

# student minds

**TRUSTEES' REPORT AND  
FINANCIAL STATEMENTS FOR  
THE YEAR ENDED 30 JUNE 2015**

Charity Number: 1142783 Company Number: 7493445

# INTRODUCTION

Over the last few years concerns around student mental health have been on the increase. We've heard from students that the rise in tuition fees has added new pressures, as students see university as an investment in their future that they need to make the most of. University counselling services report that they are seeing more students than ever before. Research published by the Equality Challenge Unit reminds us that while there is still much work to be done to encourage students to disclose mental health difficulties to their university, the majority of students are talking to their friends and peers about their struggles.

It feels more important than ever to look for innovative ways to strengthen the support that students can provide to each other. We need to encourage peer-to-peer conversations and equip students with the skills, knowledge and confidence to be there for their friends. I'm thrilled that we have been able to launch a succession of exciting and innovative projects at Student Minds this year to build the skills, knowledge and confidence of all students as they talk about mental health.

Working with a student, Ellie Thompson, we've produced a video series on Supporting Supporters, helping students to understand how they can support a friend experiencing eating difficulties. I look forward to the continued expansion of this programme as the Student Minds team prepare to launch a parallel project for self-harm.

We've launched Positive Minds, a new 6-part course for mild depression. I'm thrilled that the pilot of this programme has shown significant increases in student quality of life. Positive Minds is now opening at universities across the UK and we are working hard to support the continued growth of the programme. The success of Positive Minds has inspired us to work with our Trustee, Professor Janet Treasure, to develop a similar programme, Motivate Me, for students experiencing eating difficulties or struggling with self-harm.

We have built on the strength of our Look After Your Mate campaign, running workshops across the country and getting hundreds of students talking about how they look out for their mates. As this project grows from strength to strength we are launching a new train-the-trainer programme, to enable university staff and Students' Union officers to run workshops on their university campuses.

Looking forward to the year ahead, I'm thrilled to have appointed Rosie Tressler as the new CEO of Student Minds. With a strong team in place, I'm confident that this year we will reach more students than ever before and start more important conversations about mental health.

**Dr. Nicola Byrom, Founder**



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CARDIFF STUDENT MINDS, INNER CHILD DAY





**Annual report for the year ended 30th June 2015**

Charity Name: Student Minds

Charity Registration Number: 1142783

Company Registration Number: 7493445

Registered Office and Operational Address: 16 – 17 Turl Street, Oxford, OX1 3DH

Trustee Committee:

Dr N Byrom- Founder - Chair

Mr A Nelson- Treasurer

Professor J Treasure

Miss E Hambly

Mrs E Gulliver

Mr S Baird

Bankers: National Westminster Bank PLC, 121 High Street, Oxford, OX1 4DD



FLEET HALF MARATHON



SHEFFIELD STUDENT MINDS



CAMBRIDGE STUDENT MINDS, #LOVINGSTARTSWITHME

# GOVERNANCE

## GOVERNING DOCUMENT

Student Minds is a charitable company limited by guarantee, incorporated on 14th January 2011 and registered as a charity on 7th July 2011. The governing document is the Memorandum and Articles of Association of the company, approved on 14th of January 2011. The Charity operated under the name SRSH until 5th of July 2013 when Companies House certified the change of name to Student Minds. This change of name has also been recognised by the Charity Commission.

## TRUSTEES

All Trustees serve for a term of one year and may be re-appointed for a further annual term at each Annual General Meeting. The Trustee Board seeks to ensure the sustainability and effectiveness of the Charity through diversity of skills and experience on the Trustee body. Trustees are given our governing document upon joining the board and they go through an induction process with an existing Trustee. Trustees are also invited to attend all major events and activities that Student Minds undertakes.

## RISK MANAGEMENT

The Management Committee has conducted a review of the major risks to which the Charity is exposed. Systems or procedures have been established to mitigate the risks faced by the Charity. External risks to funding have led to the development of a plan for diversification of funding applications. Internal control risks are minimised by procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety for staff and volunteers.



# OBJECTIVES

The Charity's objective is the relief of sickness and the preservation and promotion of mental health among students and young people.

Student Minds is the UK's student mental health charity. We empower students with the knowledge, confidence and skills to look after their own mental health and support others through our national network of university groups. One conversation at a time, we will transform the state of student mental health.

The main objectives and activities for the year focused on providing support for local Student Minds groups, conducting research to understand the challenges faced by students today and strengthening our campaign work. The strategies employed can be categorised as follows:

## Development of peer support programmes:

- We provided training and supervision for volunteers running peer support groups, including support groups for eating difficulties, Positive Minds groups (for mild depression) and Supporting Supporters (for students supporting friends with eating disorders);
- We piloted Positive Minds, our new 6-part peer led programme for students with mild depression;
- We have streamlined our monitoring and evaluation procedures to allow us to collect impact data from peer support programmes more effectively;
- We have published our [peer support report](#), promoting an effective framework for delivering peer support in higher education;
- We have engaged with key stakeholders through national conferences to support increased understanding of the challenges for student mental health and the potential value of safe and effective peer support.

## Building skills, knowledge and confidence in talking about mental health

- We have developed the "Look After Your Mate" campaign;
- We continue to run Student Chats;
- We have developed the Student Minds Blog, providing the largest student mental health blogging platform in the UK;
- We have launched Mind Matters, our new mental health newsletter;
- We have continued to develop information on our website including new information and resources on eating difficulties;
- We have supported the development and launch of It Gets Brighter;
- We have supported the development of Students Against Depression.

## Supporting students to run stronger campaigns on student mental health:

- We have supported the coordination of University Mental Health and Wellbeing Day;
- We have trained student volunteers to deliver safe and effective campaigns;
- We have developed the Transitions Campaign, raising awareness of the challenges that students face in transitioning to university.



# STRUCTURE

Since incorporation Student Minds has been led by our founder Dr. Nicola Byrom. The staff team this year has included a Charity and Communications Manager and a Network and Projects Manager. These managers supported two additional staff members focused on digital communications and volunteer coordination. They have been supported by a group of executive volunteers who have contributed to development activities, such as campaigning and fundraising on behalf of Student Minds in addition to providing mentoring support and supervision to student volunteers. Each local Student Minds group is led by university volunteers from the local area.

We are delighted to announce that Rosie Tressler has been promoted to Chief Executive Officer of Student Minds. The CEO reports to the Chair of Trustees, who is responsible for the strategic running and governance of Student Minds.

Our stakeholder groups, representing students with experience of mental health difficulties and professionals working in mental health in higher education provide advice on the development of all new projects to be delivered by Student Minds.



CAMPAIGNERS AT OXFORD UNIVERSITY

# STUDENT GROUPS

This year, 2014-2015, there have been Student Minds groups or societies at 35 Universities up and down the UK. You can see where they are on the map!

Student Minds support groups are funded and supported by universities and Students' Unions. We would like to thank the following institutions for their continued support:

Bath University;  
 Leeds University;  
 Bath Students' Union;  
 UCL Students' Union;  
 Bath Spa University;  
 Bournemouth University;  
 Cardiff Students' Union;  
 Southampton University;  
 Manchester University;  
 Leeds Beckett Students' Union;  
 Manchester Students' Union;  
 Oxford Brookes Students' Union;  
 Southampton Students' Union;  
 KCL School of Nursing and Midwifery;

The support programmes in Oxford University are funded by donations from Junior Common Rooms and student fundraising.

The support programme at Nottingham University is currently funded through the University's Cascade Fund.





# PEER SUPPORT GROUPS

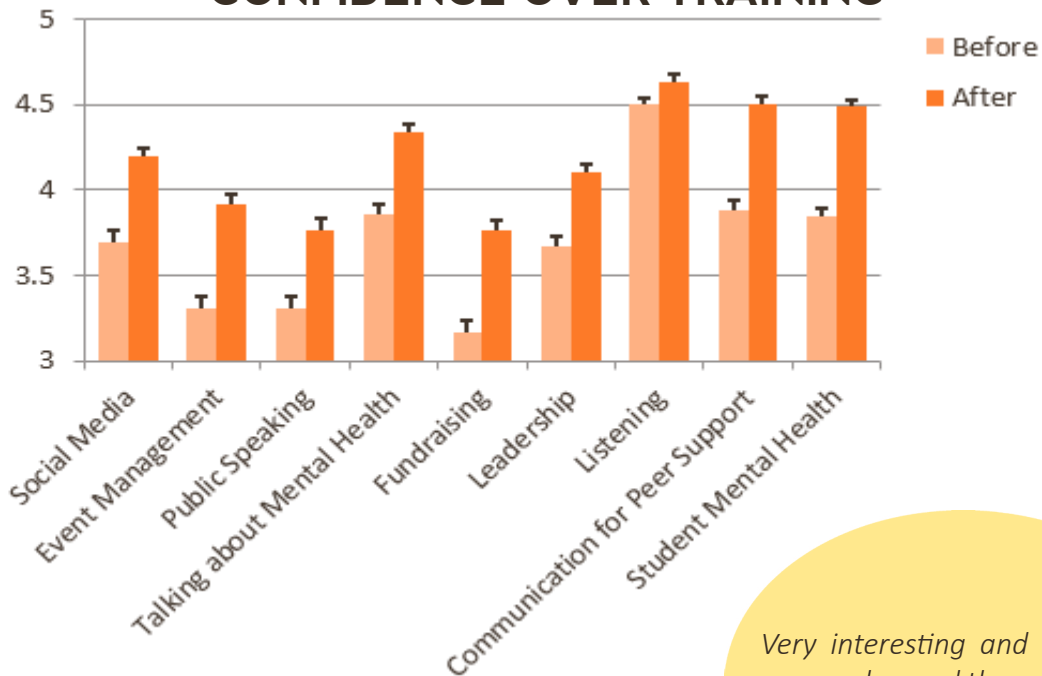
# 64

GROUP FACILITATORS TRAINED

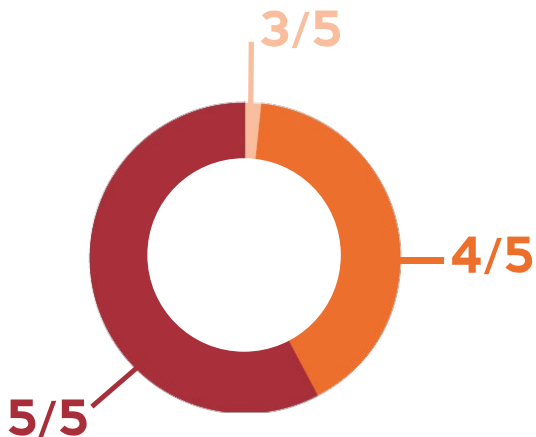
Over the past year we have run two main types of peer support group at universities, Support Groups for Eating Difficulties and the Positive Minds Course. All of our peer support programmes are run by student volunteers. We provide student volunteers with two-day group facilitator training, in addition to on going support and supervision.

This year we trained 64 group facilitators, an increase of 23% on last year, through a series of two day training weekends. Our training continues to successfully increase student understanding of mental health and skills and confidence in talking about mental health.

## CHANGE IN SKILLS, KNOWLEDGE AND CONFIDENCE OVER TRAINING



## AFTER TRAINING HOW PREPARED DID VOLUNTEERS FEEL TO RUN A 'SAFE AND EFFECTIVE GROUP'?



*Very interesting and informative group, changed the way I thought about communicating mental health.*

*[The trainers] were so helpful and informative. Also very caring about my mental health!*

Graph shows average volunteer rating ( n = 64) on a likert scale (1- 5) with error bars showing standard error.

## EATING DIFFICULTY SUPPORT GROUPS

This year we ran eating difficulty support groups at 12 universities: Bristol, Cardiff, KCL, Leeds, Leeds Beckett, Leicester, Manchester, Oxford, Reading, Southampton, St Andrews and UCL.

The total attendance for these support groups was 250, an increase of 124% from last year.

Throughout the year we have continued running our supervision network with a group of 9 alumni volunteers (and two on campus supervisors at Leeds and Manchester) offering supervision to our group facilitators after each group session.

# 250

SESSION ATTENDEES

*Student Minds has helped me to seek medical help when I was physically struggling, encouraged me to tone down some negative behaviours, and has offered me something to structure my week around when all else seemed empty.*

We are really grateful for all the support our supervisors have provided this year, and are excited to be setting up a similar network of regional coordinators for our campaign groups over the coming year.

## SUPPORTING SUPPORTERS

Last year we developed a two part workshop on understanding eating disorders and communicating effectively with a friend or loved one who has difficulties around food. The course content is based on the Maudsley Method for Carers.

To complement the Supporting Supporters course we worked with Oxford student Ellie Thompson to produce a series of videos based around the workshop content. The series received over 1000 views in total and can be viewed on the [Student Minds website](#).



**What does recovery from eating disorders look like?...**  
40 views • 8 months ago



**What does recovery from eating disorders look like? |...**  
191 views • 8 months ago



**How to talk to friends with eating disorders (Part 2) |...**  
72 views • 8 months ago

## RESEARCH: Peer Support Report

We launched our [Peer Support Report](#) at the National Union of Students' Welfare Zone Conference 2014. Peer support can have a strong positive impact on mental health for both the provider and receiver. Our report reviews how peer support can be used safely and effectively within university settings. The report includes good practice examples from around the country, showcasing some of the amazing work that is going on.

# POSITIVE MINDS COURSE

This year we have been excited to pilot Positive Minds, a six-week programme for students with mild depression, covering topics such as building support networks, establishing healthy routines and developing stress management strategies.

The course, initially developed in conjunction with Dr. Denise Meyer and Students Against Depression, focuses on behavioural activation (a concept from Cognitive Behavioural Therapy), showing students how their behaviour influences their mood. The peer-led workshops support students to think about building positive activities and healthy routines into their daily lives, working with implementation intentions to encourage students to put the ideas that they discuss within the course sessions into practice.

Positive Minds was piloted at Oxford and Nottingham University, reaching 50 students. The programme is expanding to Bath, Bath Spa, Bournemouth, Kings College London, Oxford Brookes and Southampton University.

The impact of the course on Quality of Life was explored further in Oxford with 6 course participants who completed measures at their first and last session. Over the course, participants showed a significant increase in self-reported Quality of Life and ability to make the most of their experience at university\*.

# 18%

INCREASE IN QUALITY OF LIFE

*My mental health is more positive and I feel more confident in myself.*

*I have been given ideas which I have slowly adapted into my life and I've benefited.*

# 30%

INCREASE IN ABILITY TO MAKE THE MOST OF THE UNIVERSITY EXPERIENCE

**Positive  
minds**

## Week 2: Stress Management

**"When I get stressed, I  
can .... to help myself relax"**

\*n = 6 (f = 4, m = 2); age = 20.17 years (SD = .75). Self identified current experience of anxiety and depression: n = 5. No current mental health difficulties: n = 1. Experience of an eating disorder: n = 1. Experience of OCD: n = 1. Quality of Life was measured on the Quality of Life Scale; Time 1 = 66.17 (SD = 4.22), Time 2 = 78.00 (SD = 6.23), t (5) = 4.38, p = 0.007, 95% CI (4.89, 18.77). Participants self reported ability to make the most of their university experience on a 5 point likert scale; Time 1 = 2.67 (SD = .42), Time 2 = 3.50 (SD = .22), t (5) = 2.71, p = 0.042, 95% CI (0.04, 1.62).

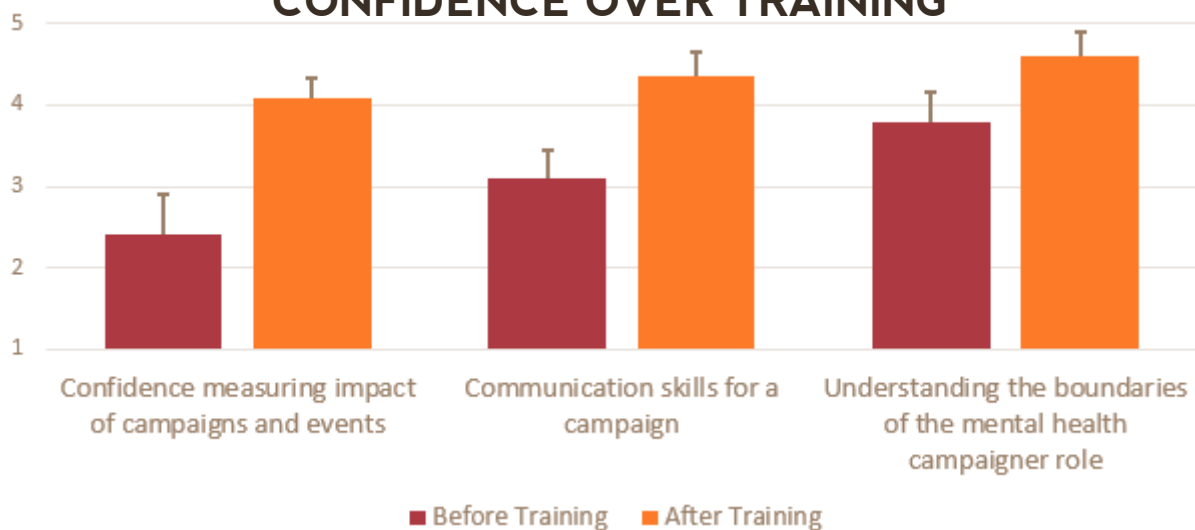


# CAMPAIGNS

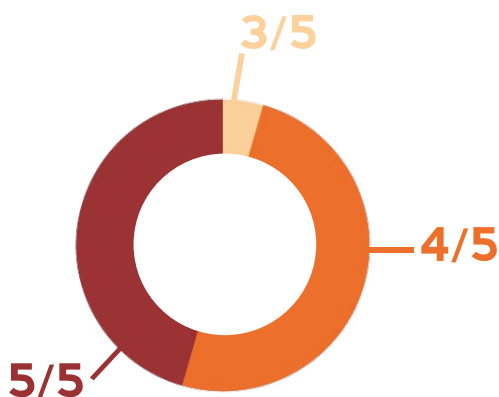
## CAMPAIGN GROUPS

Student Minds supports a national network of campaign groups. We trained 22 student volunteers from 14 universities. These Group Leader Training Days are designed to give students a basic grounding in campaign develop and team management. The training supports students to have constructive conversations about mental health and develops an understanding for how to run safe and positive mental health focused events. Content for the sessions was shaped by the feedback received from students who attended last year's training. Volunteers rated their knowledge, skills and confidence (from 1 to 5) before and after training:

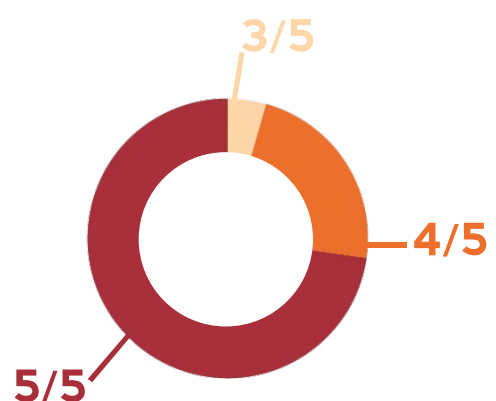
### CHANGE IN SKILLS, KNOWLEDGE AND CONFIDENCE OVER TRAINING



### DO YOU FEEL PREPARED TO RUN YOUR STUDENT-LED PROJECT?



### WAS THE TRAINING WELL DELIVERED?



## UNIVERSITY MENTAL HEALTH & WELLBEING DAY

University Mental Health and Wellbeing Day is an annual event to promote the mental health of people who live and work in Higher Education. This year conversations on Twitter reached over 5 million people and the hashtag #UniMentalHealthDay trended in the UK.

We supported campaigns at 60 universities in collaboration with [UMHAN](#) (University Mental Health Advisers Network). UMHAN launched the #IChooseToDisclose campaign which aims to break down barriers around disclosure, empowering students with the knowledge and confidence to talk openly about their mental health with their university and wider support networks.

# LOOK AFTER YOUR MATE

Look After Your Mate was a campaign launched in April 2014 and has continued to develop this year. This autumn we ran 11 workshops at 9 different universities. The single-session workshops produced significant increases in students' knowledge of student mental health and how to support a friend at university, in students' communication skills and confidence in ability to support a friend\*.

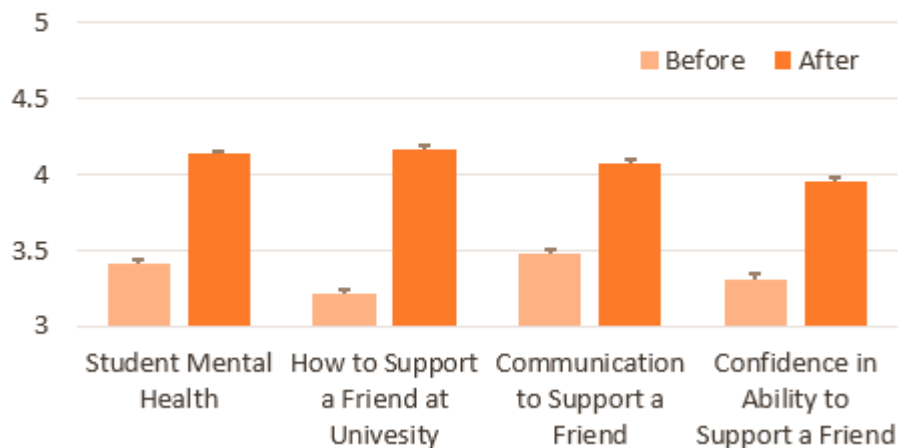
# 240

PEOPLE ATTENDED WORKSHOPS

To support the continued growth and development of the Look After Your Mate campaign and reach more students, we are developing a train the trainer programme. The train the trainer programme will enable university and Students' Union staff to deliver the Look After Your Mate workshop on their university campus.

*I found the workshop to be very interesting and informative and we have received really good feedback...the workshop was excellent.*

## CHANGE IN SKILLS, KNOWLEDGE AND CONFIDENCE OVER TRAINING



[www.studentminds.org.uk/look-after-your-mate](http://www.studentminds.org.uk/look-after-your-mate)

**Have you ever been worried about a friend?**

Get involved with the Look After Your Mate campaign to find out more about supporting your mates, from starting a conversation to navigating the student journey.

## Look After Your Mate Campaign

\*Before training: n = 223; After training: n = 198. All measures were self-rated on a 5 point likert scale. Analysis used independent samples t-tests. There were significant increases in ratings for all questions. Q1: How well do you feel you understand the issues surrounding student mental health; mean change = .73, SE = .07, t (419) = 9.89, p < .001, 95% CI (.58, .87). Q2: How would you rate your knowledge of how to support a friend at university; mean change = .96, SE = .08, t (419) = 12.63, p < .001, 95% CI (.81, 1.11). Q3: To what extent do you feel you have the necessary communication skills to support a friend at university; mean change = .61, SE = .08, t (419) = 7.31, p < .001, 95% CI (.44, .77). Q4: How confident do you feel in your ability to support a friend at university; mean change = .65, SE = .08, t (419) = 8.22, p < .001, 95% CI (.49, .80).

## MENTAL HEALTH IN SPORTS

Alongside BUCS (British Universities & Colleges Sport) we have developed a programme to increase the knowledge, confidence and skills of the sports community. We ran focus groups and pilot workshops with students at the universities of Oxford, Nottingham and Southampton, to develop a new training programme for sports development staff.

The training programme builds personal understanding and skills, as well as equipping staff with everything they need to deliver and cascade out a new interactive mental health training module to their own university clubs and sports teams. The student-facing training module, which institutions will be able to slot into existing training structures, has been successfully piloted with the support of the project's university and SU partners.

Heather Smith, Sports Development Coordinator at BUCS commented: *"BUCS is delighted to be working with Student Minds on this project. Both charities have a deep knowledge of the challenges surrounding Mental Health as well as experience of practical delivery for students both within university and community settings. The development of a resource and training is a huge step forward in both recognising the power of sport in student wellbeing and in creating a sporting environment that is supportive and welcoming for all students."*



On the launch of the project, Rosie Tressler, at Student Minds said:

*"We're really excited to be working with partners specialising in HE Sport to target our messages around how students can look after their own mental health and support their friends to this specific audience and sports context. University sport staff and fellow team mates can be the first to pick up on the signs that a student may be struggling and can be key to creating a positive and supportive club culture. This project will build capacity within institutions and SUs to respond to the challenges and the opportunities in an appropriate, integrated and sustainable way, whilst also celebrating the positive impact that sport can have on student mental health."*

## IT GETS BRIGHTER

We're really proud of the work of Oxford volunteers in setting up the [It Gets Brighter](#) campaign, building on the Mind Your Head Campaign. The campaign aims to reduce the stigma surrounding mental health by encouraging anybody affected by mental health difficulties to speak about their experiences. They launched a 'Thunderclap' on social media which reached 480,339 people.



**Stephen Fry** ✓  
@stephenfry

The [@ItGetsBrighter](#) campaign launches today! Share your [#mentalhealth](#) story & be part of the generation that cares.



# FUNDRAISING

This year we supported student fundraising through BT MyDonate pages.

We would like to thank everyone who has supported fundraising for Student Minds, including:

- CRM Students, a student accommodation provider;
- Oxford Mind Your Head;
- Bristol "Gems" Graduate Entry Medics;
- Lucinda Toole;
- The Oxford Tough Mudder team;
- Tamara McCoomb;
- Demi Sherman;
- Catherine Alton.

# £21,000

RAISED THROUGH FUNDRAISING



THE OXFORD TOUGH MUDDER TEAM!

## 100 HOURS CHALLENGE

On University Mental Health and Wellbeing Day we launched our 100 Hours Challenge, where individuals and groups across the country were given the task of raising £100 in 100 hours. We are delighted to announce that over £4,000 was raised by a combination of Student Minds groups, RAGs and CRM Students. We'd like to take this opportunity to thank everyone who took part! In addition, we'd like to congratulate the individuals and groups who raised the largest totals during the 100 Hours Challenge:

- Eleanor Besant from the University of Liverpool raised £188 through a sponsored silence;
- CRM Students Slade Park in Oxford raised an impressive £800 through events including Fifa tournaments and kitchen cleans;
- Student Minds Cambridge raised £200 through a variety of events at different university colleges.

# PARTNERSHIPS

Building strong collaborative relationships has enabled us to support better understanding of the challenges for student mental health and the value of safe and effective peer support.



This year we worked with Mind on the development of an app for student mental health. We spoke to students and ran focus groups to get their input and their ideas. Developers 3 Sided Cube are looking to launch the app in 2016.



In March 2014 we announced a formal partnership with NUS. We have been able to work together, supporting and training sabbatical welfare officers to promote positive mental health in their Students' Union. Colum McGuire, Vice President for Welfare at NUS, commented: *"I'm delighted to be entering into this partnership with Student Minds. Too often, student mental health is a subject which is overlooked, both by institutions and by government, and I really believe that by working more closely together we can start to change this. I hope that this partnership agreement will be the start of many years of exciting work together."*



We continue to collaborate with UMHAN (University Mental Health Advisers Network) and co-coordinate the national University Mental Health Day initiative, promoting the mental health of those in higher education settings.



This year we have worked with BUCS on the mental health in sport campaign. This programme aims to increase the knowledge, confidence and skills around mental health in the Higher Education sports community. For more information turn to page 14.

We continue to be a core member of the Alliance for Student-Led Wellbeing. The alliance is a group of organisations, chaired by Hamish Elvidge of the Matthew Elvidge Trust, which aims to raise awareness about the importance of good mental health.



ROSANNA SPEAKS AT AMOSSHE CONFERENCE

This year we have spoken to over 1,000 key stakeholders at a range of conferences, including the Universities UK, Mental Wellbeing in Higher Education conference, where new guidance for promoting mental wellbeing in higher education was launched. At these conferences we are able to represent the student voice on mental health.



ROSIE AT RAG CONFERENCE



# AWARDS

## QUEEN'S YOUNG LEADER AWARD

Student Minds founder, Dr Nicola Byrom, was awarded the Queen's Young Leader Award in June. These awards recognise extraordinary people who are taking the lead in their communities and using their skills to transform lives.

Nicola was one of 60 young people across the Commonwealth honoured with the award. Nicola created a social media [storify](#) to share her experiences from the award.



## STUDENT MINDS AWARDS

At the end of each year we celebrate our volunteers' achievements with Student Mind Awards. Individuals who have attended peer support groups and events held by our affiliated groups, staff who have been involved with supporting our student groups and students across the Student Minds network can nominate groups to receive a Student Minds Award. The winner of 'Group of the Year' receives £200 to spend on future activities, with all additional category wins receiving £50.

### GROUP OF THE YEAR: Student Minds Cardiff

This year 35 student groups have run hundreds of events, making a real difference on their university campuses and encouraging real and positive conversations about mental health. Vicky, Volunteer Manager at Student Minds, reflected on the awards;

*"I have absolutely loved working with and getting to know many of our volunteers over the past year. The motivation and enthusiasm is really incredible and I want to encourage you all to keep talking about mental health and working towards positive change wherever the next year takes you. I'd also like to say an extra special well done to all our award winners. I am so thrilled to see all of your dedication and hard work recognised with these awards!"*

Award for effective campaigning: Sheffield Mental Health Matters

Award for effective peer support: Oxford Positive Minds

Best Event: Exeter Mind Your Head with their 'Share Your Story' events

*Exeter Mind Your Head's popular 'Share Your Story Night', provided a safe platform for students to share their experiences and ensure that no-one feels alone. The event was described by students as having a "supportive and non-judgemental atmosphere". Their talks, with speakers for a range of topics from Men's Mental Health to Eating Disorders, proved hugely popular, with some talks being attended by over 130 students.*

Best fundraiser: Cambridge Student Minds for their 100 Hour Challenge efforts

*Cambridge University Student Minds reps raised over £300 in just 4 days by running lots of different events, including mental health themed film nights, college raffles, sponsored walks, cake sales and massages!*

Blogger of the year: Grace Anderson

Grace's blogs included [How Volunteering Can Help](#), [Exam Survival Tips](#), [Feelings on Finishing University](#).





# ONLINE WORLD

## #STUDENTCHATS

Student Chats has continued to grow, bringing students together for Twitter chats on subjects related to student mental health, using the hashtag #StudentChats. This year we had discussions on starting university, managing stress and going home for Christmas, which engaged students across the UK. Other charities including Students Against Depression and the University Mental Health Advisers Network also got involved in the conversation.

### OTHER MENTAL HEALTH ORGANISATIONS GOT INVOLVED....



**StudentSource** @StudentSource · May 5

A lot of the talk for #studentchats appears to be about revision/exams. Here's some useful tips from @UniofReading [reading.ac.uk/internal/study...](http://reading.ac.uk/internal/study...)

← ↻ ★ 1 ...



**Student Minds** @StudentMindsOrg · May 5

Thanks to everybody who took part, and a special shout out to @ACERecall, @thestudentroom, @UMHANUK and @SADwebsite :) #studentchats

← ↻ 1 ★ 2 ...



**Student Minds** @StudentMindsOrg · May 5

Good luck with your deadlines and exams! :) I hope the tips shared have been useful, and that you have lots of fun in summer #studentchats

← ↻ ★ 2 ...

### SO DID OUR STUDENT VOLUNTEERS



**Leah Fuller** @leahfuller28 · May 5

@StudentMindsOrg Drop-in destress rooms, with the ability to talk to others and counsellors would be a great idea! #studentchats

← ↻ 1 ★ 3 ...

[View conversation](#)



**Student Minds** @StudentMindsOrg · May 5

This hour has gone very fast! We hope you enjoyed chatting about dealing with exam stress in the Student Minds community #studentchats

← ↻ 2 ★ 9 ...



**Emma** @emmahopkiins · May 5

@StudentMindsOrg animals to pet! Everyone leaves feeling better and with a smile on their face. #studentchats

← ↻ ★ 4 ...

[View conversation](#)



**Leah Fuller** @leahfuller28 · May 5

@StudentMindsOrg Our Uni has a great helpline @VictorVoiceBear & @UoEWellbeing offers workshops & online advice #studentchats

← ↻ ★ 1 ...

[View conversation](#)



**Vicky Gall** @Vicky\_gall · May 5

Good luck to everyone with upcoming deadlines and exams! Look after yourself #studentchats



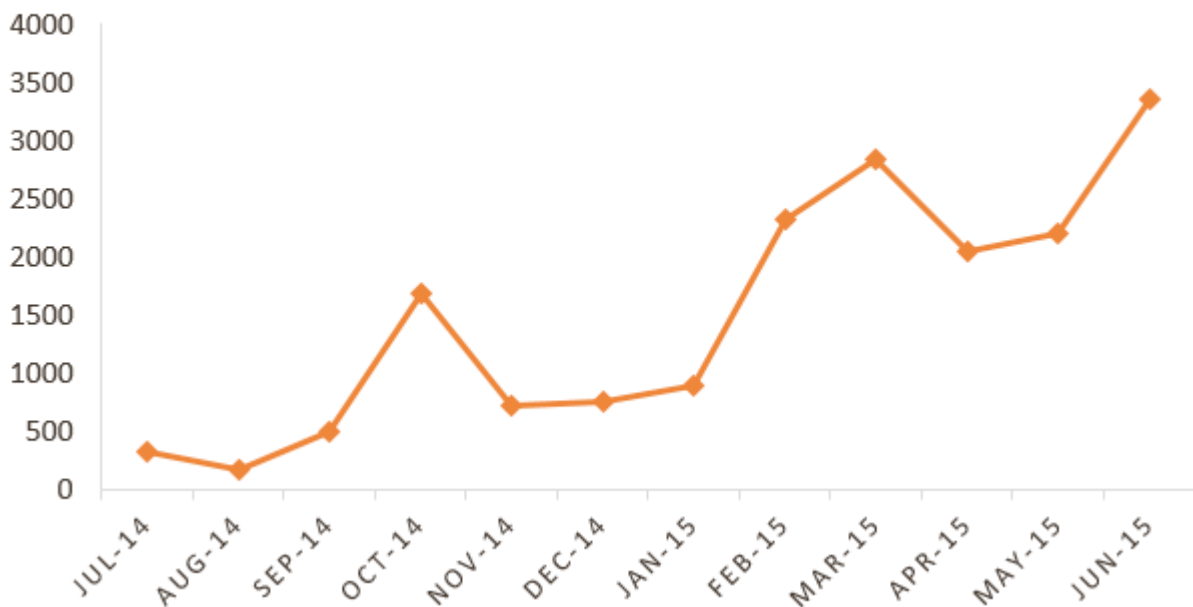
The [Student Minds blog](#) is the largest UK blog dedicated to student mental health. It serves three purposes:

- A platform for students to blog about mental health
- A place for anyone to blog about mental health in the university context
- A place for Student Minds to blog about charity developments and promote our volunteers' work

The Student Minds blog has grown rapidly this year. From just a few hundred visits a month, the blog now gets nearly 3,000 visits a month, and there is plenty of room to grow. There are now over 100 posts on the blog, and a blogging team of 40 students and recent university graduates.

Over the coming year, we will support the blog to cover a wider variety of topics, including response articles to current developments in the sector. We look forward to working more closely with our partner organisations.

## BLOG HITS THROUGHOUT THE YEAR



Myth busting: anorexia is just about wanting to be skinny...right?

**MOST  
READ  
ARTICLE  
OF THE  
YEAR**

We have had a huge range of insightful posts on the blog this year, and we are so proud of how it has grown. Here is a selection of articles that we have put online.

Reasons to stay a student

10 stress-busting tips for exam period

Why I gave medication a go

What is atychiphobia?

How I overcame my depression

So, I want to tell my friends...

A letter to me a year ago

Reflections on life as an undergraduate

Talking - "I can't be certain that I would be any better, but I can be certain that I would have spent less of my life feeling alone"

*Be the person that gets someone through. In the same way you might visit a friend bed-ridden with the flu, you can absolutely do the same for a friend living with mental health difficulties. You have no idea how much it might mean to them.*

**Reasons to stay a student**

*There are a few things you'll experience that will feel like the worst thing in the world, but then you'll get to a point where you realise that in the end it all blurs and sort of mushes together and shapes you as a person.*

**A Letter to Me a Year Ago**

Thank you to everybody who contributed to the Student Minds blog this year!

## WEBSITE

This year the website was visited by over 40,000 individuals; this is a 110% increase on last year! There are new support and information sections on the website, with the main addition being the '[understanding eating disorders](#)' section.



# IN THE PRESS

## BuzzFeed

### 28 Badass Young People Making The World A Better Place

Kicking ass, changing lives.

23. Nicola Byrom, 28, United Kingdom

In her teens, Byrom fought mental health difficulties. While studying for a PhD in Psychology at Oxford University she founded Student Minds to provide peer support for students experiencing mental-health difficulties. Today the charity has hundreds of volunteers at more than 30 universities in the UK.

The Guardian logo in white lowercase letters on a dark blue background.

Parents of students  
16 and over  
Guardian Students

How to cope with mental health  
difficulties at university

Register with a GP: Rosanna Hardwick, charity and communications manager at [Student Minds](#), advises registering with a new GP as soon as you get to university - many universities have one on campus - and booking an appointment at the start of term to discuss any support that you'd like.

## The Telegraph

Queen's Young Leaders Award: Commonwealth's future gathers at Buckingham Palace as winners honoured

The first 60 recipients of the Queen's Young Leaders Award will meet the Queen and David Cameron



## Mental Health Day helps students share experiences

University Mental Health Day is organised by the charity Student Minds and the University Mental Health Advisers Network (UMHAN). Universities taking part will promote the mental health of people involved in all areas and aspects of higher education.

# SUMMARY OF FINANCIAL REVIEW

## Principal Funding Sources

In the past year we have received funding from Comic Relief, the Matthew Elvidge Trust, The James Wentworth-Stanley Memorial Fund, university contributions and generous individuals.

We are excited to be working with RAG charities and thank students at Bangor, Cambridge and Oxford universities, with Southampton University selecting Student Minds as one of their 2015/2016 charities.

## Investment Policy

We do not have sufficient reserves for investment, but have a savings account with NatWest to hold small surpluses. We will continue to monitor our finances and whether we need to revise our investment policy.

## Reserves Policy

As an increasing proportion of our funding is derived from fundraising activities and small donations, Student Minds aims to secure funding for a year's operation before the start of that financial year to ensure stability of the organisation.

Restricted funds are excluded from charity reserves, as any such amounts held are for defined purposes.

In addition to securing funding in advance of a financial year, we seek to build reserves sufficient to cover operational costs for six months should we face a loss of income. On the basis of our current operational costs, this figure would be around £35,000.

## Ethical Fundraising Policy

Student Minds seeks, as far as is practical and within the constraints of UK law, to ensure that

- Initiatives do not compromise the independent status of Student Minds;
- Activities of organisations we work with are consistent with our organisational values.

## Trustees' Responsibilities

The Trustees are responsible for preparing the annual report and the accounts in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The Trustees are required to prepare accounts for each financial year, which give a true and fair view of the state of affairs of the Charity and the incoming resources and application of resources, including the net income or expenditure of the Charity for the year. In preparing those accounts, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts;
- Prepare the accounts on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

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


# FINANCIAL REVIEW

## Independent Examiner

Miss Catherine Alton was appointed as the Charity's independent examiner for the year. She has expressed her willingness to continue in that capacity.

This report has been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities (issued March 2005) and in accordance with the special provisions of Part VII of the Companies Act 2006 relating to small entities.

Approved by the Board of Trustees on the 11th November 2015 and signed on its behalf:



Nicola Byrom, Student Minds Trustee



Andrew Nelson, Student Minds Trustee

## Independent Examiner's Report to the Trustees of Student Minds

I report on the accounts of the Charity for the year ended 30th June 2015 which are set out on pages 25 -28.

## Respective Responsibilities of Trustees and Examiner

The Charity's Trustees are responsible for the preparation of the accounts. The Charity's Trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and
- to state whether particular matters have come to my attention.

## Basis of Independent Examiner's Statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the Charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the Trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

## Independent Examiner's Statement

In the course of my examination, no matter has come to my attention which gives me reasonable cause to believe that in any material respect the requirements have not been met:

- to keep accounting records in accordance with section 130 of the Charities Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act

No matter has come to my attention to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name: Miss Catherine Alton  
Relevant Professional qualification (if any): Chartered Accountant  
Address: C/O Student Minds, 16- 17 Turl Street, Oxford, OX1 3DH

Signed: : *Catherine Alton*  
Date: *23rd November 2015*



# STATEMENT OF FINANCIAL ACTIVITIES

(including income and expenditure account)  
for the year 1 July 2014 to 30 June 2015

## STUDENT MINDS

Statement of Financial Activities

(including income and expenditure account)

for the year 1 July 2014 to 30 June 2015

	This Year Unrestricted £	This Year Restricted £	This Year Total £	Last Year Total £
<b>Income and endowments</b>				
Donations and Fundraising	49,204	4,216	53,420	71,487
Earned from other activities	33,082	-	33,082	8,151
Investments and other income	302	-	302	-
<b>Total incoming resources</b>	<b>82,588</b>	<b>4,216</b>	<b>86,804</b>	<b>79,638</b>
<b>Expenditure</b>				
Staff salary	41,760	10,865	52,625	44,007
Staff expenses	2,991	-	2,991	5,127
Office expenses	7,483	564	8,047	6,307
Volunteer training	4,578	-	4,578	4,328
Volunteer & volunteer group expenses	2,056	-	2,056	226
Delivering workshops	968	-	968	42
Conferences	300	-	300	1,332
Publicity	321	-	321	1,103
Monitoring and evaluation	6	-	6	-
<b>Total resources expended</b>	<b>60,463</b>	<b>11,429</b>	<b>71,892</b>	<b>62,472</b>
<b>Net incoming resources</b>	<b>22,125</b>	<b>(7,213)</b>	<b>14,912</b>	<b>17,166</b>
Transfers between funds	-	-	-	-
Fund balances brought forward	54,515	7,213	61,728	44,562
<b>Fund balances carried forward</b>	<b>76,640</b>	<b>-</b>	<b>76,640</b>	<b>61,728</b>

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total gains and losses has not been prepared.

# BALANCE SHEET

## AS AT 30 JUNE 2015

### STUDENT MINDS

Balance Sheet

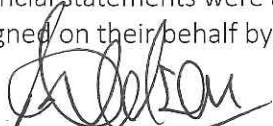
As 30 June 2015

	This Year Unrestricted £	This Year Restricted £	This Year Total £	Last Year Total £
<b>Current Assets</b>				
Cash at bank and in hand	76,191	-	76,191	61,728
<b>Total current assets</b>	<b>76,191</b>	<b>-</b>	<b>76,191</b>	<b>61,728</b>
<b>Creditors:</b>				
Amounts falling due within one year	(449)	-	(449)	-
<b>Net current assets</b>	<b>75,742</b>	<b>-</b>	<b>75,742</b>	<b>61,728</b>
<b>Total assets less current liabilities</b>	<b>75,742</b>	<b>-</b>	<b>75,742</b>	<b>61,728</b>
<b>Net Assets</b>	<b>75,742</b>	<b>-</b>	<b>75,742</b>	<b>61,728</b>
<b>Funds</b>				
Restricted funds		-	-	7,213
Unrestricted funds	75,742		75,742	54,515
<b>Total Funds</b>	<b>75,742</b>	<b>-</b>	<b>75,742</b>	<b>61,728</b>

The Trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act. The Trustees acknowledge their responsibilities for:

1. Ensuring that the company keeps adequate records which comply with section 386 of the Act, and
2. Preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These financial statements were approved by the members of the committee on the 11th November 2015 and are signed on their behalf by:



Andrew Nelson, Student Minds Trustee



Nicola Byrom, Student Minds Trustee

# NOTES TO THE ACCOUNTS AS AT 30 JUNE 2015

## (1) Accounting Policies

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

### Basis of accounting

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

### Fund accounting

- Unrestricted funds are available for use at the discretion of the Trustees in furtherance of the general objectives of the charity.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

### Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity is entitled to, and virtually certain to receive, the income and the amount can be quantified with reasonable accuracy. The following policies are applied to particular categories of income:

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

### Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs associated with attracting voluntary income;
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

## (2) Restricted Funds

Student Minds received £4,216 in restricted grant funding this year from Comic Relief. The grant funding was able to be used to help offset some of the costs of the staff and office expenses.

Student Minds bought forward restricted funds of £7,213 from the previous year. This funding related to grants from UnLtd (£100) and the Matthew Elvidge Trust (£1,420), in addition to funding from the wind up of Mental Wealth (£4,000). This was used to pay for some of the costs of the staff and office expenses. An additional £1,000 of the restricted funds was used for the training and support of volunteers at Bristol University and King's College London. The final £694 was used for training and support of volunteers at Oxford University.



### **(3) Employees**

The average number of employees during the year was 3 (2014: 2). No employee receives emoluments of more than £60,000 (2014: 0).

### **(4) Taxation**

As a charity, Student Minds is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or s256 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objects. No tax charges have arisen in the Charity.

### **(5) Trustee remuneration and related party transactions**

No members of the management committee received any remuneration during the year. Travel and expense costs amounting to £278 (2014: £0) were reimbursed to 2 Trustees.

No Trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the Charity during the year (2014: 0).

No charitable funds have been used to purchase insurance to indemnify the Trustees against the consequences of any neglect or default on their part.

### **(6) Company limited by guarantee**

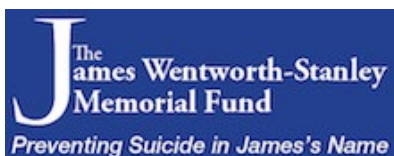
Student Minds is a company limited by guarantee and accordingly does not have share capital.

Every member of the company undertakes to contribute such amount as may be required not exceeding £1 to the assets of the charitable company in the event of it being wound up while he or she is a member, or within one year after he or she ceases to be a member.

# WITH THANKS...

This year we've had the chance to work with and been fortunate to be supported by hundreds of wonderful people, organisations, charities and universities. We'd like to thank...

## FUNDERS



The Matthew Elvidge Trust

**COMIC RELIEF**



St John's College JCR



Somerville College JCR



We have also been supported by funding and generous donations from: University of Liverpool Dover Court Halls; St Andrews University Student's Union, Richard Adams; Caroline Todd; Elisabeth Gulliver; Tamara & Duncan McCombe.

## FRIENDS OF STUDENT MINDS



it gets brighter



We would also like to thank all of our amazing volunteers, the Student Minds Steering Group and our stakeholder groups.

