The RCMH Foundation

Trustees Report for the year ended 31 December 2025

The trustees present their report with the financial statements of the charity for the year ended 31 December 2025. The trustees have adopted the provisions of 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) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objects of the charity are, for the public benefit, to relieve the needs of those affected by mental health issues in the agricultural industry in rural communities, primarily through: (a) providing training to businesses and other organisations who interact with agricultural workers in such rural communities to provide insight to better equip them to identify those who may require support with their mental health; (b) educating and raising awareness of children and young adults in rural communities in schools, colleges and young farmers organisations on mental health importance and other associated topics; (c) raising awareness of mental health issues in rural communities and signposting to appropriate help and support, with the ultimate goal to prevent suicide.

In setting objectives and planning for activities, the trustees have given due consideration to general guidance published by the Charity Commission relating to public benefit, including guidance "Public benefit: running a charity (PB2)".

Significant activities

Having launched the charity to the public on 10 September 2024, we continued our objectives this year and did the following:

- Continued to build our network - including with other charities in this space, potential suppliers and brand and marketing support - through our professional and relevant personnel contacts
- Spread word of mouth
- Secured donations
- Continued building our brand, predominantly through social media and community outreach
- Organised and funded 38 people’s attendance at mental health first aid training course in 2025
- Organised and funded 37 people’s attendance at a “Talking About Suicide” course in 2025
- Held speaking events with local businesses, colleges and GPs

Public benefit

The trustees have had regard to the Charity Commission's guidance on public benefit when considering donations and expenditure at trustee meetings. The main activities we focused on in the months immediately following our launch to achieve the charity's objectives, and in turn to relieve the needs of those affected by mental health issues in the agricultural industry in rural communities, were:

- raising awareness and amplifying our message through suitable channels
- continuing to build a community on social media and pushing out content to offer guidance and support, tagging other charities in this space as a means of signposting
- scoping a 2026 events and mental health training calendar

ACHIEVEMENT AND PERFORMANCE

Charitable activities

Investing in mental health training

A major ambition of ours is to have as many Mental Health First Aiders as possible on the ground, out in our communities, to recognise the signs and have the skills and confidence to support anyone struggling with their mental health. To that end we work with an organisation called Wisemind to help deliver our training.

They have an understanding of our sector and they also offer a wider breadth of courses which could potentially benefit our community and its diverse needs based on current levels of education and understanding.

In 2025, 38 people attended our Mental Health First Aid courses.

Building awareness

To help raise awareness around who we are and what we do, promote engagement and build a community, we've implemented a manageable marketing strategy for the size of our team and the limited budget we have.

To make a positive difference to the mental wellbeing of our local communities, it's vital that people understand the causes of poor rural mental health, what poor mental health looks like, the ways in which they can help and where they can turn for support. Understanding leads to allyship, empathy and compassion, whilst educating people on all things mental health ensures life-saving conversations and interventions can be had/made because people have the knowledge and confidence to talk around mental health and suicide, and understand what help is out there. As such, our focus has been on these areas.

Social media

We have continued to grow and engage our community through Facebook and Instagram. These are where we can reach a broad demographic and dedicate enough time to both listen and post within our resource means, all whilst learning more about how our community segments and what people engage with to influence future strategic decision-making.

Events

In early 2025 we held our first “Pie and Pint” evening, bringing together over 40 members of the local agricultural community and supporting a local pub.

In September we held our anniversary event on a local farm, providing an opportunity for the local community to come together for pizza and family entertainment. Unfortunately, the weather was incredibly wet so attendance was lower than expected.

We held our second Tractor Run in December. This event was for the farming community, to bring them together to interact socially. The event attracted over 70 tractors, with the local community also coming out in force along the route.

Talks/speaking opportunities

We accepted invitational speaking opportunities at business conferences and with young people and GPs. Business events provided a good platform for both awareness and promoting our training offering, and we saw delegates convert and train with us. GPs are a new audience and we can offer vital mental health-specific training to bolster and complement what they learnt during their GP training.

Merchandise

We continued to invest in suitable giveaways to raise ongoing awareness, increase our visibility and trigger conversation and action.

Looking ahead

At the charity’s annual strategic planning session, trustees agreed three key objectives over the next year and these are to:

- Ensure the continuity of day-to-day operations to support RCMH’s focus on delivering mental health training and education
- Increase public awareness of RCMH’s role as a local charity and the importance of education around mental health and suicide prevention in rural communities
- Develop and implement internal systems and processes to build a sustainable volunteer network to support the planning and delivery of events

FINANCIAL REVIEW

Financial position

The charity was able to raise income of £24,175.52 with expenditure incurred of £26,826.43 leaving £44,068.13 in cash.

We are delighted that the charity has attracted the level of support that it has, from different donors, enabling us to plan for our outcomes, such as Mental Health First Aid training and raising awareness. The charity’s running costs are currently low and the trustees are committed

to keeping overheads to a minimum.

Reserves policy

The charity maintains sufficient liquidity, through its cash at bank, to cover envisaged annual administration and professional costs.

Going concern

After making appropriate enquiries, the trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. There are no material uncertainties about the charity's ability to continue operating. For this reason, the trustees continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the accounting policies.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document and constitution

The RCMH Foundation became a Charitable Incorporated Organisation (CIO) with UK registered charity number 1207654 on 28 March 2024. It is governed by its constitution which was adopted on 27 March 2024.

These accounts present the results for the first nine months of trading.

The financial statements have been prepared in accordance with the accounting policies set out herein and comply with Accounting and Reporting by Charities: Statement of Recommended Practice (SORP 2015).

Recruitment and appointment of new trustees

The initial trustees were selected to provide a range of expertise to ensure successful establishment of the charity and cover experience in the agricultural industry as well as in the professional aspects of governance. Appointments were made for an initial two year term.

The trustees who served during the year were:

K Scott

L Hunter

L Sloman

H Rose

A Watts

As set out in the constitution the board of trustees must comprise at least three and not more than seven individuals.

Organisational structure

The trustees administer the charity. The trustees meet at least four times a year.

Decision making

The trustees form the principal decision making body of the charity. Any decisions taken by the trustees in the running of the charity are done so in accordance with the constitution.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity number

1207654

Principal address

Penfold House
2 The Green
Winwick
Huntingdon
PE28 5PP

Trustees

K Scott

L Hunter

L Sloman

H Rose

A Watts

Independent Examiner

Graham Darbourne FCA
The Old Town Hall
Market Place
Oundle
Peterborough
PE8 4BA

STATEMENT OF TRUSTEES' RESPONSIBILITIES

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

The law applicable to charities in England and Wales, the Charities Act 2011, Charity (Accounts and Reports) Regulations 2008 and the provisions of the charity's constitution 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 charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- 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 financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011, the Charity (Accounts and Reports) Regulations 2008 and the provisions of the trust deed. 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.

Signed on behalf of the board of trustees



Kate Scott

Date:

The RCMH Foundation

Charity Number: 1207654

Annual Report and Financial Statements
for the period ended 31 December 2025

The RCMH Foundation

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Independent Examiner's Report to the trustees of

The RCMH Foundation

I report on the accounts of the charity for the period ended 31 December 2025.

Respective responsibilities of trustees and examiner

The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities

It is my responsibility to

- examine the accounts under section 145 of the Charities Act;
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of th
- 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 inclu

Independent examiner's statement

In the course of my examination, no matter has come to my attention:

1 which gives me reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensu
   - proper accounting records are kept in accordance with section 130 of the Charities Act; and
   - accounts are prepared which agree with the accounting records and comply with the accounting requirements

2 to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached

Graham Darbourne FCA
The Old Town Hall
Market Place
Oundle
Peterborough
PE8 4BA

Date: 28th October 2026

The RCMH Foundation

Statement of Financial Activities for the period ended 31 December 2025

	Unrestricted fund 2025 £	Restricted fund 2025 £	Total 2025 £	Total 2024 £
INCOMING RESOURCES				
Income				
Donations in and event income	24,176	-	24,176	65,691
Net incoming resources for the year	24,176	-	24,176	-
RESOURCES EXPENDED				
Costs of events	7,748	-	7,748	12,786
Training costs & Awards	12,002	-	12,002	285
Advertising & merchandise	4,545	-	4,545	3,759
Professional fees & insurance	1,192	-	1,192	784
IT & software costs	1,339	-	1,339	1,358
Resources expended	26,826	-	26,826	18,973
Net income / (deficit) for the year	(2,650)	-	(2,650)	46,718
Balance brought forward	46,718	-	46,718	-
Transfer between funds	-	-	-	-
Balance carried forward	44,068	-	44,068	46,718

Balance Sheet as at 31st December 2025

Cash at bank	44,068	-	44,068	46,718

Signed on behalf of the board of trustees on 28th October 2026



K Scott

The RCMH Foundation

Notes to the accounts for the period ended 31 December 2025

Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented, unless otherwise stated.

Statement of compliance and basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) - (Charities SORP (FRS102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102). The charity meets the definition of a public benefit entity under FRS102.

Exemption from preparing a cash flow statement

The charity adopted to not include a cash flow statement in these financial statements.

Resources expended

Expenditure incurred on the operating of the charity is provided for on an accruals basis.

Income

Income is accounted for on an accruals basis.

Charitable activities

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.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees. There are currently no restricted funds.