

The Youth team joined 36 events raising awareness of bipolar and its impact. Through which we engaged with over 1,000 individuals.

"I already feel less alone, so thank you."

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

Because of requests from young people under 18 and in particular young people and children under 16 years of age, we developed and implemented a comprehensive Children Safeguarding Policy.

Last year we said:

Following the amazing success of the three-year London Youth pilot, we will (subject to funding) develop a national Youth service including dedicated transitions support for young people 16 to 18 years of age who are moving from children & adolescent to adult mental health services.

During the year, we:

- Implemented the first phase of the national service. We engaged with and supported over 1600 young people.
- Developed and launched two Youth Support Groups outside of London.
- Hosted a Youth wellbeing day and facilitated a number of projects/activities for young people.
- Engaged with more than 100 Youth organisations and groups.
- Engaged with more than 200 education organisations

In the year ahead we will:

- Support and Engage with 7,500 young people and families with full implementation of the national service.
- Develop and launch two additional Youth Groups (eight in total).
- Develop and implement dedicated Transitions support.
- Host a Youth day event.

WORKPLACE TRAINING

Activities & Impact

Demand for specialist employment support through our Information & Support service has accelerated and so we developed and implemented transitional support to enable us to support rising numbers of individuals and organisations. Our current support encompasses bespoke workplace training and interim arrangements for telephone and email support.

BIPOLAR UK

TRUSTEES' REPORT (continued)

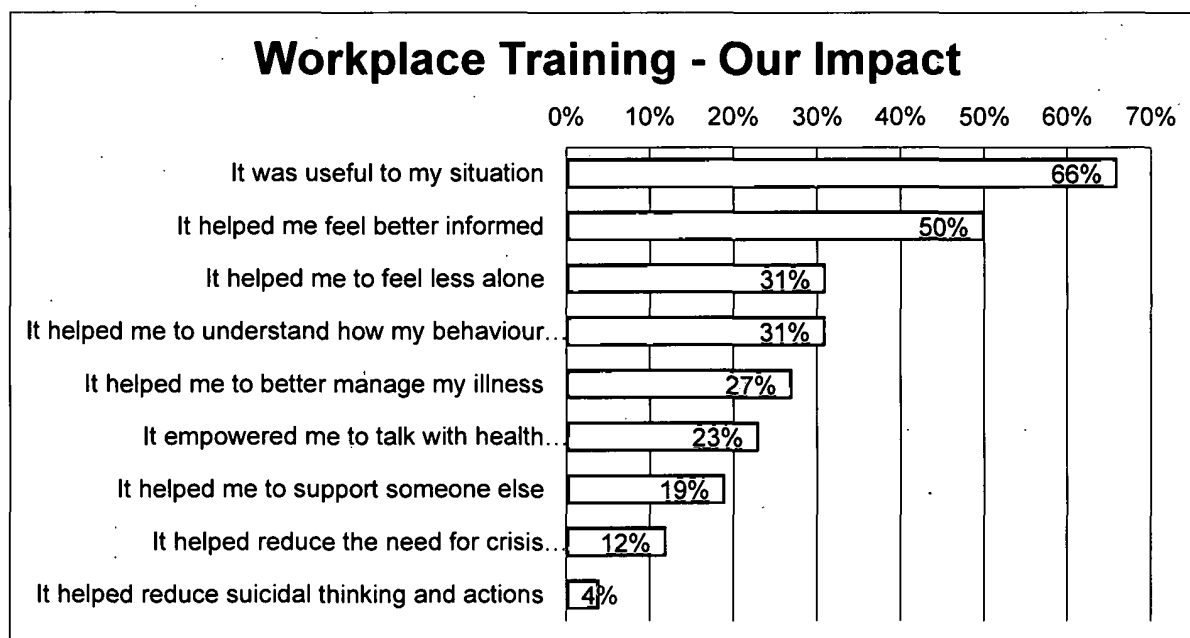
FOR THE YEAR ENDED 31 MARCH 2015

One of our priorities for the coming year is to secure funding to launch an Employment Support service on a sustainable basis. If we are not successful in achieving this funding, we will not be able to continue to provide employment support.

"Quite simply, it helped me to stay in work."

96% of service users said our employment support helps them understand bipolar and its' impact better.

"I was diagnosed less than a week before starting a new job, BUK encouraged me to speak to my line manager, understand my rights better and see that this diagnosis didn't mean I had to give up on working, just to be aware of what affects my condition."



"Great that there is information and signposting for Employers too."

"Brilliant! To be able to access an informed, objective advice source is priceless."

"Colleagues found the workplace training sessions engaging and insightful. For many delegates your sessions were one of the conference highlights."

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

Last year we said we would:

- Develop and pilot an Employment and Workplace Training project

During the year, we:

- Continued to offer specialist support to individuals and organisations approaching us.
- Responded to and supported over 300 employment related queries.
- Developed a comprehensive case for support seeking to launch a dedicated service at less than £80,000 a year. Unfortunately we have yet to secure funding.

In the year ahead we will:

- Subject to securing funding, support the proposed Employment Support service with part of the proposed second year legacy drawdown.

POLICY & RESEARCH

Activities & Impact

During the year we further developed our work and participation in national policy consultations and forums. As the profile and reputation of Bipolar UK continues to rise, we are increasingly approached for our expertise. Suzanne Hudson, our Chief Executive, was appointed Chair of the Mental Health Alliance (a national coalition of leading charities focusing on the implementation of the Mental Health Act).

On the national policy agenda, Bipolar UK is represented in:

- Mental Health Alliance
- National Suicide Prevention Alliance
- Mental Health Providers Forum
- Maternal Mental Health Alliance
- Wales Alliance for Mental Health

We commenced two research partnerships during the year including the James Lind Alliance. We continue to work in partnership with Newcastle University for a major study of family focused treatment for early onset of bipolar and a specialist team developing an interactive self-management App for individuals with bipolar.

Service user involvement is core to much of this work and we are increasingly asked for service user representation or to survey service users' views. Feedback from service users highlight they are reassured when communications come from Bipolar UK in that their involvement will be professionally managed. Our work also provides opportunities for individuals to contribute their views to regional and national policy submissions.

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

Partnership working with research organisations bridges a vital gap between researchers and service users. As service users have explained:

- They sometimes feel more comfortable asking us questions in the first instance rather than an unknown research team.
- They are reassured of the relevance and that all approval mechanisms are in place given our involvement.
- They understand a key part of the research partnership protocol is that we will communicate the published research specifically to service users (historically speaking a major criticism from individuals involved in research projects has been that they rarely received information from research teams when the research is published).

Last year we said:

Acknowledging the acceleration in demand for Bipolar UK's involvement with national policy and engagement, trustees approved the investment in a dedicated officer to support the chief executive and charity in terms of service user engagement going forward.

During the year, we:

- Welcomed the first dedicated Communications role to the Bipolar UK team.
- Led on the engagement and communications work for the James Lind Alliance Bipolar survey.
- Responded to national policy and consultation forums.
- Continued to work in partnership with Research organisations and developed two new partnerships
- Chair the Mental Health Alliance.

In the year ahead we will:

- Continue to develop our communications and engagement
- Work with two new research partnerships
- Chair the Mental Health Alliance
- Respond to national policy and consultation forums.

FUNDRAISING

We are grateful to every one of our dedicated donors. Quite simply, we would not be here without your support. We're determined to work hard to demonstrate our thanks every gift received and, in November, grew to a fundraising team of three to help effectively encourage and recognise our invaluable donors.

We would like to extend special thanks to our incredible Fundraising Committee, who work tirelessly to maximise opportunities for our small team; providing access to Trusts and individuals we would otherwise not be able to reach.

We are working hard to ensure we have the funds in place to enable us to meet ever-increasing demand, with care taken that income is sustainable.

Our challenge event portfolio has expanded to include more places and more activities, including the Berlin Marathon, a Zombie Evacuation Race, and the Spartan Challenges. We will continue to diversify opportunities for individuals and teams to support our work whilst achieving personal goals or building team bonds.

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

December saw our inaugural Winter Challenge raise £17,000, by match funding individual donations pound for pound, thanks to a small group of generous major donors.

In February, we piloted our first Community activity: Bake for Bipolar. The event saw interest from business and communities alike, indicating an appetite for a managed calendar of community fundraising.

In the course of the year, we welcomed 165 new regular givers, including Supporter Members, and have developed models for deepening engagement with new and regular givers. Regular giving will remain a high priority for us, as it enables the charity to plan with security into the future.

Trusts income remains the bedrock of our organisation. We are delighted to have met with more representatives and Trustees throughout the year, indicating a growing interest in mental health in general and bipolar in particular.

Our thanks to each of our incredible and inspiring donors for making a difference to 80,000 individuals and families this year.

Last year we said:

Looking to the year ahead, we hope the investment in fundraising resources will enable us to increase income (excluding legacies) again and to retain the positive unrestricted: restricted ratio.

During the year, we:

Achieved a 4% increase against PY (less the legacy). We also maintained a stable unrestricted income ratio of 49%.

In the year ahead we will:

- Secure funding to run the charity; deliver current services and raise awareness.
- Seek funding for three new services:
 - Support Line
 - Employment Support
 - Crisis Support
- Recruit a fourth fundraising team member
- Develop tools and resources to aid community and individual fundraising

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

FUTURE PLANS

During the year we developed and with trustees approval published our new Strategy.

Our new strategy clarifies our vision, mission and strategic aims for the next five years (2015-2020) to ensure we provide the best support possible to individuals affected by bipolar.

Our Vision:

Everyone affected by bipolar can find the support they need when they need it.

Our Mission:

To support and empower more people affected by bipolar.

Our Strategic Aims:

1. To expand and develop our services
We will continue to provide effective, sustainable and innovative services that support and empower individuals and families.
2. To raise awareness of bipolar
We will increase awareness of bipolar in both public and professional arenas to help enhance understanding of this complex illness and reduce stigma.
3. To strengthen our organisation
We will invest in our organisation to ensure we provide the best services and support possible.

We are an amazing, caring charity that every day truly makes a difference. The passion, dedication and commitment of our small staff team, volunteers, trustees, service users and supporters to provide services that literally change - and indeed save - lives ensures we will continue to develop as a sustainable, innovative and effective national bipolar charity

STRUCTURE, GOVERNANCE AND MANAGEMENT

The Board of Trustees is legally responsible for the strategic direction of the charity. It meets every three months and is supported by the Finance Committee chaired by our Treasurer, which meets on a quarterly basis between Board meetings.

Recruitment and Appointment of Trustees

Trustees are recruited through national advertisements, although personal recommendations are also used where specific skills sets are required. During the year three trustees resigned and we commenced national recruitment for new trustees to join the Board. The response was phenomenal and following interviews we invited seven individuals to observe the June 2015 Board meeting.

Trustee induction and training

All new trustees receive induction and other training during the year on the work of the charity and on specific issues. Some of this is combined with staff training.

BIPOLAR UK

TRUSTEES' REPORT (continued)

FOR THE YEAR ENDED 31 MARCH 2015

Senior Management Team

The trustees delegate the day to day operations of the charity to the Chief Executive and the senior management team (SMT). The trustees have worked with the SMT to develop the longer term strategy for the charity. Responsibility for the implementation of the plans is delegated to the SMT through agreed one year operational plans.

Public Benefit

Bipolar UK exists to serve the public and ensure that individuals and families affected by the much misunderstood illness of bipolar benefit from our support. Our evaluations show that over 90% of service users are satisfied or very satisfied with our services. The Board of trustees understand the requirements as set out in Section 17 of the Charities Act 2011 and believe Bipolar UK completely satisfies all guidance issued by the charity commission with regard to public benefit.

Risk Management

The senior management team and trustees work together to analyse and address the major risks to the charity. This includes the assessment of external factors, governance, financial, information technology and operational risks. The comprehensive risk register is updated on a regular basis and reviewed by both the Finance Committee and the full Board during the year.

In line with Charity Commission guidance, the risk register incorporates a matrix format which allows identified risks to be rated according to the likelihood and impact of the risk occurring with a higher weighting given to impact. All identified risks are reviewed and mitigating strategies are then put in place to reduce the risk as far as practicable. Any activities with a high risk rating are automatically prioritised.

Financial review

During the year we benefited from the approved first-year drawdown of the large unexpected legacy received the previous year. Alongside the ongoing development of fundraising, we invested in our services and support to enable us to start building capacity to meet rising service demand.

Although overall income fell during the year, this was more than explained by the receipt of a large legacy the previous year. Excluding legacies, income rose 1.7% during the year. With the benefit of first year legacy drawdown and small improvement in income generation, expenditure rose by 33%, providing an overall operational deficit of £79,800 in line with budget.

The drawdown of the legacy supported the priorities agreed in March 2014, namely:

- We utilised part of the legacy to ensure we meet our reserves policy to build and maintain free reserves equivalent to three months expenditure. In recent years we have been unable to rebuild our reserves owing to the unprecedented acceleration in service demand.
- We invested in our core Information, Advice & Support service that, given the scale of service demand, has been under-resourced in recent years.
- We invested in a new fundraising position to support the charity's sustained development and expansion in the years ahead.
- We supported the proposed National Youth Service.

In March 2015, trustees approved the second year drawdown of the legacy to support:

- Core services including Support Groups and Information & Support.
- Subject to securing funding, support the proposed Employment Support service,
- Support Policy and Research capacity.
- Support Fundraising resourcing.

Reserves Policy

In setting the reserves policy the Board of Trustees considers the need to provide against any future income shortfall, fulfil working capital requirements and allow funds to be available to support service developments. This is balanced against the need to spend reserves now to deliver services to meet accelerating demand. In this context, the Trustees approved in March 2015 a target range for free reserves of between three and four months of expenditure.

Statement of Trustees' Responsibilities

The trustees are responsible for preparing the Trustees' Report and the accounts in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare accounts for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company of that year.

In preparing these accounts, the trustees are required to:

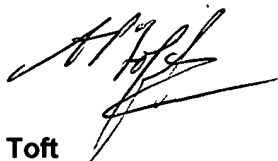
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditors

Each of the directors has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they taken appropriate steps to identify such relevant information and to establish that the auditors are aware of such information.

On behalf of the board of trustees



Ashley Toft
Chair of Trustees

Date: 5 September 2015

INDEPENDENT AUDITORS' REPORT TO THE TRUSTEES OF BIPOLAR UK

We have audited the financial statements of Bipolar UK for the year ended 31 March 2015 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an Auditors' Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinion we have formed.

Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on pages 22 and 23, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

A description of the scope of an audit of financial statements is provided on the Financial Reporting Council's website at www.frc.org.uk/auditscopeukprivate.

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2015 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.


Adam Halsey (Senior statutory auditor)
for and on behalf of haysmacintyre
Statutory Auditors

26 Red Lion Square
London
WC1R 4AG

5 September 2015

BIPOLAR UK

STATEMENT OF FINANCIAL ACTIVITIES (including Income & Expenditure Account)

FOR THE YEAR ENDED 31 MARCH 2015

	Notes	Unrestricted funds £	Designated Funds £	Restricted funds £	Total 2015 £	Total 2014 £
Incoming resources from generated funds						
Grants		103,046	-	286,706	389,752	367,080
Donations		226,250	3,547	10,316	240,113	278,148
Legacies		9,000	-	-	9,000	314,358
Investment income		1,366	198	-	1,564	288
		<u>339,662</u>	<u>3,745</u>	<u>297,022</u>	<u>640,429</u>	<u>959,874</u>
Incoming resources from charitable activities	2	31,047	11,004	89,744	131,795	105,207
Total incoming resources		<u>370,709</u>	<u>14,749</u>	<u>386,766</u>	<u>772,224</u>	<u>1,065,081</u>
Resources expended						
Cost of generating funds		144,435	-	-	144,435	122,022
Net incoming resources available		<u>226,274</u>	<u>14,749</u>	<u>386,766</u>	<u>627,789</u>	<u>943,059</u>
Charitable activities						
Client services		338,002	17,110	338,838	693,950	507,351
Governance costs		13,639	-	-	13,639	11,302
Total resources expended	3	<u>496,076</u>	<u>17,110</u>	<u>338,838</u>	<u>852,024</u>	<u>640,675</u>
Net incoming resources before transfers		(125,367)	(2,361)	47,928	(79,800)	424,406
Transfers between funds		-	(3,503)	3,503	-	-
Net movement in funds		<u>(125,367)</u>	<u>(5,864)</u>	<u>51,431</u>	<u>(79,800)</u>	<u>424,406</u>
Fund balance at 1 April 2014		<u>463,322</u>	<u>43,525</u>	<u>144,968</u>	<u>651,815</u>	<u>227,409</u>
Fund balance at 31 March 2015		<u><u>337,955</u></u>	<u><u>37,661</u></u>	<u><u>196,399</u></u>	<u><u>572,015</u></u>	<u><u>651,815</u></u>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BALANCE SHEET

AT 31 MARCH 2015

	Notes	2015 £	2014 £
FIXED ASSETS			
Tangible assets	7	10,374	3,955
CURRENT ASSETS			
Debtors	8	51,105	36,136
Cash at bank and in hand		548,915	635,340
		<u>600,020</u>	<u>671,476</u>
Creditors: amounts falling due within one year	9	<u>(38,379)</u>	<u>(23,616)</u>
NET CURRENT ASSETS		<u>561,641</u>	<u>647,860</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u><u>572,015</u></u>	<u><u>651,815</u></u>
INCOME FUNDS			
Restricted funds	10	196,399	144,968
UNRESTRICTED FUNDS			
Designated funds:			
Support groups		37,661	43,525
Other charitable funds		337,955	463,322
		<u><u>572,015</u></u>	<u><u>651,815</u></u>

The financial statements were approved and authorised for issue by the Board of Trustees on 5 September 2015 and signed on their behalf by:


 Ashley Toft
 Chair of the Board of Trustees

1. ACCOUNTING POLICIES

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards, the Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005 and the Companies Act 2006.

Incoming resources

All income is accounted for on a receivable basis. Grant income is recognised in accordance with the terms of the grant and when the conditions of receipt have been complied with. Legacy income is recognised when there is sufficient certainty that it will be received and the value can be measured with sufficient reliability

Resources expended

All expenses are accounted for on an accruals basis. The majority of costs are directly attributable to specific activities. Certain shared costs including staff and office costs are apportioned to activities in furtherance of the objects of the charity. The apportionment has been calculated by analysing the usage of the building between direct charitable activities and activities relating to the management and administration of the charity. This ratio has been applied to the overheads to provide an equitable basis for the analysis of expenditure.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Assets under £1,000 are written off to the SOFA. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Computer and office equipment	-	straight line basis (over three years)
-------------------------------	---	--

Stock

In addition to producing our own information, Bipolar UK purchases publications and other materials for resale. Stocks represent the value of such goods held at the year end at the lower cost and net realisable value.

Pensions

Contributions were paid on behalf of employees into their personal pension schemes and are charged to the Statement of Financial Activities in the year in which they become payable. No further liabilities accrue to the charity other than these payments.

Accumulated funds

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the accounts.

Designated funds comprise funds which have been set aside at the discretion of the Members of the Board of Trustees for specific purposes. The purposes and uses of the designated funds are set out in the notes to the accounts.

BIPOLAR UK

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2015

2. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES – Commissioned Services

	Unrestricted funds £	Designated funds £	Restricted funds £	Total 2015 £	Total 2014 £
Wales Services	-	-	87,437	87,437	87,437
Other commissioned services	13,375	11,004	2,307	26,686	14,197
	<u>13,375</u>	<u>11,004</u>	<u>89,744</u>	<u>114,123</u>	<u>101,634</u>
Conference	12,867	-	-	12,867	-
Other income	4,805	-	-	4,805	3,573
	<u>31,047</u>	<u>11,004</u>	<u>89,744</u>	<u>131,795</u>	<u>105,207</u>

3. TOTAL RESOURCES EXPENDED

	Staff Costs £	Depreciation £	Other Costs £	Total 2015 £	Total 2014 £
Costs of generating Funds	91,677	457	52,300	144,435	122,022
Charitable Activities (Services)					
Service (Direct Costs)	362,710	4,604	251,682	618,996	435,006
Support costs	54,586	1,115	19,253	74,954	72,345
Total	<u>417,296</u>	<u>5,719</u>	<u>270,935</u>	<u>693,950</u>	<u>507,351</u>
Governance costs	2,352	-	11,287	13,639	11,302
Total resources expended	<u>511,325</u>	<u>6,176</u>	<u>334,522</u>	<u>852,024</u>	<u>640,676</u>

Governance costs incorporate audit fees, board meeting venue costs and trustees out of pocket travel and subsistence expenses. Support costs are allocated on the amount of time spent on the relevant services.

BIPOLAR UK

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2015

4.	SERVICES (including costs)	Support	Staff		Other	Total
			Costs £	Depreciation £	Costs £	2015 £
	Information, Support and Advice		92,214	1,655	80,690	174,559
	Youth Services		54,802	1,063	37,619	93,484
	Support Groups		100,372	1,877	128,718	230,967
	eCommunity		35,620	249	18,933	54,802
	Link Mentoring		56,034	445	44,140	100,619
	Workplace Training		10,277	254	7,294	17,825
	Policy and Research		13,391	176	8,127	21,694
	Total Services		362,710	5,719	325,521	693,950

5. NET INCOMING/(OUTGOING) RESOURCES

**2015
£** **2014
£**

Net incoming/(outgoing) resources is stated after charging:

Auditors' remuneration		
- for audit	7,300	7,100
Operating lease rentals		
- property	45,484	44,084
- office equipment	10,080	10,783
Depreciation	6,176	1,977

No member of the Board of Trustees (or any persons connected with them) received any remuneration or reimbursed expenses during the current year or the prior year.

6. EMPLOYEES

**2015
Number** **2014
Number**

The average monthly number of (full time equivalent) employees during the year was:

Charity Management and Administration	2	2
Support Groups	4	4
Information, Support and Advice	4	2
eCommunity	2	1
Link Mentoring	3	3
Youth	2	1
Fundraising	3	2
	20	15

£ **£**

Wages and salaries	465,052	361,702
Social security costs	44,559	34,724
Employer pension contributions	1,714	2,198
	511,325	398,624

There were no employees whose annual remuneration was in the range £60,000 - £70,000 (2014: one).

BIPOLAR UK

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2015

7. TANGIBLE FIXED ASSETS

	Computer & office equipment £
Costs	
At 1 April 2014	54,366
Additions	12,595
	<u>66,961</u>
At 31 March 2015	<u>66,961</u>
Depreciation	
At 1 April 2014	50,411
Charges for the year	6,176
	<u>56,587</u>
At 31 March 2015	<u>56,587</u>
Net book value	
At 31 March 2015	<u>10,734</u>
At 31 March 2014	<u>3,955</u>

8. DEBTORS

	2015 £	2014 £
Trade debtors	9,571	2,521
Prepayments and accrued income	41,534	33,615
	<u>51,105</u>	<u>36,136</u>

9. CREDITORS: amounts falling due within one year

	2015 £	2014 £
Trade creditors	12,541	903
Taxes and social security costs	14,322	11,344
Accruals	11,515	11,369
	<u>38,378</u>	<u>23,616</u>

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2015

10. RESTRICTED FUNDS

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

	Balance at 1 April 2014	Incoming Resources £	Movement in funds Resources Expended £	Transfers £	Balance at 31 March 2015 £
Welsh Government	-	87,437	(87,437)	-	-
Youth	-	82,540	(7,540)	-	75,000
Link Mentoring	42,206	-	(27,997)	-	14,209
Support Groups	53,178	60,489	(65,394)	3,503	51,776
Wales Services	2,920	1,000	(3,920)	-	-
Peer Support Services	41,667	75,000	(75,000)	-	41,667
Core funding	4,997	74,800	(66,467)	-	13,330
Policy & Research	-	5,500	(5,083)	-	417
	<u>144,968</u>	<u>386,766</u>	<u>(338,838)</u>	<u>3,503</u>	<u>196,399</u>

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Designated Funds £	Restricted Funds £	Total £
Fund balances at 31 March 2015 are represented by:				
Tangible fixed assets	10,374	-	-	10,374
Net current assets	327,581	37,661	196,399	561,641
	<u>337,955</u>	<u>37,661</u>	<u>196,399</u>	<u>572,015</u>

12. OPERATING LEASE COMMITMENTS

At the 31 March 2015 the charity had annual commitments under operating leases expiring as follows:

	Property		Equipment	
	2015 £	2014 £	2015 £	2014 £
Within one year	32,084	-	777	1,262
Two to five years	12,000	43,284	7,132	7,360
	<u>44,084</u>	<u>43,284</u>	<u>7,909</u>	<u>8,622</u>

BIPOLAR UK

NOTES TO THE FINANCIAL STATEMENTS (continued)

FOR THE YEAR ENDED 31 MARCH 2015

Donors and Supporters

We are extremely grateful to all our supporters.

**Every donation we receive helps us to provide vital services for people affected by bipolar.
Our thanks to the following who donated gifts of £5,000 or more.**

A&S Burton 1960 Charitable Trust
Cecil Rosen Foundation
Ellerdale Trust
Ernest Kleinwort Charitable Trust
Freemasons' Grand Charity
Fuserna Foundation
Garfield Weston
Homelands Charitable Trust
John Ellerman Foundation
John Swire Charitable Trust
Lloyds Foundation
Mary Kinross Charitable Trust
Monument Trust
Peter Carr Trust
The estate of P F Medhurst
St James' Place Foundation
Welsh Government

**We are grateful to every individual and organisation that has generously supported
Bipolar UK. Our thanks also to those who remembered us in their wills.**

**And finally, a huge thanks to everyone who volunteers for Bipolar UK, whether you
facilitate our Support Groups, Mentor, volunteer in our offices, are a trustee,
raise funds for us or raise awareness of bipolar and the charity.**