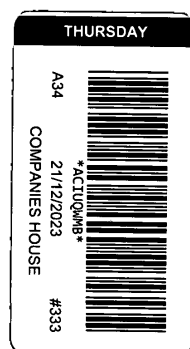




## Our community. Our charity.

Report and financial statements  
1 April 2022 - 31 March 2023

COMPANY NUMBER 1955570  
CHARITY NUMBER 293340



Our mission is to empower everyone affected by bipolar to live well and fulfil their potential.

We will achieve it by continuing to grow a community of support that connects people through lived experience and by acting as the voice of our community to challenge stigma and improve healthcare services across the UK.

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# Reference and Administrative Information

**Company number**

1955570

**Country of incorporation**

United Kingdom

**Charity number**

293340

**Country of registration**

England &amp; Wales

**Registered office and operational address**

32 Cubitt Street, London WC1X 0LR

**Trustees**

Trustees, who are also directors under company law, who served during the year and up to the date of this report, are as follows:

Guy Paisner, Chair

Nadia Silver, Vice Chair

Sarita Dent, Treasurer (until March 2023)

Dan Whitlam (Appointed December 2022),

Treasurer (from April 2023)

Hilary Samson-Barry

Alice Alphandary

Melissa Barnett

Jeremy Clark

Derek Dale KC (Appointed December 2022)

Robert Print

Bill Walden-Jones

Dr Aditya Sharma

Louis Constandinos (Appointed December 2022)

Ed Butcher (Appointed December 2022)

**Key management personnel**

Simon Kitchen, Chief Executive

Rosie Phillips, Deputy Chief Executive

**Bankers**

CAF Bank

25 Kings Hill Avenue

Kings Hill

West Malling

Kent ME19 4JQ

**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

Surrey KT1 1HD

**Auditor**

Sayer Vincent LLP

Chartered Accountants and Statutory Auditor

Invicta House

108 - 114 Golden Lane

London EC1Y 0TL

# Trustees' Annual Report



The trustees present their report and the audited financial statements for the year ended 31 March 2023.

Reference and administrative information set out on page 4 forms part of this report. The financial statements comply with current statutory requirements, the memorandum and articles of association, the requirements of a directors' report as required under company law, and the Statement of Recommended Practice - Accounting and Reporting by Charities: SORP applicable to charities preparing their accounts in accordance with FRS 102.

## CEO Message 2022/23



**Simon Kitchen**  
Chief Executive Officer  
Bipolar UK

2022/23 marked my fifth year as CEO of Bipolar UK. Leading this charity has been the biggest privilege of my life so far. I'm proud of so many of our achievements but know there is so much more to do.

The findings from the Bipolar Commission published in November 2022 threw into stark relief the devastating impact bipolar is having on people's lives. Life is a daily struggle for hundreds of thousands of people living with the condition. They are more likely to be in poor physical health, be unemployed, be socially isolated, carry large amounts of unmanageable debt, experience higher divorce rates, and they have a high risk of suicide. The most shocking statistic we uncovered is research suggesting that one in five people with bipolar will eventually take their own life.

We have collected the evidence to show what is happening and identified some of the key solutions for solving the biggest issues. To meet the enormous challenge we face, during 2022/23 the charity upscaled both its peer support, communications and advocacy work to get our services and message of action and hope out to as many people as possible.

We also formed and strengthened partnerships with organisations like The Access Group who not only raised huge amounts of money for our services but also provided incredible pro-bono support in co-producing our eLearning course which has already been used by thousands.

The charity also hit an important milestone – achieving an income over £1 million a year for the third year in a row. This has given the charity more confidence in its financial future and allowed us to fill six more staff positions over the year. More money and more people doesn't necessarily mean more impact, but this increase in capacity has seen us reaching and supporting more people than ever before.

We remain pragmatic about what can be achieved though. Bipolar affects over six million people every year (more than one million people live with the condition, and for each of them five close friends

and family are affected) and accounts for 17% of the total burden of mental illness. Despite being the only UK-wide, bipolar-specific charity, we are only a fraction of the size of other condition-specific charities with similar levels of need. By focusing on our communications, we therefore aim not just to raise awareness of bipolar and how it can be managed, but also to reach those members of our wider community who have the motivation, time and commitment to help us but who don't even know we exist.

Our regular evaluations prove very clearly that our current services play a critical role in helping people balance their mood, reduce suicidal thoughts and suicide attempts and help to keep people out of hospital. Getting all our current services out to everyone affected by bipolar would be hugely transformative for millions of people.

It is a long, long journey. But with our current level of growth, we believe we can provide universal peer support to everyone living with bipolar in the UK by 2033. With the help of some amazing donors, volunteers and a large amount of luck we could potentially reach this goal in five years.

The wider changes we are advocating for would require an entire rewiring of mental health services with a focus on diagnosis and the introduction of a specialist care pathway for bipolar. This would be more cost-effective than the current model, but the NHS is a big beast and there are many obstacles in our way. Despite these challenges, we have to start somewhere. And on an optimistic note, we have an abundance of tenacity within our community and an ever-growing network of influential allies.

Given the huge progress we have made over the last five years, we believe that anything really is possible.

# Trustees' Annual Report | Objectives and Activities



The trustees review the aims, objectives and activities of the charity each year, taking account of the Charity Commission's general guidance on public benefit. This report looks at what the charity has achieved and the outcomes of its work in the reporting period.



## Purposes and aims

Our objectives remain consistent with our founding ethos – to bring people with bipolar together to share their experiences and support each other.

Thanks to two pioneering women, Sheila Woodland, Philomena Germing, the Manic Depression Fellowship (as it was then called) was founded on 25 February 1983 when 43 people attended the first meeting at Church House, Westminster Cathedral.

A report of the meeting read:

**'We should work to dispel the stigma, secrecy and widespread ignorance of manic depression. Manic depressives should be more open about the condition and still find suitable jobs.'**

While we use different language to talk about bipolar these days, these aims couldn't be more relevant 40 years later.

We meet our Charitable Objects, to support all individuals affected by bipolar disorder and associated illnesses in any way which is charitable in law, in the following ways:

- Provision of specialist advice services
- Facilitation of peer support services
- Public education activities to increase understanding of bipolar disorder

## Where we are now

On a scorching hot day in September 2023, we gathered in the same venue as the founders' first meeting (Westminster Cathedral) to celebrate our 40th birthday and to thank and acknowledge all our amazing volunteers both past and present.

The aim of the event was to celebrate the continuation of the golden thread of peer support, the founding principle of the charity, which still inspires our work today. Today, we are classed as a large charity and are proud to support an ever-growing community.

Our recent evaluation found that our peer support services play a pivotal role helping people to manage their moods more effectively, to feel less socially isolated, to have fewer suicidal thoughts, to be less likely to attempt to take their own lives, to be less likely to be detained under the Mental Health Act and to have shorter hospital admissions.

During the reporting period we continued our bounce back from the pandemic with our call-back and email services now reaching more people than they did before Covid-19. We opened and re-opened more online and in-person groups and may even reach pre-Covid-19 monthly meeting numbers by the end of March 2024. Our online conference on 30 March 2023 was attended by over 2,000 people making it one of the largest ever bipolar-focused events in the world.

Despite the growth of the charity, 2022/23 was also a moment of sober reflection. In March 2022 and November 2022, the charity published two further Bipolar Commission reports which combined lived-experience stories, extensive survey work and the latest academic literature to establish what it is like living with bipolar in 21st century Britain.

The reports provided grim reading and evidence that despite huge investments in NHS services since 1983, outcomes for people living with bipolar have, if anything, got worse not better over the last four decades.



The average age of diagnosis has increased from 26 to 33 and no better treatment has come along to replace lithium as the gold-standard medication. While effective for many people, it is by no means a miracle cure and even its prescribing levels are at best stagnant or at worst falling. **Shockingly, 60% of people with bipolar get no specialist treatment for the condition.**

Over half (54%) of our community report they had been detained against their will to get treatment at some point in their lives (known as sectioning). Once in hospital, over 20% of our survey respondents told us they had experienced forced injections and physical restraint. Almost 10% of respondents had experienced verbal abuse from staff and 2% had experienced sexual abuse from other patients. In one harrowing example, patients were left without food for two days because a staff member forgot to order some in.

Despite the scale of bipolar in inpatient care, the condition remains largely invisible in data capture. The NHS still doesn't know what proportion of people sectioned under the Mental Health Act have a bipolar diagnosis.

## An estimated 56% of people living with bipolar don't have a diagnosis

Outside of hospital, people with bipolar miss out on life-changing new psychological therapies, with the NHS England's flagship Improving Access to Psychological Therapies (IAPT's service) actively excluding them from their criteria. Overall, 26% of our community reported that they had been told they could not get therapy on the NHS and would

have to pay for it themselves – despite therapy being recommended on an equal footing to medication in NICE guidelines.

People with bipolar have also disproportionately suffered from the obesity epidemic with two-thirds of our community classed as being clinically obese due to side-effects of medication (and sometimes over medication), and wider complications from the condition. People living with bipolar are also more likely to get divorced, be unemployed and be made homeless. Not surprisingly the London School of Economics found that poor bipolar management costs the UK economy £20bn a year and accounts for 17% of the total burden of mental illness. This itself is likely to be a gross underestimate and we await more research which is due to be published showing the huge additional costs of the physical burden people with bipolar also face.

From suicides rates to obesity, debt to detentions, the failure to support people living with bipolar to manage their condition is having a devastating impact on the country – for the individuals, for the NHS and for the economy. Bipolar is hidden in plain sight in the world of policy as well as in our workplaces, our learning institutions and in our society generally.

Despite its enormous cost in lives, money and lost potential everywhere you look, bipolar continues to be neglected by the mental health sector. There is no national plan or collective call from the sector to get even the basics right: for everyone with bipolar to get a diagnosis, appropriate medication and self-management advice.





**Nothing is going to change unless Bipolar UK pushes for change.** That is why we are mobilising our community and all our allies in the academic world and wider society to ensure bipolar is getting into conversations and sitting at the heart of decision-making. In 2022/23, responding to the findings of the Bipolar Commission, the charity significantly increased its policy, advocacy and communications work to bring about that change.



## This work has had four important strands:

- 1** We formed a partnership with public relations company **Sway PR** to both promote the findings of the Bipolar Commission and to insert bipolar into relevant conversations; from suicide prevention to unmanageable debt. This has resulted in unprecedented coverage for the charity and its Bipolar Commission – **reaching over 535 million people worldwide.**
- 2** We worked with our corporate partners **The Access Group and its Foundation** to create what could be the world's first bipolar public health campaign: 'Could it be bipolar?'. The campaign raised awareness of the condition and its symptoms and launched a 20-minute eLearning resource to provide back-to-basics, follow-up advice on how to manage the condition.
- 3** We have also formed an awareness-raising partnership with **Rotary GB&I** to engage the 40,000 Rotarians in the UK and Ireland in our mission. This has resulted in joint online events and activities ranging from street stalls and awareness walks in local communities to speaker opportunities at local multi-district and national meetings.
- 4** We opened up a whole new exciting strand of work for the charity recruiting **Dr Tania Gergel as our first Director of Research at Bipolar UK.** She will be leading both our growing patient participation and involvement work but also, in time, leading academic studies that will help us find better treatments for the condition.

**All this is only possible thanks to the enormous commitment of our small but growing team of staff, our amazing volunteers and our dedicated donors and supporters.**

## Review of Achievements



The Bipolar Commission held a launch event in the House of Commons in November 2022. It was attended by over 100 stakeholders with an interest in bipolar from across politics, the health sector and business.

The event included speakers with lived experience of bipolar and academics with clinical expertise to outline both the enormous problems we face but also practical solutions to solve them.



### Bipolar Commission

The launch was followed by in-person events in Wales in June 2023 and in Northern Ireland in August 2023, which were attended by hundreds more stakeholders. These events were delivered in partnership with the National Centre for Mental Health in Cardiff and Aware NI in Belfast who are helping us to take forward our policy agenda in the home nations.

The most pressing aim to emerge from the Bipolar Commission findings is the urgent need for diagnosis and specialist treatment for the condition. This is both more cost-effective than the current model but also results in significantly better life chances for the person with the condition. The average 9.5-year delay to diagnosis is a particular concern as we have clear evidence that the longer people wait, the higher the risk they will attempt suicide, or actually take their own life.

Taking this forward, we are currently calling on all political parties across the UK to make the commitment before the General Election to reduce the delay to diagnosis down to five years within five years. This is still far too long but our clinical and academic allies tell us it is achievable within the NHS's current bandwidth. This will form the focus of our advocacy work for the foreseeable future. 2023 saw us recruit new staff to drive it forward.

The Bipolar Commission commissioners also committed to continue to work together to investigate wider topics related to bipolar, including the symptom of hypersexual behaviour, which we will report on in 2023/24.

### Could it be bipolar? campaign

Launched in autumn 2022, our 'Could it be bipolar?' campaign reached a staggering 1.5 million people over a six-month period. This resulted in over 18,000 people taking the Mood Disorder Questionnaire which asks people 13 questions related to mania and hypomania to rule in or rule out potential bipolar.

An independent evaluation of the campaign estimated that it resulted in more than 10,000 people with undiagnosed bipolar going to their GP to talk about their symptoms and take the first step to getting an accurate diagnosis. A further 4,000 went on to access the eLearning resources attached to the campaign. This provides a valuable proof of concept that the campaign can be scaled up to reach millions more.

### Mood Tracker app

Our Mood Tracker app which we launched in March 2022 continues to get excellent reviews, and is mostly given 4 and 5\* ratings (with an average of 4.7/5\*).

At the end of March 2023, the app had been downloaded **22,449** times and at the time of writing **34,600** times with **9,989** of these downloads between April 2022-March 2023.

For six months, Andrew Thompson, our ambassador and volunteer app developer, has worked with translators, a designer and our friends at Bipolarité France to develop a French version of our app which is due to launch in the next few weeks and will help to spread awareness of Bipolar UK in French-speaking countries across the world.



Our 'Could it be bipolar?' campaign reached a staggering **1.5 million people** over a six-month period

## Could it be bipolar? | Campaign feedback





### Christmas campaign

As well as being recipients of our services, people living with bipolar are also among the biggest contributors to the charity. We were honoured in 2022 when songwriter and Bipolar UK ambassador Nicky Chinn, along with his record label Universal Music, generously granted the charity permission to use a clip of his world famous 'Lonely at Christmas' song to raise money for our support services over Christmas. The appeal raised over £10,000 and enabled us to provide more services than ever over the festive break.

### JAAQ partnership

In March 2023, we announced a new partnership with mental health and social media platform JAAQ (Just Ask A Question) - a free, high-profile online platform using voice recognition and artificial intelligence (AI) to provide a safe space where users can ask doctors, experts and those with lived experiences questions on mental health topics.

Three sets of questions have been recorded so far. Two sets, featuring TV presenter Leah Charles-King and researcher Dr Thomas Richardson, sit both on the JAAQ platform and as evergreen content on our website. One set, featuring PR consultant Mia Hodgkinson, sits on the JAAQ workplace site. Plans are on the horizon for ongoing Bipolar UK-JAAQ collaborations, including webinars and live events.

### Our online conference

In March 2023, more than 2,370 people attended our annual conference on the night and 1,800 (and counting) more have since watched it on catch up. The conference included contributions from academic and lived-experience household names as well as those from our wider community.

The highlights of the evening were three insightful interviews featuring mental health activist Alastair Campbell, national treasure Frank Bruno, actress Nadia Sawalha and her husband, writer and producer, Mark Adderley, Dr Nick Prior, author Mya-Rose Craig, screenwriter Kayleigh Llewellyn and our ambassador Emma Belle.

During the three-hour event, we explored a range of issues connected to the condition, including sleep, overspending, hypersexual behaviour and paranoid behaviour. Each of those topics has also been covered in a popular series of follow-up webinars. Not only have more than 1,500 people signed up to these webinars so far, the recordings now sit as helpful content on the website.

A massive thank you goes out to all our speakers and contributors on the night, especially to our incredible ambassador Leah Charles-King who hosted the conference for the third year running.



**“ For the first time in a long time, someone actually heard me and was able to pull me through a very dark time. They were able to link me with different organisations that are helping me as well as the many services offered by Bipolar UK. I will always be eternally grateful for the continued support I am receiving from you.**

**(feedback from services 2022/23)**

## Our peer support services



After the final lockdown period, we reflected as a charity on how the world had changed and we recognised that digital channels are an increasingly popular way for us to reach greater numbers of people and provide more choice for our community.

### Peer Support Groups

Going forward, we are committed to continue to learn and listen to our community about their changing needs, which is why we currently run a blend of online and in-person Peer Support groups.

During the month of March 2023, we held 61 Peer Support group meetings. From April 22 to March 23, we held an average of 55 Peer Support Group meetings a month throughout England, Wales and Northern Ireland, up from 35 the previous year (April 21 – March 22). Alongside our monthly 'Women and bipolar' online groups, we also added a group for 'Friends and Family'. Between April and September 2023, we have opened a further 15 local groups making a total of 76. At the time of writing, we are only nine groups short of our pre-pandemic number.

Between 2021/22 and 2022/23, average monthly reported attendance has also more than doubled from 116 to 231. This is on an upward trajectory as existing groups fill up with more attendees as they get better known and people become more confident getting out and about again.

We continue to actively recruit and train volunteer co-facilitators to help us manage the Peer Support group meetings and recruited 24 new volunteers over the year, taking the total up to 132 at the time of writing. This still leaves us some way short of our pre-pandemic level of 200 co-facilitators, and we continue to explore a range of recruitment channels as we plan to reopen and set up even more groups.

### Peer Support 1-1 call-back and email service

Between April 2022 and March 2023, we delivered 5,152 incidents of support via 1-1 emails and call-backs, up from 2,882 the previous year (April 21 – March 22).

**We helped thousands of people speak to someone else with lived experience, often for the first time**

### Chatbot

Our chatbot, launched the previous year, continues to allow people to book calls and can often signpost people to useful information on our website. Between April 2022 and March 2023, more than 658 questions a month were answered.

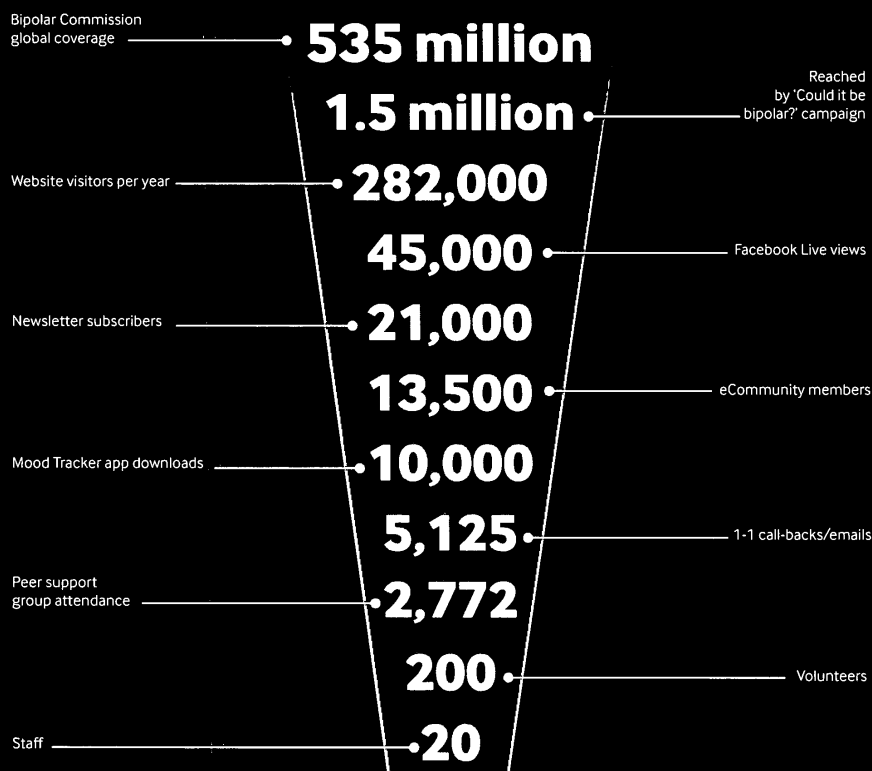
### The eCommunity

The eCommunity continued to grow up from 11,137 to 13,563 users over the course of the year, with 992,700 pages viewed. Having moderators on hand every day, 365 days a year, between 8am and 8pm, helps to secure the safety of members and ensures the provision of useful information as appropriate. It is clear that users value the space to talk about a wide range of topics with others who really understand bipolar. Users report lower levels of isolation as a result.

**“I reached out to your peer support service in desperation. I can honestly say it has changed my life. The complete understanding, the empathy and the compassion I received was so much more than I expected.**

(feedback from services 2022/23)

## Maximising our impact for our community



### IT and systems

The growth in services and fundraising during 2022/23 was only possible because we upgraded our IT and systems infrastructure. The focus was to bed in our new CRM system Salesforce which is used to monitor the fundraising pipeline, service outputs and our audience. We also started to utilise Smartsheet as a software tool to manage projects and a new Intranet to streamline reporting and provide staff and trustees monthly data on charity performance.

This important work was expensive in terms of both time and money but has established solid foundations from which the charity can grow in 2023/24 and beyond.

### A massive thank you

**None of what you have read – the impactful services and support delivered in such trying times – would be possible without the hard work, dedication and humanity of our staff, volunteers and supporters.**

In particular, our volunteers have played a leading role in sustaining and driving the charity and its community. This includes 132 active volunteers who deliver services locally in England, Wales and Northern Ireland, and other volunteers, such as our commissioners, trustees and ambassadors.

Indeed, our board itself is made up of 14 volunteer trustees most of whom have a bipolar diagnosis or who are directly affected by bipolar in their family.

And our inspiring team of ambassadors, who either live with bipolar or support a close family member with the condition, find time in their busy schedules to get involved in our projects and support our mission to get more people talking about bipolar.

These people are at the heart of our charity and our community.

**“Thank you to you all at Bipolar UK for all that you do - it's a lifeline.**

**(feedback from Peer support line 2022/23)**

# Evaluating our services

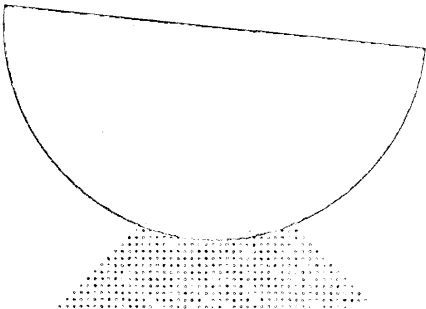


Peer support services have been the bread and butter of the charity for over 40 years. 2022/23 saw big growth in the team which has paid off by a record increase in the number of groups and call-backs and emails. We also delivered our first self-management courses for over 10 years and started delivering our first NHS contract.

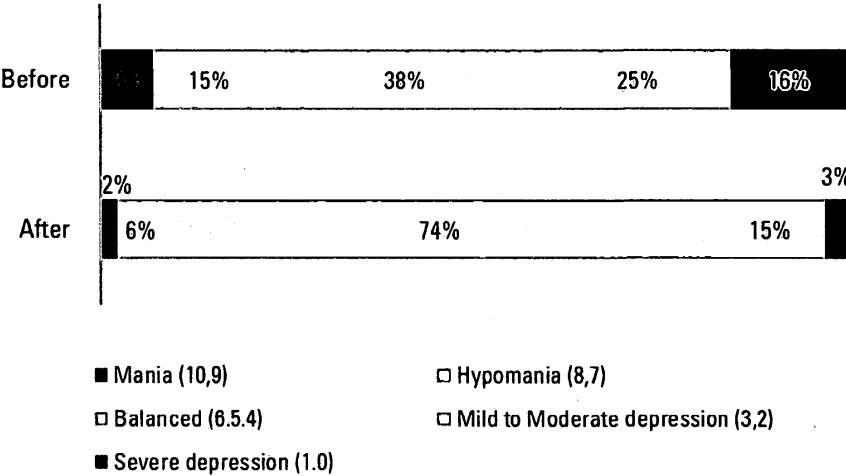
In September 2023 we received the findings from our independent evaluation - covering the first six months of 2023. It provided proof and reassurance of what we already intuitively know: that our services continue to save and improve lives.

This impact is most graphically illustrated by looking at people's self-reported moods both before and after using our services.

**The number of people experiencing depression and mania more than halved after using our services.**



**Individuals scoring their mood on the Bipolar UK Mood Scale before and after using Bipolar UK's services in the last six months (453)**



## The wider findings of the evaluation



### Headline impact

- **69%** of individuals who had used Bipolar UK services in the previous six months (520) agreed that using **Bipolar UK's services had changed their life for the better**
- **79%** of individuals who had experienced some positive change in their lives in the previous six months (467) **attributed some of that positive change to using Bipolar UK's services** with 28% attributing half or more of that change to Bipolar UK
- **72%** of friends or family who had used Bipolar UK's services in the previous six months and experienced some positive change in their loved one's life (69) **attributed some of that positive change to using Bipolar UK's services** with 65% attributing half or more of the change to Bipolar UK

### Suicide prevention

- **36%** of individuals who had had some suicidal thoughts in the previous six months (380) agreed that, as a result of using Bipolar UK's services and activities, they **had had fewer suicidal thoughts**
- **38%** of individuals (335) who had had some suicidal thoughts in the previous six months agreed that using Bipolar UK's services and activities had **helped to prevent them acting on those thoughts**

### Reducing self-harm

- **39%** of individuals who had had thoughts of self-harm in the previous six months (314) agreed that, as a result of using Bipolar UK's services and activities, they had had fewer thoughts about self-harming
- **40%** of individuals (293) who had had thoughts of self-harm in the previous six months (293) agreed that using Bipolar UK's services and activities had **helped to prevent them acting on those thoughts**

“The support you offer to people like me is invaluable, giving me the best peer support I have ever received. I have been living with bipolar for 19 years and I now feel for the first time in many years that I have hope of a brighter future, managing my bipolar in a way that works for me.

(feedback from services 2022/23)







### Reducing length of hospital stays

- **43%** of those who had spent time in hospital due to their bipolar in the last six months (44) agreed that using Bipolar UK's services and activities had **reduced the time they spent in hospital due to their bipolar**
- **21%** of friends and family who responded (95) reported that, following their friend or family member using Bipolar UK's services, their **loved one had spent less time in hospital due to their bipolar**

### Avoiding hospital admissions

- **26%** of individuals who had not spent time in hospital due to their bipolar in the last six months (481) agreed that using Bipolar UK's services and activities had **meant they had avoided being admitted to hospital** for their bipolar



### Getting a bipolar diagnosis

- **57%** of individuals who had received a diagnosis in the previous six months (35) felt that using Bipolar UK's services and activities was **helpful in getting their bipolar diagnosis**
- **23%** of newly diagnosed individuals (35) felt that, because of using Bipolar UK's services, they **received their diagnosis earlier** than that would have done otherwise
- **50%** of friends and family who responded (96) reported that, thanks to their friend or family member using Bipolar UK's services, their **loved one had got a bipolar diagnosis**

### Living well with bipolar

- **69%** of individuals surveyed (515) agreed that using Bipolar UK's services and activities made them **manage their condition better**
- **60%** of individuals (518) agreed they were **more able to stay well** as a result of using Bipolar UK's services and activities
- **45%** of friends and family who responded who had used Bipolar UK's services and activities (93) agreed their **loved one was now better able to manage their condition**
- **51%** of friends and family who responded who had used Bipolar UK's services and activities (93) agreed their **loved one was now better able to stay well**

“

**Thanks so much for your help, it has helped so so much. I have a very inexperienced care coordinator & she's no help about whether what I'm experiencing is normal, so your email means a lot to me.**

(feedback from services 2022/23)

## The year in numbers | Key facts

### Peer Support Groups



55

WE HELD AN AVERAGE OF 55 PEER SUPPORT GROUP MEETINGS A MONTH THROUGHOUT ENGLAND, WALES AND NORTHERN IRELAND, UP FROM 35 THE PREVIOUS YEAR

+ 24 132

OUR LOCAL PEER SUPPORT GROUP MEETINGS WERE RUN BY A TEAM OF 132 ACTIVE VOLUNTEERS

We recruited 24 new volunteers, bringing our total number of peer support group volunteers to 132 over the year

### Peer Support 1-1 Call Back & Email Service

5,152

WE DELIVERED 5,152 INCIDENTS OF SUPPORT VIA 1-1 EMAILS AND CALL-BACKS, UP FROM 2,882 THE PREVIOUS YEAR

+ 4

WE RECRUITED 4 NEW VOLUNTEERS ON OUR PEER SUPPORT LINE, and helped thousands of people speak to someone else with lived experience of bipolar often for the first time

### Chatbot

658+

WE RESPONDED TO MORE THAN 658 QUESTIONS PER MONTH IN 2022/2023

Launched the previous year, the Chatbot sits on our homepage and continues to be a useful tool allowing people to book 1-1 support calls and get answers to FAQs

### eCommunity

992,700

FROM APRIL 22 TO MARCH 23, WE HAD 2,424 NEW MEMBERS AND THERE WERE 992,700 PAGES VIEWED ON OUR ECOMMUNITY

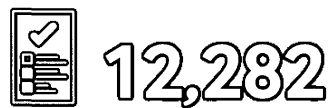
### Mood Tracker App



#### DOWNLOADS OF THE MOOD TRACKER APP

At the end of March 2023, there had been 22,449 downloads of our Mood Tracker app via Apple and Google Play.  
[www.bipolaruk.org/track-your-mood](http://www.bipolaruk.org/track-your-mood)

### Petition



#### SIGNATURES IN OUR 'SPEED UP BIPOLAR DIAGNOSIS' PETITION

Our petition is calling for the NHS and decision makers to speed up bipolar diagnosis to save lives.  
[www.change.org/SpeedUpBipolarDiagnosis](http://www.change.org/SpeedUpBipolarDiagnosis)

### Newsletter Subscribers



#### NEWSLETTER SUBSCRIBERS

### World Bipolar Day Conference



#### ATTENDEES AT BIPOLAR UK'S WORLD BIPOLAR DAY CONFERENCE 2023

We heard about some of the challenging symptoms of bipolar from top researchers and speakers with lived experience.

### Bipolar UK Website



#### WEBSITE VISITORS PER YEAR

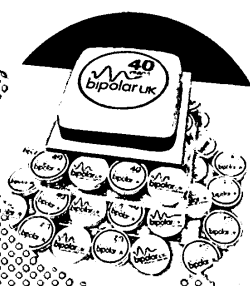
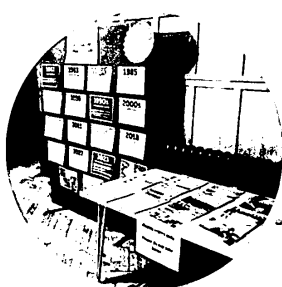
### Could it be bipolar?



#### NUMBER OF PEOPLE REACHED THROUGH BIPOLAR UK'S 'COULD IT BE BIPOLAR?' CAMPAIGN

# Our community. Our charity.

Our 40th Birthday celebration in September 2023



## Financial review



The charity had a strong financial year due to higher than anticipated income of £1,343,565. This was primarily because of more income than expected from grants and legacies, including a large charitable contribution from The Access Group.

Expenditure was £1,236,900 due to the expansion of our in-person service provision post-covid and investments in building the charity's fundraising, communications, policy and research capabilities.

The trustees consider the financial position of the organisation to be sound and continue to review the fundraising strategy to ensure that sufficient funds are available for future years. Bipolar UK recognises that at any time its accounts will hold both restricted funds, which are monies held subject to specific conditions set by the donor or funder, and unrestricted funds. It is the policy of Bipolar UK to allocate a proportion of its unrestricted funds for certain designated purposes and to hold the balance as a General Unrestricted Fund.

### Principal risks and uncertainties

The principal risks and uncertainties for the charity are maintaining the safety of our staff, volunteers and people who use our services, and sustainable growth, particularly in light of the fact that there are very few multi-year grants available in the charity sector.

Bipolar is a fluctuating condition where people can quickly become acutely unwell. Being unwell for people with bipolar can include periods of hyperactivity and erratic behaviour during periods of hypomania or mania, or recurring suicidal thoughts during periods of depression. The charity's peer support model depends on staff and volunteers with lived experience who are both supporting vulnerable people and at risk of becoming unwell themselves. The charity therefore operates stringent safeguarding procedures and puts an emphasis on positive mental health within the workplace.

The charity has grown significantly over the 18 months from April 2022 to September 2023 growing from 20 to 29 FTE, including creating two entirely new roles in advocacy and research. During this period the charity also off boarded 9 staff members, meaning the charity also needed to recruit and onboard 18 staff.

Inducting new staff into a 'virtual' office where the vast majority of people are working from home creates its own challenges, both in terms of time and cohesion. This challenge has been mitigated by investing in IT equipment and infrastructure, focusing staff on clear strategy, implementing a simple reporting system and holding regular team and one-to-one meetings.

The CEO and Deputy CEO have taken the high turnover seriously, conducting exit interviews and improving our practices where appropriate. This includes proposing more generous staff remuneration packages to trustees, increasing reflective practice within services to reduce stress and increasing the hours for roles where capacity is an issue.

The charity is now entering a phase of consolidation and needs to bed down its new team and work patiently towards achieving its goals.



## Reserves policy

As of 31 March 2023, the charity held reserves of £1,288,159 (2022: £1,237,097) of which £91,012 (2022: £177,623) were restricted and £490,124 were held as designated funds (2022: £507,997).

Reserves are held to provide against any future income shortfall, fulfil working capital requirements and allow funds to be available to support service developments within the approved annual budget.

The Board of Trustees aspires to hold 'free reserves' equivalent to six-months unrestricted expenditure at any point in time with a minimum of three months held in cash.

'Free reserves' are defined as unrestricted reserves, exclusive of fixed assets, and determined based on average monthly unrestricted expenditure for 12 months ahead.



In determining an appropriate level of free reserves, the Trustees have identified the key risks and uncertainties facing the charity and seek to provide free reserves sufficient to mitigate those risk.

### In particular:

- Dependence on voluntary donations and grants for the charity's income with a low proportion of income committed on a multi-year basis.
- The high proportion of fixed salary costs which would necessitate restructuring to reduce.
- The fluctuating value of assets, given the significant proportion of the free reserves held in managed funds.
- Uncertainty of restricted and unrestricted income breakdown during the financial year.
- Unexpected liabilities over and above budgeted contingencies.
- Fluctuations in timing of cash flows which could result in insufficient funds to pay staff and suppliers.
- Events having a major negative reputational impact on the charity.
- Time and expense in finding alternative funding or reduction in costs should targets or funding commitments not be met, or should other risks materialise.

Based on the above assessment and being mindful of the need for the charity to be able to sustain its core services, the Trustees have estimated that the level of free reserves required to mitigate against the identifiable risks is between £450,000 and £550,000 which represents 6 months of average unrestricted expenditure for 12 months ahead. The remaining free reserves have been designated by the Trustees for the purposes of implementing the main recommendations detailed in the Bipolar Commission report over the next five years. Also, additional reserves will be designated in 2023-24 for a redevelopment of the charity's website and expansion of our Peer Support Services offer.

Beyond the current financial period the Trustees' long-term aim is to ensure continued and appropriate support for individuals affected by bipolar. Should unrestricted reserves exceed the upper limit of six months it is the Trustees' intention that these funds designated for specific charitable activities are drawn down over a longer period. This currently includes the continuation of the Bipolar Commission, service expansion and the website upgrade.

The Trustees' policy on reserves is subject to an annual review by the Finance Committee and formal approval by the Board.



### Going concern

Through Board meetings, Finance Committees meetings and Risk Register reviews, the trustees have considered the charity's activities and finances and consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern. These financial statements have therefore been prepared on this basis.

In October 2023 the charity had an active pipeline of £3.5 million from a number of sources including research partnerships, NHS contracts, grants from trusts and public donations. Based on a review of our pipeline over the previous twelve months the charity would expect to receive income of £1.225 million during 2023-2024.

Despite our relatively small size, our community is experiencing colossal levels of unmet need. Three in five people living with bipolar get no dedicated treatment or support for the condition. As a result, people with bipolar earn less money, have more debt, are more likely to become homeless and are more at risk of suicide – with up to one in five people with bipolar ending up taking their own life.

Independent evaluations have shown that Bipolar UK peer support services can play a vital role in empowering people to live well and fulfil their potential. They reduce relapse rates and suicidal thoughts, and keep people out of hospital. Bipolar UK also has an important role to play in advocating for better care and treatment and delivering research into the condition and its cure.

Despite our increasing impact, our services only reach a small proportion of people living with bipolar in the UK and a tiny fraction of the global number. The charity is developing an ambitious multi-year plan to improve understanding of the condition, provide a universal peer support service across the UK with 400 groups and develop a 'live' peer support line.

**We want to provide the best advice and guidance on living with bipolar and be a shining light for everyone affected by bipolar across the world.**

## Fundraising

Following three successful fundraising years and healthy reserves, the charity is starting to see the benefits of its increased communications and fundraising activities. We have build up our internal fundraising capacity and reduced our dependency on Fundraising Consultants.

The key area of income growth for the charity in 2023/24 is expected to come from commissioned income. This includes NHS contracts linked to the Community and Voluntary Sector Framework in England and upscaling our role within Research Council funded studies. Both take advantage of Bipolar UK's unique expertise in delivering co-design with people living with bipolar and providing peer support that keeps people well, out of hospital and most importantly alive.

The corporate partnership with the Access Group has had an incredible impact on the charity which will be felt for years to come. It raised close to £450,000 and laid the foundations of service expansion during 2022/23, which has seen etc which has seen thousands more people get help and support.

Searching out a 'replacement' partnership in 2023/24 will be a challenge so the charity is seeking to work with a number of smaller scale partnerships to build up our credibility within the corporate sector.

The charity is also maximising the impact of its non-monetary partnerships, using the huge reach of Rotary Great Britain and Ireland to raise awareness across the world. Our involvement has ranged from speaking at district conferences to Rotary running street stalls to individual Rotary members getting involved in our Pole to Pole challenge and starting local conversations about bipolar and mood.

The charity renewed its contract with free online will writing service, Farewill. This is finally giving some visibility to its legacy pipeline. This will allow the charity to budget for legacy income in the medium term and

provide more opportunities for older supporters to give to the charity, which is particularly important as the large Baby Boomer generation reaches old age. The charity also has a partnership with PayPlan, a debt advice provider who is offering a free referral service to help our community with financial concerns.

The charity will explore opportunities to expand its individual giving programme. It currently works with third-party payroll giving organisations as part of its Action for Mental Health coalition with Rethink and Together. This raises just over £10,000 a year for the charity, with performance and complaints monitored at quarterly meetings of the members.

Bipolar UK will explore opportunities to expand this work, including registering separately with payroll giving organisations and other professional fundraising organisations so more people affected by bipolar who want to give have an opportunity to do so.

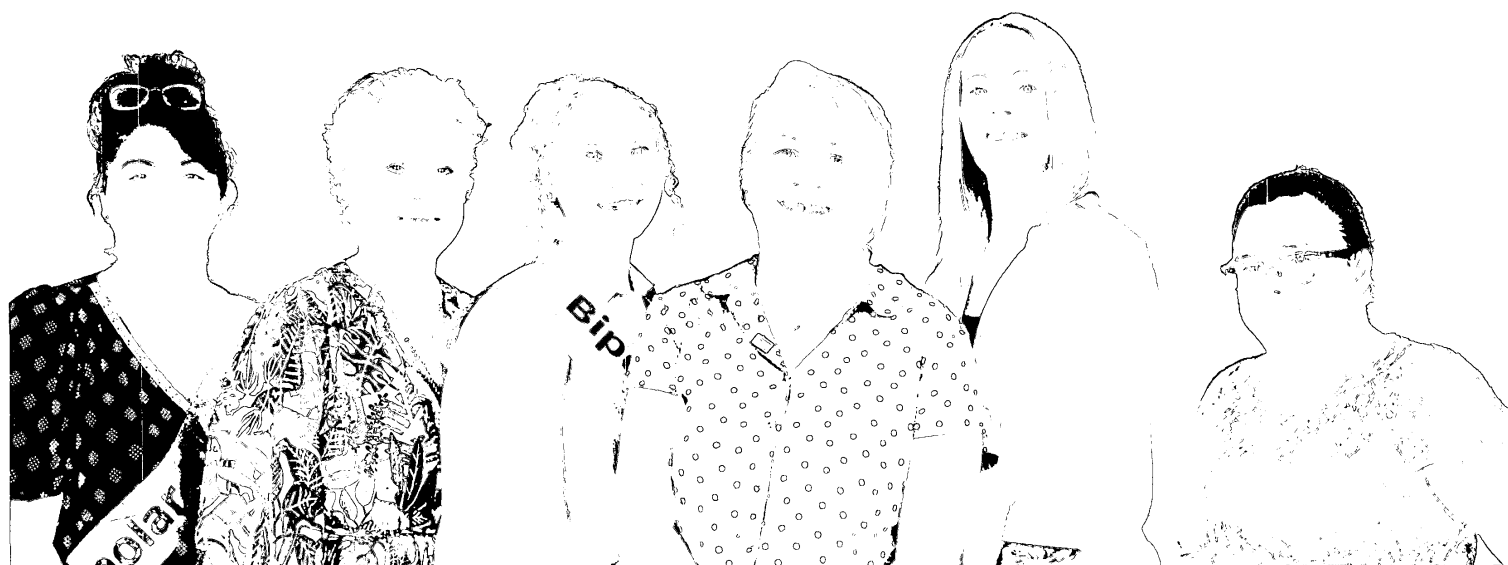
Bipolar UK is a member of the Fundraising Regulator and complies with all regulations required within it. During 2022/23 it received two complaints which were dealt with internally and didn't require escalation to the Regulator. All our fundraising activities are sensitive to the particular vulnerabilities that people with bipolar can sometimes experience - for example, impulsive spending. Our fundraising team is fully trained to understand bipolar and will never knowingly accept a donation from anyone they consider to be unwell. All our fundraising asks include a reminder to donate 'only if you are well and able to'.

The corporate partnership with the Access Group has had an incredible impact on the charity which will be felt for years to come. **It raised close to £450,000**



“Over the last 6+ months or so I have seen the eCommunity continually improve. The current moderators really take their time to try and connect and build a relationship with users on a personal level, and the current moderation team is a credit to the charity.”

(feedback from eCommunity 2023)



“

Thanks to the person I spoke to on the Peer Support Line. They were excellent and I found the conversation very informative.

**(feedback from Peer support line 2023)**



## Plans for the future

There are over a million people living with bipolar in the UK and a further five million people profoundly affected through close friends and family. It is never easy living with the condition but with a diagnosis, specialist treatment and peer support it is possible for people to lead fulfilling and successful lives.



As the only UK-wide bipolar charity, this presents an enormous challenge because if we don't advocate for the necessary changes and deliver the services then they simply won't happen. This also presents, however, a huge opportunity.

Inadequate healthcare services and a lack of psychoeducation leads to many challenges: for the individual, their family and friends, wider society and the NHS. As a charity, we have identified many of the solutions to those problems. Getting basic knowledge and peer support services out to as many people as possible will transform the lives of millions.

Most importantly, the wider community of six million people living with and affected by bipolar is the biggest asset for the cause: properly mobilised the community has the resources and skills to make things immeasurably better for people affected by bipolar in the long-term.



### To achieve these aims we are focusing our energies on four priority areas:

#### Raising awareness and improving understanding of bipolar

Following the success of 'Could it be bipolar?' and its accompanying eLearning course, the charity is identifying key funding partners to scale it up nationally and locally. We are also exploring a partnership with Oxford University to use wearables linked to a mood monitoring app to improve self-management and mood predictions.

#### Advocating for diagnosis and specialist treatment for bipolar

During 2023/24 the charity will be using its voluntary income to sustain the policy and communication team to engage with senior decision makers in Whitehall, Westminster and the other devolved administrations to make bipolar diagnosis and suicide prevention a priority within mental health policies. This includes high-level liaison, MP letter-writing campaigns and working with local partners who share our ambitions.

#### Working towards universal peer support

The charity is committed to increasing its service provision and self-management courses by 20% a year over the next year. At this level of growth, the charity could offer peer support to everyone affected by bipolar who wants it by 2033.

#### Conducting and supporting high-quality research into bipolar and its treatment

We are developing research partnerships with key bipolar research centres in Cardiff, King's College London, Birmingham, Oxford and Newcastle. The charity will also conduct further analysis of the Bipolar Commission dataset, with a particular focus on diagnosis and suicide prevention.



**It's such a huge relief to meet with other people who are coping with similar problems. Your support groups provide so much really beneficial information and practical advice, but they're also indescribably helpful when it comes to not feeling alone in circumstances that can be overwhelmingly painful and frightening. Thank you.**

(feedback from Peer support line 2023)

## To achieve its mission the charity invests significant time in its management and governance. In summary:



### 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. Alongside this there are four additional trustee / staff advisory groups covering the key operational areas of the charity: fundraising, policy and communications, services and research.

During 2022/23 the charity also established a Clinical Advisory Panel Steering Group, co-chaired by Professor Allan Young and newly-appointed trustee Dr Aditya Sharma. It comprises leading bipolar clinicians in primary and secondary care and plays a key role in ensuring the efficacy of our advice and services and advocating for diagnosis and specialist treatment within the NHS.

### Recruitment and Appointment of Trustees

Trustees are recruited through a combination of national advertisements to broaden recruitment and ensure specific skill sets are obtained. During 2022/23, Professor Allan Young stepped down from the Board and we thank him for his service. During this period, we inducted four new trustees – Dan Whitlam, Dr Aditya Sharma, Edmund Butcher and Louis Constandinos – who were recruited to improve the charity's financial, advocacy, clinical and research expertise.

### Trustee induction and training

Trustees receive a comprehensive induction which covers both the responsibilities of the role and the specifics of the charity. All new trustees are required to review and understand the Essential Trustee information on the Charity Commission website and other accompanying documents. They also have access to the latest governance training provided by charity sector bodies, such as NCVO. Trustees are all required to complete training on safeguarding, cyber-security and GDPR and sign a confidentiality agreement.

In getting to know the charity the trustees have a series of briefing meetings with the Chair, Treasurer and key staff including the CEO and Deputy CEO. Through these they are introduced to the charity's Articles of Association and other governance documents including the Year Plan, Risk Register and Management Accounts. We also arrange in-person visits to our offices and Peer Support groups, and an online tour of our eCommunity.

Each Board meeting ends with 15-20 minutes of time to reflect without any staff present. This allows new and longer-serving trustees a safe space to consider their performance in the meeting and provide constructive feedback to colleagues.

All trustees have Bipolar UK email addresses enabling them to separate charity and personal communications. It also allows them to access a 'Trustee intranet' where key performance indicators are uploaded monthly and bespoke charity training webinars on fundraising and other areas of charity activity can be accessed.

### Senior Management Team

The trustees delegate the day-to-day operations of the charity to the Chief Executive and Deputy Chief Executive who form a Senior Management Team (SMT). The trustees have worked with the SMT to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the SMT through Action Logs which are updated and reported on quarterly.

### Remuneration policy

The total staffing budget is proposed by the staff team, reviewed, amended and recommended by the Finance Committee and approved by the Board. Under advice from the staff team, they consider changes in costs of living, salary benchmarking, immediate financial resources of the charity and short- and medium-term financial projections to ensure any changes in pay and conditions are sustainable.

Remuneration of individual staff is reviewed and approved by a Remuneration Committee which comprises the Treasurer, Chair and the Vice-Chair of the charity. The Remuneration Committee receives an annual proposal for new posts and staff pay produced by the CEO, Deputy CEO and Finance Manager. In distributing the total remuneration budget, the staff consider new posts, retention and recruitment, wider benefits and the performance of individual staff members based on evidence from appraisals.

Changes to pay outside this process are proposed by the CEO and approved by the Treasurer, and must fit within the total Remuneration package unless approved by the Board.

### Remuneration policy for key management personnel

The remuneration of key management personnel is determined with due consideration of comparable current market sector rates by the Remuneration Committee and approved by the Board.

### Related parties and relationships with other organisations

There are no related party relationships with any other organisations.

### Registration

The organisation is a charitable company limited by guarantee, incorporated on 7/11/85 and registered as a charity on 10/2/1986.

The company was established under a memorandum of association which established the objects and powers of the charitable company and is governed under its articles of association.

All trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in note 7 to the accounts.

In the year immediately following this reporting period Bipolar UK became VAT registered.

“

**I have had several individual support telephone calls. The person I spoke to is lovely to talk to and very supportive.**

**I was in a very low place when we first had a chat but over several calls their positive attitude seems to have rubbed off - I was motivated to make changes towards a healthier diet and more exercise as well as meditation.**

**I am now feeling much better and in a much more balanced frame of mind.**

**I am very grateful to Bipolar UK for having such a good service. The support has been outstanding.**

**(feedback from Peer support groups 2023)**

## Statement of responsibilities of the trustees



The trustees (who are also directors of Bipolar UK Ltd for the purposes of company law) are responsible for preparing the trustees' annual report including the strategic report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and group and of the incoming resources and application of resources, including the income and expenditure, of the charitable company or group for that period. In preparing these financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK Accounting Standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation

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

In so far as the trustees are aware there is no relevant audit information of which the charitable company's auditor is unaware:

- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.
- The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.
- Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2023 was 12 (2022: 12). The trustees are members of the charity but this entitles them only to voting rights. The trustees have no beneficial interest in the charity.

### Auditor

Sayer Vincent LLP was re-appointed as the charitable company's auditor during the year and has expressed its willingness to continue in that capacity.

The directors' annual report has been prepared in accordance with the special provisions applicable to companies subject to the small companies' regime.

The trustees' annual report which includes the strategic report has been approved by the trustees.

**Guy Paisner**  
Chair of Trustees

Date: 9 December 2023

## Independent auditor's report to the members of Bipolar UK Ltd



### Opinion

We have audited the financial statements of Bipolar UK Ltd (the 'charitable company') for the year ended 31 March 2023 which comprise the statement of financial activities, balance sheet, statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

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 2023 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
- Have been prepared in accordance with the requirements of the Companies Act 2006

### Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

### Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually

or collectively, may cast significant doubt on Bipolar UK's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

### Other Information

The other information comprises the information included in the trustees' annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

### Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- The information given in the trustees' annual report, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- The trustees' annual report, has been prepared in accordance with applicable legal requirements.

### Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the trustees' annual report. We have nothing to report in respect of the following matters in relation to which 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; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' annual report and from the requirement to prepare a strategic report.

### Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities set out in the trustees' annual report, 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, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.



### Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud are set out below.

### Capability of the audit in detecting irregularities

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, our procedures included the following:

- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
  - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance;
  - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud;
  - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance.

- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience.
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit.
- We reviewed any reports made to regulators.
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations.
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud.
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities is available on the Financial Reporting Council's website at: [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our auditor's report.

### Use of our report

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 auditor's 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 the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

### Fleur Holden (Senior Statutory Auditor)

for and on behalf of Sayer Vincent LLP, Statutory Auditor  
Invicta House,  
108-114 Golden Lane,  
LONDON, EC1Y 0TL

Date: 13 December 2023

# Statement of financial activities.

For the year ended  
31 March 2023.

(including income &  
expenditure)

All of the results are derived from continuing activities. There were no other recognised gains or losses other than those stated above. Movements in funds are disclosed in Note 18a to the financial statements

	Notes	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	Restated Total 2022 £
<b>INCOME FROM:</b>							
Donations and legacies	2	1,041,466	21,190	1,062,655	743,592	-	743,592
<b>Charitable activities</b>							
Peer Support Services (Covid-19 Response)	3	-	-	-	-	253,951	253,951
Peer Support Services	3	-	5,094	5,094	-	-	-
Peer Support Groups	3	-	192,274	192,274	-	-	-
The eCommunity	3	-	-	-	-	1,000	1,000
Commissioned Services	3	37,450	-	37,450	2,003	-	2,003
Communications Policy & Research	3	-	22,947	22,947	-	175,000	175,000
Investments	4	23,145	-	23,145	88	-	88
<b>Total income</b>		<b>1,102,061</b>	<b>241,504</b>	<b>1,343,565</b>	<b>745,683</b>	<b>429,951</b>	<b>1,175,634</b>
<b>EXPENDITURE ON:</b>							
Raising funds	5	329,188	-	329,188	248,789	-	248,789
<b>Charitable activities</b>							
Peer Support Groups	5	89,452	186,927	276,380	-	127,883	127,883
Peer Support Services (Covid-19 Response)	5	187	14,435	14,622	-	122,523	122,523
Peer Support Service	5	21	1,590	1,611	-	-	-
Phone & Email Support	5	151,089	-	151,089	2,831	94,853	97,684
Bipolar Commission	5	17,873	-	17,873	-	-	-
The eCommunity	5	89,751	-	89,751	59,900	58,523	118,423
Employment Support	5	15,393	-	15,393	5,620	-	5,620
Communications Policy & Research	5	215,833	125,163	340,995	138,257	32,926	171,183
<b>Total expenditure</b>	<b>5</b>	<b>908,786</b>	<b>328,115</b>	<b>1,236,900</b>	<b>455,397</b>	<b>436,708</b>	<b>892,105</b>
<b>Net income / (expenditure) before net gains / (losses) on investments</b>		<b>193,275</b>	<b>(86,611)</b>	<b>106,665</b>	<b>290,286</b>	<b>(6,757)</b>	<b>283,529</b>
Net gains / (losses) on investments		<b>(55,603)</b>	<b>-</b>	<b>(55,603)</b>	<b>3,684</b>	<b>-</b>	<b>3,684</b>
<b>Net income / (expenditure) for the year</b>	<b>6</b>	<b>137,672</b>	<b>(86,611)</b>	<b>51,062</b>	<b>293,970</b>	<b>(6,757)</b>	<b>287,213</b>
<b>Reconciliation of funds:</b>							
Total funds brought forward		1,059,474	177,623	1,237,097	765,504	184,380	949,884
<b>Total funds carried forward</b>		<b>1,197,146</b>	<b>91,012</b>	<b>1,288,159</b>	<b>1,059,474</b>	<b>177,623</b>	<b>1,237,097</b>

## Balance sheet

At 31 March 2023.

COMPANY NUMBER 1955570

Approved by the trustees on  
9th December 2023  
and signed on their behalf by



Guy Paisner  
Chair of Trustees

	Notes	€	2023 €	Restated €	Restated 2022 €
<b>FIXED ASSETS:</b>					
Tangible assets	11		24,952		9,054
Intangible assets	12		4,076		28,422
Investments	13		548,081		593,684
			<b>577,108</b>		631,160
<b>CURRENT ASSETS:</b>					
Debtors	14		59,748	103,778	
Short term deposits			150,601		
Cash at bank and in hand			679,228	620,108	
			<b>889,577</b>	723,886	
<b>Liabilities:</b>					
Creditors: amounts falling due within one year	15	(178,526)		(117,949)	
<b>Net current assets</b>			<b>711,050</b>		605,937
<b>Total net assets</b>			<b>1,288,159</b>		1,237,097
<b>THE FUNDS OF THE CHARITY:</b>					
Restricted income funds	17a		91,012		177,623
<b>Unrestricted income funds:</b>					
Designated funds			490,124	507,997	
General funds			707,022	551,477	
<b>Total unrestricted funds</b>			<b>1,197,146</b>		1,059,474
<b>Total charity funds</b>			<b>1,288,159</b>		1,237,097



# Statement of cash flows

For the year ended  
31 March 2023.

	2023	2022
	£	£
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>		<b>Restated</b>
		<b>Restated</b>
Net income for the reporting period (as per the statement of financial activities)	51,062	287,213
Depreciation charges	29,573	15275
(Gains)/losses on investments	55,603	(3684)
Dividends, interest from investments	(23,145)	(88)
(Profit)/loss on the disposal of fixed assets	5,289	-
(Increase)/decrease in debtors	44,030	(40,508)
Increase/(decrease) in creditors	60,577	(72,775)
<b>Net cash provided by operating activities</b>	<b>222,989</b>	<b>185,433</b>
<b>CASH FLOWS FROM INVESTING ACTIVITIES:</b>		
Dividends, interest and rents from investments	23,145	88
Purchase of fixed assets	(26,413)	(13,260)
Purchase of investments	(10,000)	(590,000)
<b>Net cash (used in) investing activities</b>	<b>(163,869)</b>	<b>(603,172)</b>
<b>Change in cash and cash equivalents in the year</b>	<b>59,120</b>	<b>(417,739)</b>
Cash and cash equivalents at the beginning of the year	620,108	1,037,847
<b>Cash and cash equivalents at the end of the year</b>	<b>679,228</b>	<b>620,108</b>
<b>ANALYSIS OF CASH AND CASH EQUIVALENTS AND OF NET DEBT</b>		
	At 1 April 2022	Other non-cash changes
	£	£
Cash at bank and in hand	620,108	59,120
<b>Total cash and cash equivalents</b>	<b>620,108</b>	<b>59,120</b>

## Notes to the financial statements

### 1. Accounting Policies

#### a) Statutory information

Bipolar UK Limited is a charitable company limited by guarantee, incorporated in England and Wales on 7 November 1985.

Bipolar UK is an unincorporated charity registered on 10 February 1986 with the Charity Commission for England and Wales (charity number 293340)

The registered office address and the principal place of business is : 32 Cubitt Street London WC1X 0LR.

#### b) 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 (FRS 102) - (Charities SORP FRS 102). The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy or note.

In applying the financial reporting framework, the trustees have made a number of subjective judgements, for example in respect of significant accounting estimates. Estimates and judgements are continually evaluated and are based on historical experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances. The nature of the estimation means the actual outcomes could differ from those estimates. Any significant estimates and judgements affecting these financial statements are detailed within the relevant accounting policy below.

#### c) Public benefit entity

The charity meets the definition of a public benefit entity under FRS 102.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

#### d) Going concern

As a result of reviews carried out by the Trustees at Finance and Board meetings together with regular review of the risk register, they consider that there are no material uncertainties regarding the charitable company's ability to continue as a going concern in the foreseeable future. The financial statements have, therefore, been prepared on this basis.

#### e) Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the income have been met, it is probable that the income will be received and that the amount can be measured reliably.

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Income received in advance of the provision of a specified service is deferred until the criteria for income recognition are met.

#### f) Donations of gifts, services and facilities

Donated professional services and donated facilities are recognised as income when the charity has control over the item or received the service, any conditions associated with the donation have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), volunteer time is not recognised so refer to the trustees' annual report for more information about their contribution.

On receipt, donated gifts, professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

#### g) Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

#### h) Fund accounting

Restricted funds are to be used for specific purposes as laid down by the donor. Expenditure which meets these criteria is charged to the fund.

Unrestricted funds are donations and other incoming resources received or generated for the charitable purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular purposes.

#### i) Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds relate to costs incurred in encouraging people and organisations to support financially the charity's work. This includes the costs of advertising, publicity and the staging of fundraising events.
- Expenditure on charitable activities includes the costs of delivering services, including staff costs, directly attributable to each activity. Where the costs cannot be directly attributed they have been allocated to activities on a cost-incurred basis
- Support and Governance costs have been allocated to each activity based on staff numbers employed in that activity (or on time spent on that activity)
- Other expenditure represents those items not falling into any other heading

## Notes to the financial statements

### Accounting Policies (continued)

Governance costs are the costs associated with the governance arrangements of the charity. These costs are associated with constitutional and statutory requirements and include any costs associated with the strategic management of the charity's activities

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

#### j) Operating leases

Rental charges are charged on a straight line basis over the term of the lease.

#### k) Tangible fixed assets

Items of equipment are capitalised where the purchase price exceeds £1,000. Depreciation costs are allocated to activities on the basis of the use of the related assets in those activities. Assets are reviewed for impairment if circumstances indicate their carrying value may exceed their net realisable value and value in use.

Where fixed assets have been revalued, any excess between the revalued amount and the historic cost of the asset will be shown as a revaluation reserve in the balance sheet.

Depreciation is provided at rates calculated to write down the cost of each asset to its estimated residual value over its expected useful life. The depreciation rates in use are as follows:

- Computer and office equipment - Straight line basis over 3- 5 years

#### l) Intangible fixed assets

Intangible fixed assets are measured initially at their purchase cost. Assets under £1,000 are written off to the Statement of Financial Affairs. Amortisation is provided at rates calculated to write off the cost less estimated residual value of each asset over the expected useful life as follows:

- Computer software - Straight line basis over 3- 5 years

#### m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing

quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

#### n) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

#### o) Short term deposits

Short term deposits includes cash balances that are invested in accounts with a maturity date of between 3 and 12 months.

#### p) 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.

#### q) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

#### r) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

#### s) 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.

**2. Income from donations and legacies**

	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	Restated 2022 Total £
Grants	174,803	-	174,803	297,087	-	297,087
Donations	851,662	21,190	872,851	279,938	-	279,938
Legacies	15,001	-	15,001	162,610	-	162,610
Donated services	-	-	-	3,957	-	3,957
	1,041,466	21,190	1,062,655	743,592	-	743,592

Since the year end we have received legacy payments of £344,148 (2022: £58,337), which were not measurable at the year end.

Donated services relate to website support services provided by the Access Group during the year at a discounted price.

**3. Income from charitable activities**

	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	2022 Total £
<b>PEER SUPPORT SERVICES (COVID 19 RESPONSE)</b>						
Wales National Lottery	-	-	-	-	24,314	24,314
Crowdfunder Ltd	-	-	-	-	10,998	10,998
Eveson Charitable Trust	-	-	-	-	5,013	5,013
The Alice Ellen Cooper Dean Found.	-	-	-	-	5,000	5,000
DHSC - Suicide Grant	-	-	-	-	158,025	158,025
Haberdashers Benevolent Foundation	-	-	-	-	5,000	5,000
The Sussex Community Foundation	-	-	-	-	5,000	5,000
Leicestershire County Council	-	-	-	-	5,000	5,000
The February Foundation	-	-	-	-	4,798	4,798
The Zochonis Charitable Trust	-	-	-	-	4,000	4,000
Other Grants less than £4,000	-	-	-	-	26,803	26,803
<b>Sub-total for Peer Support Services (Covid 19 response)</b>	-	-	-	-	253,951	253,951

**3. Income from charitable activities (continued)**

	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	2022 Total £
<b>PEER SUPPORT SERVICES</b>						
Small grants	-	5,094	5,094	-	-	-
<b>Sub-total for Peer Support Services</b>	-	<b>5,094</b>	<b>5,094</b>	-	-	-
<b>PEER SUPPORT GROUPS</b>						
Big Lottery	-	129,568	129,568	-	-	-
Enterprise Development Fund	-	17,345	17,345	-	-	-
Moondance Foundation	-	20,000	20,000	-	-	-
Sir James Knott	-	10,000	10,000	-	-	-
Other Grants less than £4,000	-	15,361	15,361	-	-	-
<b>Sub-total for Peer support groups</b>	-	<b>192,274</b>	<b>192,274</b>	-	-	-
<b>THE eCOMMUNITY</b>						
Small grants	-	-	-	-	1,000	1,000
<b>Sub-total for The eCommunity</b>	-	-	-	-	-	-
<b>COMMISSIONED SERVICES</b>						
AFMH Bipolar	-	-	-	1,500	-	1,500
Kick Start	-	-	-	500	-	500
Kings College London	6,000	-	6,000	-	-	-
Natwest Bank	-	-	-	3	-	-
NHS South West London	10,000	-	10,000	-	-	-
Rotherham CCG	7,500	-	7,500	-	-	-
Other Grants less than £4,000	13,950	-	13,950	-	-	-
<b>Sub-total for Commissioned Services</b>	<b>37,540</b>	<b>-</b>	<b>37,450</b>	<b>2,003</b>	<b>-</b>	<b>2,003</b>

**3. Income from charitable activities (continued)**

	Unrestricted £	Restricted £	2023 Total £	Restated Unrestricted £	Restricted £	2022 Total £
<b>COMMUNICATION POLICY &amp; RESEARCH</b>						
The Access Foundation	-	-	-	-	50,000	50,000
Porticus Foundation	-	-	-	-	90,000	90,000
Hypatia Foundation	-	10,000	10,000	-	35,000	35,000
Torbay and South Devon NHS Foundation Trust	-	9,789	9,789	-	-	-
Other grants	-	3,158	3,158	-	-	-
<b>Sub-total for Communication Policy &amp; Research</b>	-	<b>22,947</b>	<b>22,947</b>	-	<b>175,000</b>	<b>175,000</b>
<b>TOTAL INCOME FROM CHARITABLE ACTIVITIES</b>	<b>37,450</b>	<b>220,315</b>	<b>257,765</b>	<b>2,003</b>	<b>429,951</b>	<b>431,954</b>

**4. Income from investments**

	Unrestricted £	Restricted £	2023 Total £	Unrestricted £	Restricted £	2022 Total £
<b>INVESTMENT INCOME</b>						
Investment income	23,145	-	23,145	88	-	88
<b>Sub-total for Investment Income</b>	<b>23,145</b>	<b>-</b>	<b>23,145</b>	<b>88</b>	<b>-</b>	<b>88</b>

**5a. Analysis of expenditure (current year)**

CHARITABLE ACTIVITIES													
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Services (Covid-19 response)	Peer Support Groups	The e-Community	Employment Support	Bipolar Commission	Comms, Policy & Research	Governance costs	Support costs	2023 Total	2022 Total
	£	£	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 7)	191,261	108,203	1,324	12,017	170,986	62,448	11,259	-	149,295	21,929	91,383	820,105	583,902
Depreciation and amortisation	8,705	8,219	-	-	8,478	-	-	-	159	-	9,300	34,862	15,275
Other Costs including Office Costs	15,685	3,252	-	-	15,355	1,928	335	-	87,518	717	50,775	175,565	60,802
Fundraising Consultancy	45,032	-	-	-	-	-	-	-	-	-	-	45,032	76,317
IT Support Costs & Website	9,855	4,480	-	-	21,367	9,385	1,056	-	29,051	531	7,533	83,257	78,186
Audit Fees	-	-	-	-	-	-	-	-	-	14,000	-	14,000	22,200
Support Group Meeting facilities	-	-	-	-	10,636	-	-	-	-	-	-	10,636	5,932
Office Rent and Insurance	-	-	-	-	-	-	-	-	-	-	24,205	24,205	13,705
Bipolar Commission	-	-	-	-	-	-	-	14,689	-	-	-	14,689	34,464
Publications and Communications	-	15	-	-	316	-	-	-	14,219	-	-	14,550	1,322
	270,538	124,170	1,324	12,017	227,138	73,760	12,650	14,689	280,242	37,177	183,197	1,236,900	892,105
Support costs	48,756	22,378	239	2,166	40,934	13,293	2,280	2,647	50,505	-	(183,197)	-	-
Governance costs	9,894	4,541	48	439	8,307	2,698	463	537	10,249	(37,177)	-	-	-
<b>Total expenditure 2023</b>	<b>329,188</b>	<b>151,089</b>	<b>1,611</b>	<b>14,622</b>	<b>276,380</b>	<b>89,751</b>	<b>15,393</b>	<b>17,873</b>	<b>340,995</b>	<b>-</b>	<b>-</b>	<b>1,236,900</b>	<b>-</b>
<b>Total expenditure 2022</b>	<b>248,789</b>	<b>97,684</b>	<b>122,523</b>	<b>-</b>	<b>127,883</b>	<b>118,423</b>	<b>5,620</b>	<b>-</b>	<b>171,183</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>892,105</b>

**5b. Analysis of expenditure (prior year)**

CHARITABLE ACTIVITIES										
	Raising funds	Phone & Email Support	Peer Support Services	Peer Support Groups	The e-Community	Employment Support	Comms, Policy & Research	Governance costs	Support costs	2022 Total
	£	£	£	£	£	£	£	£	£	£
Staff costs	136,152	61,781	67,608	72,968	82,463	5,620	75,274	12,807	69,229	583,902
Depreciation and amortisation	3,558	829	1,593	1,593	465	-	3,881	66	3,290	15,275
Other Costs incl Office	11,604	7,506	11,636	11,835	2,743	-	13,949	828	701	60,802
Fundraising Consultancy	76,058	-	-	-	-	-	259	-	-	76,317
IT Support Costs & Website	21,295	4,428	11,784	11,784	4,169	-	17,469	-	7,257	78,186
Audit Fees	-	-	-	-	-	-	-	22,200	-	22,200
Support Group Meeting facilities	-	-	2,966	2,966	-	-	-	-	-	5,932
Office Rent and Insurance	-	-	-	-	-	-	-	-	13,705	13,705
Bipolar Commission	-	-	-	-	-	-	34,464	-	-	34,464
Publications and Communications	122	-	-	-	-	-	1,200	-	-	1,322
	248,789	74,544	95,587	101,146	89,840	5,620	146,496	35,901	94,182	892,105
Support costs	-	17,637	19,774	19,508	19,952	-	17,311	-	(94,182)	-
Governance costs	-	5,503	7,162	7,229	8,631	-	7,376	(35,901)	-	-
<b>Total expenditure 2022</b>	<b>248,789</b>	<b>97,684</b>	<b>122,523</b>	<b>127,883</b>	<b>118,423</b>	<b>5,620</b>	<b>171,183</b>	<b>-</b>	<b>-</b>	<b>892,105</b>



**6. Net income / (expenditure) for the year**

This is stated after charging / (crediting):

	2023 £	2022 £
Depreciation of tangible fixed assets (Note 11)	10,515	3,017
Amortisation of intangible assets (Note 12)	24,346	12,258
<b>OPERATING LEASE RENTALS PAYABLE:</b>		
Property	20,236	9,929
Other	-	12,504
<b>AUDITOR'S REMUNERATION (EXCLUDING VAT):</b>		
Audit	11,000	9,000
Under accrual from prior year	3,000	2,400

**7. Analysis of staff costs, trustee remuneration and expenses, and the cost of key management personnel**

Staff costs were as follows:

Staff Costs	2023 £	2022 £
Salaries and wages	721,239	503,803
Social security costs	67,767	42,402
Employer's contribution to defined contribution pension schemes	31,099	19,414
Agency/Contractors	-	18,284
Total	820,105	583,903

There are no termination payments included in salaries and wages above for 2023 (2022: Nil)

The following number of employees received annual remuneration during the year between:

	2023	2022
£60,000 - £69,999	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £429,952 (2022: £135,485).

Key management personnel consist of 10 employees (2022: 3)

The charity trustees were neither paid nor received any other benefits from employment with the charity in the year (2022: Nil). No charity trustee received payment for professional or other services supplied to the charity (2022: Nil).

One of the Trustees was reimbursement for Travel costs of £339 in 2023 (2022: Nil)

## 8. Staff numbers

The average number of employees (headcount based on number of staff employed) during the year was 23.42 (2022: 17).

Staff are split across the activities of the charity as follows	2023 No.	2022 No.
Charity Management & Admin	2.26	2.0
Peer Support Groups	6.36	4.0
Phone & Email Support	3.04	4.0
eCommunity	2.63	2.0
Fundraising	4.90	3.0
Employment Support	0.58	1.0
Communications, Research Policy	3.65	1.0
<b>Total headcount</b>	<b>23.42</b>	<b>17.0</b>

## 9. Related party transactions

Aggregate donations from related parties were £430 (2022: £10,430)

The following Trustees made unrestricted donations to the charity during the financial year: Mr Robert Print £120 (2022: £300); Mr Jeremy Clark £260 (2022: £120); Derrick Dale £50 and Ms Melissa Barnett NIL (2022: £10).

## 10. Taxation

The charity is exempt from corporation tax as all its income is charitable and is applied for charitable purposes.

## 11. Tangible fixed assets

Cost	Computer & office equipment £
At the start of the year	107,378
Additions	26,413
- Disposals	(96,083)
At the end of the year	37,708
<b>DEPRECIATION</b>	
At the start of the year	98,324
Charge for the year	5,226
- Disposals	(90,794)
At the end of the year	12,756
<b>NET BOOK VALUE</b>	
At the end of the year	24,952
At the start of the year	9,054

All of the above assets are used for charitable purposes.

## 12. Intangible fixed assets

Cost	Computer & software £
At the start of the year	73,039
Additions in year	-
At the end of the year	73,039
<b>AMORTISATION</b>	
At the start of the year	44,617
Charge for the year	24,346
At the end of the year	68,963
<b>NET BOOK VALUE</b>	
At the end of the year	4,076
At the start of the year	28,422

All of the above assets are used for charitable purposes.

**13. Listed investments**

	2023 £	2022 £
Fair value at the start of the year	593,684	-
Additions at cost	10,000	590,000
Net gain / (loss) on change in fair value	(55,603)	3,684
Fair value at the end of the year	548,081	593,684
<b>INVESTMENTS COMPRISE:</b>		
UK Common investment funds	548,081	593,684
	548,081	593,684

**14. Debtors**

	2023 £	Restated 2022 £
Trade debtors	11,950	29,908
Prepayments/ Accrued Income	47,798	73,870
	59,748	103,778

**15. Creditors: amounts falling due within one year**

	2023 £	2022 £
Trade creditors	25,877	13,788
Taxation and social security	20,699	16,160
Accruals	44,213	66,501
Deferred income note 16	87,737	21,500
	178,526	117,949

**16. Deferred income**

Deferred income comprises

	2023 £	2022 £
Balance at the beginning of the year	21,500	123,334
Amount released to income in the year	(21,500)	(123,334)
Amount deferred in the year	87,737	21,500
Balance at the end of the year	87,737	21,500

Deferred income at the end of the financial year, and prior year represents a grant received from the Rotherham Clinical Commissioning Group for the setup of a peer support group in Rotherham together with delivering four self-management courses and the evaluation of these courses over a three year period. For March 2023 there is an additional £55,000 from the Stone Family Trust which was received on the 31st March 2023. Along with smaller grants received, which have been deferred into 2023-24.

**17a. Analysis of net assets between funds (current year)**

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/Intangible fixed assets	29,027	-	-	29,027
Investments	65,954	482,127	-	548,081
Net current assets	612,041	7,997	91,012	711,050
Net assets at 31 March 2023	707,022	490,124	91,012	1,288,159

**17b. Analysis of net assets between funds (prior year)**

	General unrestricted £	Designated £	Restricted £	Total funds £
Tangible/intangible fixed assets	37,476	-	-	37,476
Investments	93,684	500,000	-	593,684
Net current assets	420,317	7,997	177,623	605,937
Net assets at 31 March 2022	551,477	507,997	177,623	1,237,097

**18a. Movements in funds (current year)**

	At 1 April 2022 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2023 £
<b>RESTRICTED FUNDS:</b>					
Peer Support Service	-	5,094	(1,590)	-	3,504
Peer Support Services (Covid 19 Response)	14,435	-	(14,435)	-	-
Peer Support Groups	21,114	193,464	(186,927)	-	27,651
Communications Policy & Research	142,074	42,947	(125,163)	-	59,858
<b>Total restricted funds</b>	<b>177,623</b>	<b>241,504</b>	<b>(328,115)</b>	<b>-</b>	<b>91,012</b>
<b>UNRESTRICTED FUNDS:</b>					
Designated funds:					
Bipolar Commission	500,000	-	(17,873)	-	482,127
Self Help Groups	7,997	-	-	-	7,997
<b>Total designated funds</b>	<b>507,997</b>	<b>-</b>	<b>(17,873)</b>	<b>-</b>	<b>490,124</b>
<b>General funds</b>	<b>551,477</b>	<b>1,102,061</b>	<b>(946,516)</b>	<b>-</b>	<b>707,022</b>
<b>Total unrestricted funds</b>	<b>1,059,474</b>	<b>1,102,061</b>	<b>(964,389)</b>	<b>-</b>	<b>1,197,146</b>
<b>Total funds</b>	<b>1,237,097</b>	<b>1,343,565</b>	<b>(1,292,503)</b>	<b>-</b>	<b>1,288,159</b>

**18b. Movements in funds (prior year)**

	At 1 April 2021 £	Income & gains £	Expenditure & losses £	Transfers £	At 31 March 2022 £
<b>RESTRICTED FUNDS:</b>					
Peer Support Services (Covid 19 Response)	89,481	47,477	(122,523)	-	14,435
Peer Support Groups	90,315	58,682	(127,883)	-	21,114
Phone and Email Support	4,584	90,269	(94,853)	-	-
Employment Support	-	-	-	-	-
The eCommunity	-	58,523	(58,523)	-	-
Employment and Support	-	-	-	-	-
Communications Policy & Research	-	175,000	(32,926)	-	142,074
<b>Total restricted funds</b>	<b>184,380</b>	<b>429,951</b>	<b>(436,708)</b>	<b>-</b>	<b>177,623</b>
<b>UNRESTRICTED FUNDS:</b>					
Designated funds:					
Bipolar Commission	-	-	-	500,000	500,000
Self Help Groups	7,997	-	-	-	7,997
<b>Total designated funds</b>	<b>7,997</b>	<b>-</b>	<b>-</b>	<b>500,000</b>	<b>507,997</b>
<b>General funds</b>	<b>757,507</b>	<b>293,970</b>	<b>-</b>	<b>(500,000)</b>	<b>551,477</b>
<b>Total unrestricted funds</b>	<b>765,504</b>	<b>293,970</b>	<b>-</b>	<b>-</b>	<b>1,059,474</b>
<b>Total funds</b>	<b>949,884</b>	<b>723,921</b>	<b>(436,708)</b>	<b>-</b>	<b>1,237,097</b>

**Purposes of restricted funds**

Restricted funds represent grants received from donors to be utilised by the charity to deliver specific services to the Bipolar community in accordance with terms stipulated in the individual grant agreements.

**Peer Support Services (Covid 19 Response)** - During the 2020/21 financial year the charity made large number of Covid-19 response related grant applications not restricted to a particular charitable activity, but to response to covid. As a result, the funds were utilised to fund all charitable activities including related support costs.

Bipolar UK provides face to face peer support and online self-management tools to empower people affected by bipolar to self-manage effectively. These can be broken down as follows:

**eCommunity** – provides a safe space for people affected by bipolar to talk online about the impact of the covid-19 pandemic and exchange self-care tips in a safe moderated environment. The eCommunity has recruited over 13,563 subscribers.

**Phone and email Support** - employing staff with lived bipolar experience to make one-one calls to people living with the condition with the aim of reducing social isolation during the covid-19 pandemic and signpost to useful information on the charity's website.

**Peer Support Groups and Services** - Face to face local peer support groups – and virtual groups using Zoom to bring small groups of people affected by bipolar together to provide regular support.

**Communications Policy & Research** - Delivering on patient and public involvement contracts for universities, maintaining and updating website content, social media including facilitating regular Facebook 'live' sessions, developing e-learning packages, mobile phone mood tracking application and Broadcast and Print media. During 2021/22 particular focus on hosting the Bipolar Commission which included conducting four big patient surveys, compiling evidence on diagnosis, hospital care, medication, physical health, suicide prevention and the impact of bipolar on women.

**Prior Year transfer out of restricted funds** - The trustees reconsidered the grant income received by the charity in previous years and concluded that the balance of £13,334 in the Peer Support Services fund at 1 April 2020 had no longer any restrictions. As a result, a transfer out of this fund into general funds was made.

**Purposes of designated funds:**

Bipolar Commission designation is for policy and communication work to advocate for the implementation of the recommendations of the Commission. The charity will be drawing down £100,000 a year in 2023/24, 24/25, 25/26, 26/27 and 27/28.

Self-help group designations are funds held on behalf of the charity by local Peer Support Groups.

**19. Operating lease commitments payable as a lessee**

The charity's total future minimum lease payments under non-cancellable operating leases is as follows for each of the following periods

	Equipment 2023 €	Equipment 2022 €
Less than one year	20,236	4,168
One to five years	-	-
	20,236	4,168

**20. Legal status of the charity**

The charity is a registered company limited by guarantee with no share capital. It is registered in England & Wales with registration No. 01955570).

# Thank you.

We are only able to provide the life-changing services we do because of the incredible generosity of our donors. Over the last year, people have given generously through commissioned income, Trusts, personal donations and wills.

All contributions are gratefully received. We would though like to say a particular thank you to the following organisations and individuals who have given over £4,000 and have not asked to remain anonymous. Because of you, we have improved the lives of tens of thousands of people affected by bipolar.

Big Lottery England  
Coventry and Warwickshire NHS Trust  
Crowdfunder Ltd  
Dorset Foundation  
Dr Clare Dolman  
Enterprise Development Fund  
Eveson Charitable Trust  
Garfield Weston Foundation  
Hypatia Foundation  
James Weir Foundation  
Janet Bogen Charitable Trust  
Janssen-Cilag Ltd  
John and Fiona Yeomans  
Kings College London  
Leicestershire County Council  
Mary Kinross Charitable Trust  
Moondance Foundation  
Oxford Health NHS Foundation Trust

Paracletos  
Porticus Foundation  
Rotherham CCG  
Sir James Knott Trust  
South West London ICB  
Stone Family Foundation  
Tamasin Little  
The Access Group  
The Alice Ellen Cooper Dean Foundation  
The Basil Samuel Charitable Trust  
The February Foundation  
The Macdonald Buchanan Charitable Trust  
The Zochonis Charitable Trust  
Torbay and South Devon NHS Foundation Trust  
Trevor Chinn  
Wales National Lottery  
William Allen Young Charitable Trust