

The SHM Foundation  
**Annual Report**  
September 2021 - August 2022



# Our Year



This year has been a year where we have seen some amazing accomplishments for us as an organisation and the partners we work with. Despite the challenges that COVID has brought across the globe we have continued to grow our work in the Arts, Education and Citizenship and mental health. We have stuck to our principles of being relevant in all the work that we do, responsive and caring in our approach.

There is so much that I could mention of what I am proud of but I would particularly like to highlight the work we have done to create support systems for marginalised groups so that they can enter employment.

We have taken a holistic approach to understanding the barriers that prevent individuals from entering employment and put together support systems in place so that they can achieve their aspirations.

We have done this in our work in Kenya through the Marakwet project providing opportunities for 39 individuals to enter higher

education. We have supported 15 refugee women of Middle Eastern background in the UK to enter employment who would have otherwise not received any support. And we have provided support to over 20 young people in South Africa who form part of the Khuluma mentor programme to work on their professional development.

At a time where unemployment rates are very high in South Africa, we have worked with them to provide them opportunities to build their skills in technology, mental health support and facilitation. I am very excited to see how they all progress professionally; how this expanded network grows; and who could become potential new collaborators and partners.

We have continued to grow our wellbeing fund and are advocating and supporting other partners to do the same and we take the wellbeing of our team and the partners that we work with very seriously.

None of the successes of this year could have been done without a wonderful, committed and passionate team.

Thank you,

**Zuzana Figerova,**  
**Francesca Zinetti**  
**Iona Gaskell**  
**Malebo Ngobeni**

**Tebogo Konkobe**  
**Ashleigh Beukes**  
**Rini Sinha**  
**Nikita Simpson**  
**Georgina Miguel Esponda**  
**Natasha Adomako**  
**Yasmine Uddin**  
**June Larrieta**  
**Hugo Schlesinger**  
**Victoria Marks**  
**Desmond Chauke**  
**Kelebogile Motlopye**  
**Jara Lindsay**  
**Joshua Olins**  
**Olivia Gutierrez**  
**Sama Kamal**  
**Ranwa Alkateb**  
**and our incredible Khuluma mentors!**

Lastly, we are forever grateful to our founders **Professor Maurice Biriotti** and **Professor Dame Henrietta Moore** for their continued support and generosity to the SHM Foundation, both in the financial investment and in the intellectual thinking that runs through all the work we do at the SHM Foundation. We are also very grateful for the support and guidance of our Trustee, **Professor Sarah Fidler.**

**Anna Kydd**  
Director of The SHM Foundation

# Our Story

In 2008, three friends – Sophie, Henrietta and Maurice – came together to create the SHM Foundation. Sophie Manham was a filmmaker, Professor Henrietta Moore an anthropologist, and Professor Maurice Biriotti an academic. They wanted to draw on their different skill sets and build a community of people who would work together to drive positive social change through projects that foster care, creativity, and human connection.

The SHM Foundation has grown steadily in the years since into a multidisciplinary team of 17 people based in 6 countries. We have designed, implemented and funded projects with vulnerable communities across 19 countries, spanning mental health, education and the arts.

**Today our mission is to support people and communities in developing solutions to the challenges they face, in ways that work for them. We believe firmly in the ripple effects that are felt in communities, organisations, societies, when people feel supported, cared for and capable to exercise agency in their own lives.**

**We are a forward-looking philanthropic organisation working globally to drive positive social change in the areas of mental health and wellbeing, education and livelihoods, and access to the arts.** Based in the UK, we have offices in London and Pretoria, South Africa, and work with partners in 14 countries. We design and implement our own initiatives, conduct participatory research and provide grants to other organisations and projects. As a small foundation, we fund our own initiatives and also seek funds in partnership with other organisations. Many of our initiatives are supported by SHM Productions Limited, a business consultancy based in London. Being a foundation arm of the private company gives us the advantages of being able to use their offices and also to leverage a wide range of skills amongst their staff, and second them to the Foundation projects where needed. This model ensures the Foundation's sustainability and financial stability.

Our work is varied, often bridging different disciplines, countries and issues, but it's focused around three key missions. We support people, communities and organisations to:

- Improve their mental health and wellbeing
- Gain new skills, knowledge and employment opportunities
- Access excellent artistic experiences that enrich their lives

The objects of the SHM Foundation are to undertake for public benefit any purpose that is charitable according to the laws of England and Wales as the trustees shall, in their absolute discretion, decide. Our work is always guided by our ethos of taking an empathetic, human approach to solving complex problems.

This year we committed **£280,413.35** to fund our global initiatives.

# Our Values

We, at the SHM Foundation, are firm believers that in order to work well as a team and to produce high quality work, we need to have values in place that we all believe in and that guide us every day. The values that form the foundation of everything that we do and who we are as we look to the future are:



## Care

Our biggest priority is to look after one another and the people we work with. For us, dedicating time and energy to making sure we are all coping is not an add-on – it's at the heart of our approach.



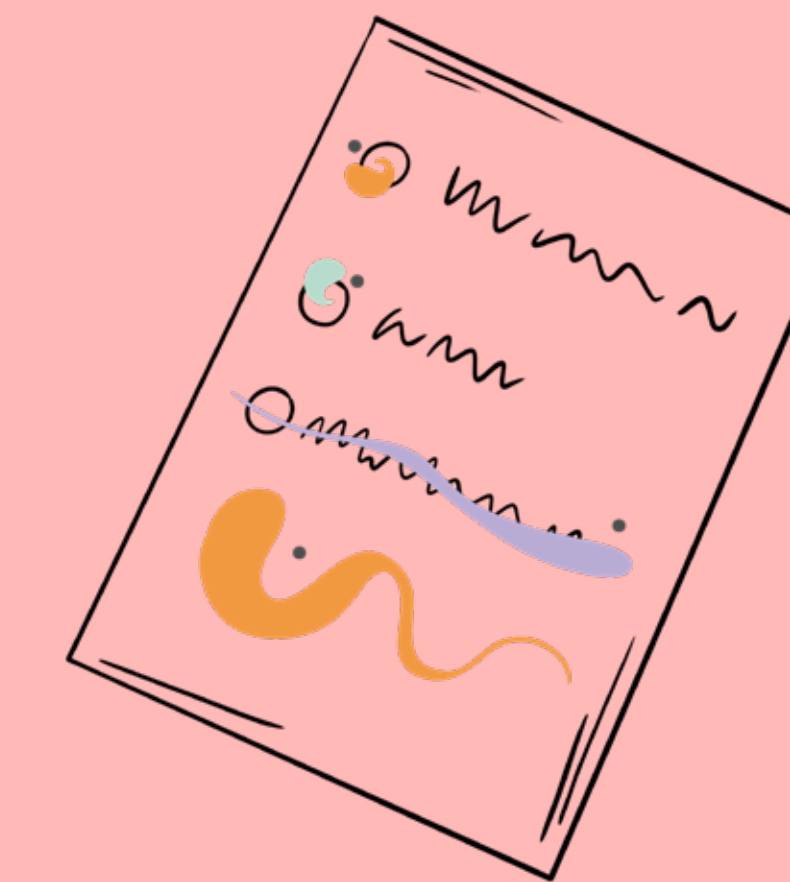
## Connection

As a team spread over six countries, we've always known that you don't need to be in the same room to create meaningful human connection. While we keep open to a flexible working environment, we're staying close by sharing stories, coping strategies and light relief in our team meetings.



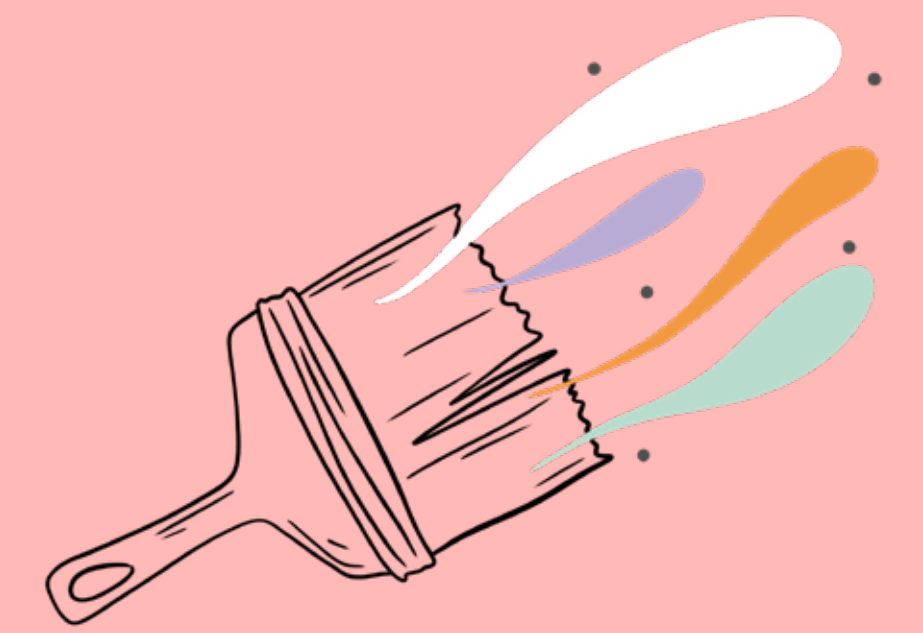
## Commitment

Our dedication to our partners and to providing them with the support they need has not changed. We recognise that their needs change from time to time and we are being responsive to these shifts and tailoring our support to the present moment.



## Responsiveness

We recognise that our partners operate in different environments, often very challenging ones, that their circumstances change and that they need to be constantly adapting their services to respond to their communities' needs. We believe that it's important for us to be quick, flexible, and empathetic, so that we can support them in the best possible way in their important work.



## Creativity

We value creative work and creative communications as we see the power this has in engaging people with the topic of mental health, humanising and destigmatising mental health struggles, and shining a light on the wealth of innovation in the sector.

# Our Approach

We base our approach on five pillars:



## Participatory leadership

The SHM Foundation team works together to set the strategy for the Foundation and design programs. We all work very closely together, enjoying open and collaborative ways of working.



## Community-led design

We collaborate with communities to co-design programs, implement them and evaluate their impact. We value the wisdom and first-hand experience of our participants and we believe that effective and sustainable programs can only be designed together with them.



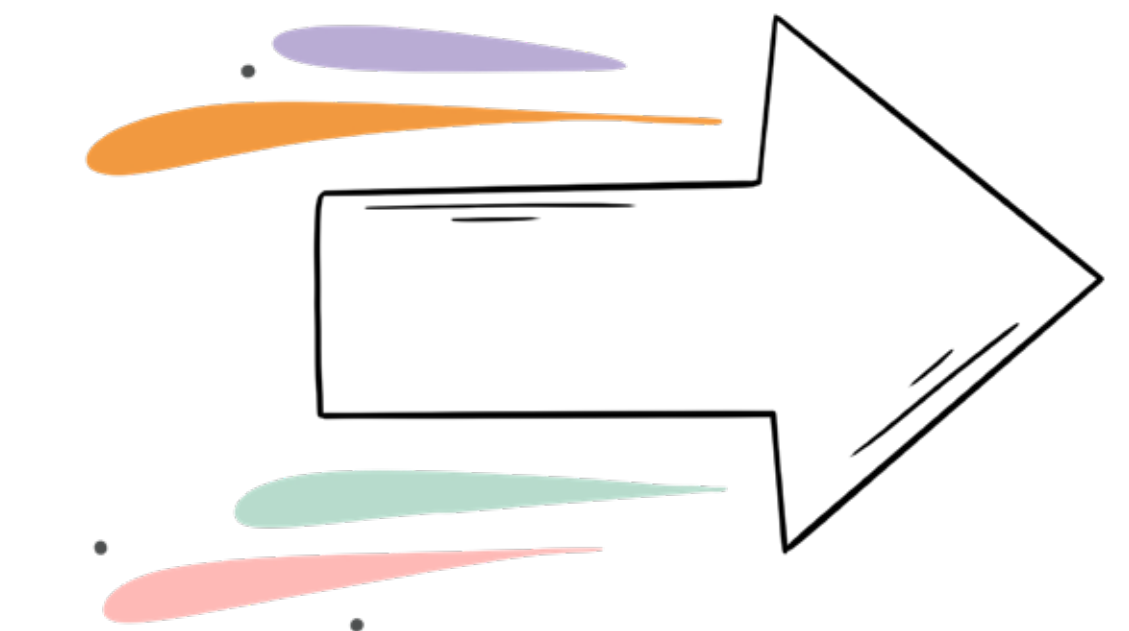
## Caring ethos

We dedicate time and resources to supporting the wellbeing of our team, partners and participants. For us, this is a priority, not an add-on.



## Creative mindset

Art and design are powerful tools in helping people express their stories and enabling others to connect with them, and in showing those perspectives the respect they deserve by taking care in the way they are captured. That's why creativity has a central place in all our work.



## Responsive Innovation

The world is constantly changing, so we are too. We are always learning, innovating and adapting so that our work remains relevant and impactful, and so that we can act fast when our support is needed most. We are not afraid to pioneer new approaches.

# Our Projects

## At a glance

We work in three different areas: **Mental Health and Wellbeing; Education and Livelihoods; and the Arts**

## MENTAL HEALTH & WELLBEING

**Mental health was one of the very first areas that the SHM Foundation started to work in 13 years ago.** Our work started in Mexico when Anna, now the director of the SHM Foundation, noticed that men and women living with HIV were facing high levels of stigma and had few opportunities or spaces to share their stories and find solace, support and advice from their shared experiences. This sense of isolation was having a negative impact on both their mental and physical health.

Anna, working with Maurice Biriotti (CEO of SHM Productions, a consultancy firm), co-founded a project called **Zumbido**, looking at how to provide support systems for those living with and affected by HIV in Jalisco, Mexico. The mobile phone seemed like the perfect tool to enable this model: it was accessible and enabled immediate and intimate communication. Using a group SMS technology, a support group via text message was designed, allowing participants to send and receive text messages

within a closed group of 10 to 15 participants in rural and urban areas. Within a month, the group participants exchanged over 500,000 text messages.

Over the next 13 years, the Zumbido Health model has been refined, adapted and replicated in the UK, Guatemala, South Africa, Zambia and Zimbabwe and it is now a flagship program of the SHM Foundation in the area of health.

Over the years, we learnt through this work that mental health is a hugely important area, connected to so many other parts of life and that community-based initiatives are particularly well placed to respond to mental health needs in their settings. The problem is, they don't get the visibility and resources they need to sustain and grow, and the expertise and insight of local initiatives too often goes unrecognised.

That is why in 2018 we decided to found **Ember**, our flagship mental health programme that mentors and funds excellent community-

based mental health initiatives around the world. Ember's goal is to support a diverse, inclusive ecosystem of mental health care to flourish worldwide, so that everyone can access the help they need, where they are, in ways that work for them.



# Our Projects

## At a glance

### MENTAL HEALTH & WELLBEING



#### Zumbido

**The Zumbido Health model uses mobile phones to create virtual social support groups for vulnerable, isolated populations. These support groups are enabled by our digital platform, where participants discuss - peer to peer, at any time via text message - a range of issues pertinent to their condition or needs. Addressing social emotional wellbeing is crucial to improve the lives of people living with chronic health conditions. Under Zumbido Health we have run the following programmes this year:**



#### *Khuluma Productions* *South Africa*

Khuluma Productions is a continuation of our long-standing program, Khuluma, which we have been running in South Africa since 2013. The project aims to support long standing Khuluma mentors with their mental health & wellbeing, and enhance their employability skills. Most of the Khuluma mentors have previously been part of the Khuluma groups who decided to stay on and train to become supporters for other young people living in a similar situation.

Over this year social isolation, difficult family situations and economic hardships are some of the elements that have really been highlighted. This year we have focused on providing 20 Khuluma mentors with means, such as laptops and tablets, to be able to take part in the project activities through a number of COVID related lockdowns in South Africa; the mentors have been able to attend and to complete their respective courses in Computing and Life Skills with the Catholic

Institute of Education, in South Africa; they have taken part in the design of the digital support groups for 44 new adolescents living with HIV, including recruitment, groups facilitation and monitoring; and 6 mentors have also started to work on the research study about the insights and current issues young people living with HIV/AIDS face.

The findings of this work will be available at the end of 2022. Furthermore, we have provided digital support groups for 44 new adolescents living in semi-rural areas in Pretoria. The insights from the groups as well as the above mentioned research piece will inform further direction of this programme and what the key ingredients are for its sustainability.



#### *AT2030* *Indonesia and Sierra Leone*

The SHM Foundation is collaborating with the Bartlett at the Development Planning Unit of University College London (DPU) as part of AT2030, a large-scale research and innovation programme involving 9 million people that aims to improve access to life-changing Assistive Technologies (AT) such as wheelchairs, hearing aids, glasses and digital assistance (including smart phones and accessible software). We worked with DPU and local organisations in Indonesia and Sierra Leone to understand patterns of use, challenges and attitudes towards mobile phones by people living in informal settlements, particularly people with disabilities.

Drawing on insights from this research, we then designed a mobile phone-based intervention in Freetown, Sierra Leone, to support increased access to and dissemination of accurate health information by people with disabilities and their carers in new ways. It also provided important information to Africaid Zvandiri about some key issues that the CATS were facing so the organisation was able to remain responsive to their changing needs.

# Our Projects

## At a glance

### MENTAL HEALTH & WELLBEING

#### *The Young Mother's Lounge* *Zimbabwe*

The project aims to scale up an integrated virtual support system for pregnant and breastfeeding mothers living with HIV to improve health & wellbeing. It layers on top of Zvandiri's Young Mentor Mother (YMM) program that trains adolescent mothers to support their peers with adherence and Sexual Reproductive Health services. It leverages SHM Foundation's advances in virtual psychosocial support to provide YMMs & Young Mothers with a single mobile platform where they can access support and training.

The overall objective of this project is to build an integrated virtual support system for Zvandiri's YMMs that has a cascading impact on their beneficiaries. This year we have focused on training 75 YMMs in delivering psychosocial support in a safe virtual space and working on a 'tool box' to improve their resilience and independence.

The tool box contains certain tools that the Young Mothers have voiced that they need such as mental health sessions and tools in economic strengthening- this will overall help improve their overall wellbeing.

We have also started a recruitment process and a set up of digital support groups for 750 young mothers living with HIV in 11 regions of Zimbabwe.

Next year will be critical for this project and we will be looking to engage 750 young mothers in the digital support groups and looking at the benefits of this project for this population.



#### *Insaka* *Zambia*

The project is part of a larger collaborative study, funded jointly by the MRC and DFID, aimed at addressing the needs of adolescents living with HIV in Lusaka, Zambia. Over the course of 2020 and 2021, The SHM Foundation, in collaboration with Zambart, provided a peer-to-peer support group intervention component for adolescent pregnant women aged 15-24 years living with HIV, with the aim to find out if taking part in the mobile phone-based peer-to-peer support groups can have positive biomedical outcomes around adherence. 63 participants took part in support groups facilitated by peer support workers and levels of engagement for this group were exceptionally high, with participants sending over 70,000 text messages. When this project came to an end, the Insaka participants expressed the will to continue to interact and support each other.

In order to facilitate this, we have been able to redirect funds to facilitate four workshops between November 2021 and March 2022 aimed at understanding what worked, co-designing a new iteration of the model and innovating the technology platform. The findings from these workshops are currently being analysed.

# Our Projects At a glance

## MENTAL HEALTH & WELLBEING



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### Ember

Ember Mental Health is a programme by the SHM Foundation, founded in 2019 in collaboration with the Mental Health Innovation Network at the London School of Hygiene and Tropical Medicine.



Ember aims to radically transform the landscape of global mental health. We believe addressing the global mental health crisis does not lie in identifying a few “silver bullet” solutions, but rather in nourishing a diverse ecosystem of care that grows from within communities.

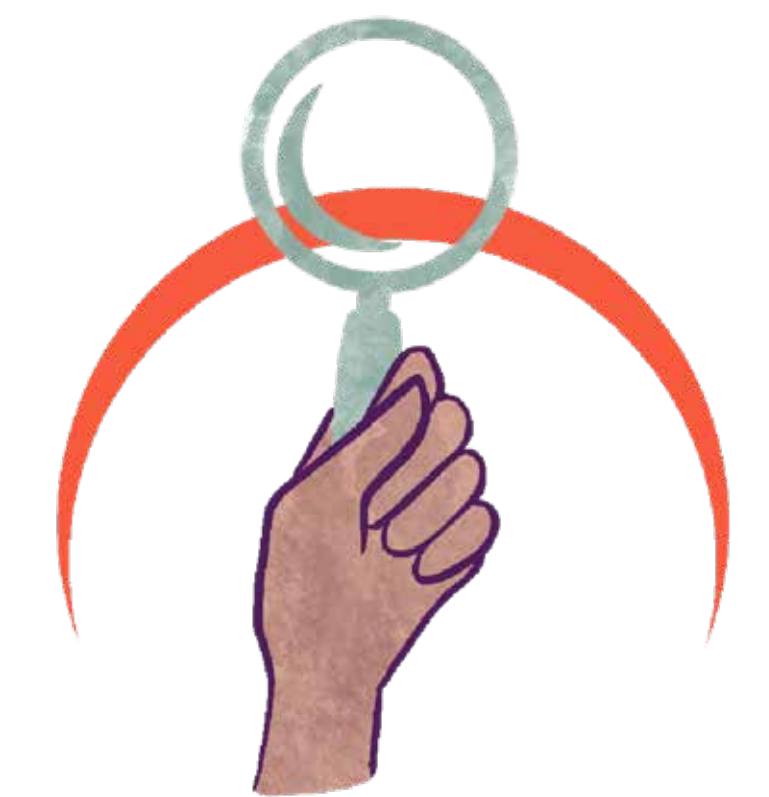
Through the Ember Fund, we support and invest in innovative locally-led mental health initiatives in low-resource settings by providing tailored support composed of both mentorship and funding, so that they can grow and thrive.

Over the last three years we have incrementally piloted and refined the Ember model. The overarching impact of our work in the long-term is that the initiatives who partner with Ember are more able to sustain their important work; to scale it up or replicate it in line with their ambitions; and innovate their models to address new needs.



All of this means that they reach more people with psychosocial disabilities, and have a bigger and more sustained impact in the diverse dimensions of mental health in which they are operating.

By implementing Ember’s radically different approach to supporting mental health initiatives that combines elements of business consultancy, participatory design, creative learning and trust-based philanthropy, we aim to impact not only the initiatives we partner with in our cohorts, but also to contribute to the efforts of creating a flourishing global mental health ecosystem, with different elements contributing symbiotically to the overall health of the whole





# Summary of our Achievements

## MENTAL HEALTH & WELLBEING

We at the SHM Foundation are particularly proud of the following achievements in mental health and wellbeing.

The achievements are cutting across both of our initiatives Zumbido Health and Ember.



**We have provided Khuluma Mentors with opportunities to use their skills; improved their access to education; and increased their employment opportunities .**

Khuluma Mentors have played a key role in adapting and improving our approach to reaching out to new populations under the Zumbido Health model. They have played a key role in recruiting new participants for mobile phone support groups but also in advocating for improvement of health services for adolescents and young people and for raising awareness of the challenges that young people living with HIV face.

Moreover, Khuluma Mentors have embarked on their new educational journeys and graduated from their respective courses in Life and Computing Skills. Some of them have taken part in the Arts classes and have had a chance to discover their creative side. However, one of the biggest achievements of this year is that a number of Khuluma Mentors have secured jobs and have begun their career journey.

**We have continued to accelerate our mission to start changing the current landscape of global mental health and through our work have identified critical nutrients that are needed to support a flourishing Global Mental Health ecosystem.**

We have accelerated our efforts to identify and to bring onboard new funders starting to fund in the Global Mental Health field but unsure where, what and how to fund. It's become clear that leveraging our insights, network and resources to influence their approaches and bring more stakeholders into the mental health fold is a critical priority. To this end, we are working to gather insights, grow our network, boost our visibility and expand our mission to achieve this.

We have supported 19 mental health organisations in 12 countries to provide them with the visibility and resources they need to sustain and grow. We

selected 9 new initiatives which have started the first phase of the Ember partnership and have implemented a tailored mentorship plan. We chose 5 initiatives from the previous Ember cohort to invest in, providing them with funding and light touch mentorship.

We have created the Ember Spark Award to recognise, promote and support the development of promising early stage mental health initiatives. 6 initiatives have received a small, one-time, unrestricted donation, as well as the opportunities to connect with the Ember team and other innovators.

Through the Ember Transformation Fund, we have supported CAFS, one of Ember's partners in Sri Lanka, to complement their innovative thinking with financial support so that they can continue to best meet the needs of their communities during the current Sri Lankan economic crisis.

[\*\*\*Find more detailed information about news from the Partnerships.\*\*\*](#)

# Summary of our Achievements

## MENTAL HEALTH & WELLBEING



### **We have been evaluating our impact, publishing results and boosting our visibility**

We have conducted a global survey to investigate the challenges community-based initiatives face in navigating the MH funding system. 128 organisations took part in the survey from 28 different countries, featuring a wide variety of approaches and areas of focus. Most of the organisations had small teams of under 15 people, where 70% reported reaching over 500 people. Some teams – both small and big – described supporting areas of up to 500 000 people. The survey findings highlighted various challenges in the current funding landscape.

In May 2022, we published a paper in BMJ (British Medical Journal) about “Supporting community-based mental health initiatives: insights from a multi-country programme and recommendations for funders”. The Ember paper is now in the top 5% of all research outputs ever tracked by Altmetric.

In June we hosted an Ember webinar on the topic “How can funders and international partners help community-based mental health organisations in the Global South thrive?” where four innovators shared their insights on what support and resources are necessary for their projects to be sustainable. The webinar was attended by over 30 people.

A number of Khuluma Mentors participated in a lecture for the London School of Hygiene and Tropical Medicine HIV Masters’ course and they received some very positive feedback from the students and the course director. In addition, the mentors participated in a study and worked on a short piece about young people living with HIV which will be part of the Voice&Agency Handbook on Gender&Adolescents, commissioned by GAGE ODI (Gender&Adolescence Global Evidence, Overseas Development Institute).

### **We have remained strong advocates for the central place that creative communication, such as storytelling, art and design, plays in helping people express their stories and enabling others to connect with them.**

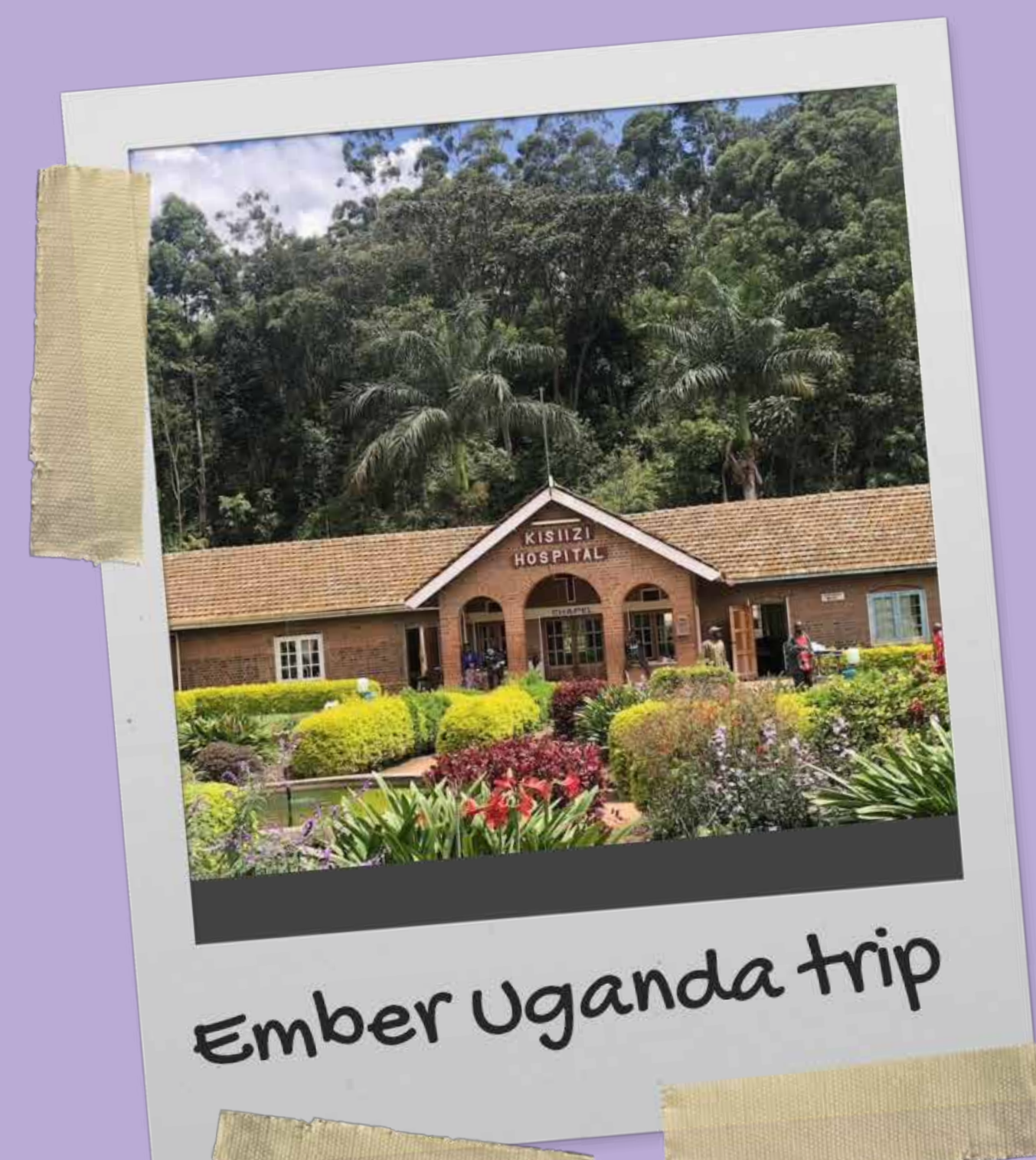
We visited our partners in Kenya to film a documentary about the community-based initiatives and the impact that they have not only on their communities but also on the entire ecosystem of the Global Mental Health field. The premiere of this documentary is planned for 2023.

We have launched our first podcast series, Sparks of Care, talking to the people behind the initiatives who often have incredible stories about the reasons behind what they do - but those stories rarely get told.

[Listen to the podcast mini-series.](#)

# Summary of our Achievements

## MENTAL HEALTH & WELLBEING



### We have expanded our networks

We secured a new funder for Ember and initiated interesting conversations with two other funders.

Ember was invited to attend the Wellbeing Summit for Social Change in Bilbao, focused on the intersection of wellbeing, social change and art. Ember team has visited a total of 5 Ember partners in Uganda, Kenya and Argentina.

Ember was invited to join Future Mental Health Collective run by Kokoro Change, an international network of funders and philanthropists committed to shaping funding practices in the global mental health and bringing more funding into this area. We have been providing insights and expertise on this.

### We have continued to support wellbeing of both Ember partners and Khuluma mentors

Through the Ember Wellbeing Fund, we have supported the health and wellbeing of all our partners' teams.

We have also continued giving out a small amount of unrestricted funds towards teams' wellbeing. At Ember we strongly believe that only by nurturing their own mental health can caregivers continue their work and avoid burnt out.

Khuluma Mentors have been supported by our qualified team with a background in psychology and each mentor has been offered tailored mental health and wellbeing support according to their needs. They have also been provided with access to technology, such as laptops and tablets, so that they could better participate in the programme activities and take part in their respective educational courses.

# Our Projects

## At a glance

### Education & livelihoods

Education was one of the first areas which the SHM Foundation was involved in. Our Co- Chair, Professor Henrietta Moore, had established her academic work and relationships with many young inspiring people in Eldoret, Kenya, long before the SHM Foundation's official conception.

In the area of education, we look to increase active citizenship of children and young people. We believe that the best way of responding to social and political challenges is to get people to take a lead. We aim to equip people to understand and tackle the issues they care about.

### Marakwet Education Project

In Kenya, we've continued to support the Marakwet project, which aims to improve the transition from primary and secondary education to higher education. We are proud of all of our students who have continued their studies during this challenging year. In total, we supported 39 students studying a range of qualifications.

One of the highlights this year has been our meeting with some of the students in Nairobi. We spent a nice day, talking about their excellent academic achievements, their future plans, but also the challenges that they face due to the worsening economic situation and the Kenyan elections.



The SHM Foundation team assured the students that the Foundation remains committed to supporting them in their education but that we also want to extend our support beyond their educational needs and design a wellbeing package that would address some of the challenges that the students face.

# Our Projects

## At a glance

### Education & livelihoods



### Project Noor

**Project Noor is a new project implemented by the SHM Foundation in partnership with the Max Barney Foundation. The aim of the project is to work with a demographic group that is particularly disadvantaged when it comes to securing a decent livelihood: older refugee women of Middle Eastern heritage.**

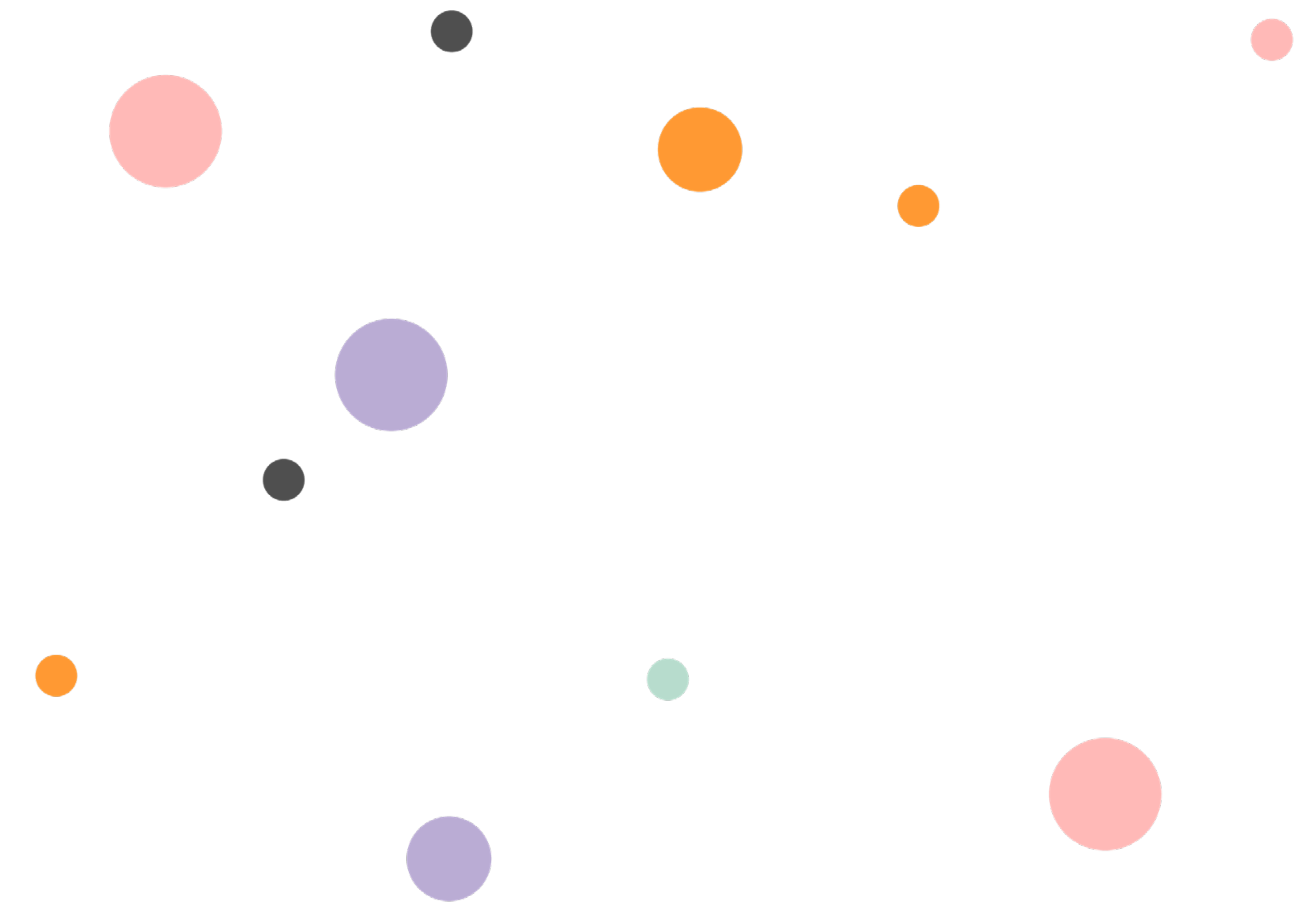
The purpose of this project is to support these women into employment or self-employment by the end of the project through working with them to co-design solutions to the barriers they face in getting there. We are taking an integrated participatory and person-centred approach to this work, while drawing upon the SHM Foundation's existing tools, resources and expertise. The project's two primary objectives are to improve the employment status and employability of the participants and to develop assets, methodologies and tools that can be used to reproduce and scale up the person-centred approach that we are looking to develop in this project with other refugee communities in future.

Through the connections we made in the first stage's needs assessment, we were able to map out the available support services provided by organisations, individuals and the Home Office, and create a referral network that helped us to utilize the available resources in the best way possible, without duplicating any existing work. We provided support for 12 women so far, with varied resources, activities and services provided across the cohort, depending on their needs. Some participants have continued their language lessons accompanied by digital literacy classes, job-specific training and other types of personalised support to gain the skills needed to start applying for jobs and getting the job they aimed towards. Others are

getting specific career-related training by interning and working part-time to gain experience. We utilised our expertise and resources in combination with our referral's partner organisations to be able to provide the best support possible.

Over the last year, we also designed a participant's identification and diagnostic tool to be able to use for each participant to highlight their needs and ambitions and also to serve as a monitoring tool during implementation. One of the biggest achievements of the Project Noor has been that all 12 participants are either in full-time or part-time employment, and some are gaining valuable volunteer experience which will help them gain

paid employment. Another thing that we are proud of is the positive feedback the participants shared with us. They told us that having been part of an initiative where participants share a common background, language and sometimes culture is very important to them and it makes a positive impact on their day-to-day lives as well as it makes their integration easier.



# Our Projects

## At a glance

### Arts

**The SHM Foundation's work in the arts is based on the vision that great art should be for everyone and should be an integral part of how we learn.**

Over the years we've supported a number of projects in visual arts, music, and theatre that aimed to expand the pool of people benefiting from excellent artistic experiences.

ROYAL  
ACADEMY  
OF  
MUSIC

### The Royal Academy of Music

This year we have continued working on a project with the Royal Academy of Music, an institution that nurtures talent, scholarship and performance at the highest level of classical music. Programmes dedicated to community outreach, and to widening access to and participation in the Academy's activities, are core to their mission.

Using our creative and participatory methodologies, we worked with the Academy to gain a qualitative understanding of the full value and impact of this work. We have developed a participatory research process that students involved in these programmes will use to evaluate their impact on the full range of stakeholders involved.



The Royal academy of music  
open academy



Little Amal

### Good Chance Theatre and Little Amal

We continued to support Good Chance Theatre and their project, Little Amal Walk, that is based on the figure of Amal, a nine-year-old Syrian refugee, who was looking for her mother as she made a journey across Europe to the UK.

The project draws attention to the lives of migrants and refugees making their way from Syria to the UK and it is a story of creation, partnership, and extraordinary scale. 3.5m tall Puppet, called Amal, visited 8 countries, walked 8,000 km walk, and saw thousands of people taking part in activities. We are very honored that we could support this extraordinary project.

# Our Projects

## At a glance

### Arts

#### The Barbican Centre

We continued to support the Barbican Centre and its programme of activities. Our support contributed to Barbican Box 2021/2022 that focused on music, using the theme of 'empowerment', as a starting point for creative exploration.

The project focused on engaging teachers in schools in the East London boroughs to adapt activities to the needs of their group and build links to the National Curriculum.

Our support also contributed to several other projects, promoting access to music from early years children to secondary school students. In addition, we had the opportunity to support some of the projects and performances under the Visual Arts Programme; Theatre; Cinema; and Music.

#### Spitalfields Music

This year we have funded a project by Spitalfields Music, a creative charity in East London, whose aim was to support the wellbeing of primary and secondary school students through music. In the aftermath of the pandemic, schools in the Tower Hamlets and City of London are facing a crisis with the mental health and wellbeing of the students in their care.

This programme aimed to address this issue through a series of 3 hour music workshops to help students enhance their confidence and emotional literacy by focusing on the power of the voice and music as tools to unite and connect us. Working with the composer and workshop leader Raph Clarkson and Martha Wainwright of the charity Mindful Music, Spitalfields Music not

only ran 11 workshops with primary and secondary school students, but also ran sessions with teachers - who had reported to Spitalfields Music that they felt unequipped to deal with many of the mental health challenges they faced in their classrooms - and created a resource pack to assist them in using mindfulness techniques in their teaching and pastoral roles.

The project has formed a core element of the schools' enrichment programmes on the return to school and an opportunity to unpack and begin addressing the many mental health challenges these schools are facing post-Covid.

# Our Future Plans

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**We want to remain relevant and responsive to what is going on in the world and to our partners' needs.**

We are planning to revisit the foundation's overall strategy to ensure that it reflects the foundation's vision and mission across all three areas of our work which is Health; Education & Employment; and the Arts. We want to be better able to articulate the importance of these three areas and the overlap between them across our global programmes.

**We will continue working towards addressing global mental health challenges**

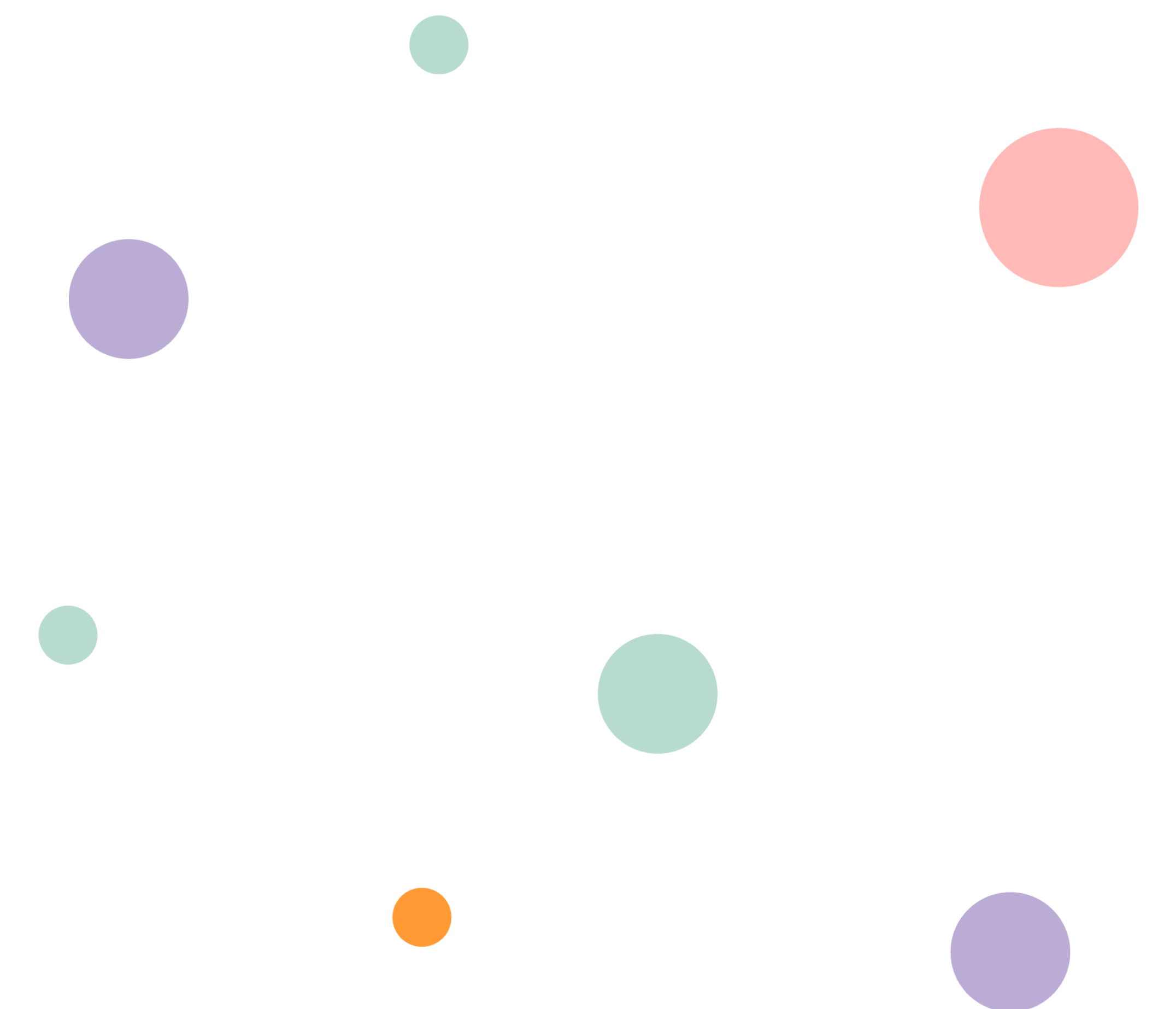
and meeting global mental health needs. We will continue supporting community-based organisations in the Global South and growing a healthy global mental health ecosystem of care that grows from within the communities that we support. We are committed to looking for like-minded co-funders and partners that will help us grow the Ember Fund to support and invest in innovative mental health initiatives in low-resource settings so that around the world millions more people can access the care they need, where they are, in ways that work for them.

**We will continue supporting people into education and employment**

and creating opportunities for self-realization, growth, and prosperity for the people that we serve and for our team. We will keep supporting art projects, not only in the UK but globally, as we believe that the arts have the power to transform people's lives for the better no matter what challenges they may face or where in the world they are.

**We want to keep expanding our network of like-minded partners**

as we believe that the group of people with a similar vision can achieve much more than when one works alone. We will keep working very closely with our amazing board to make the SHM Foundation even stronger and even more impactful that it is today.





# Our Board of Trustees

We are very grateful to our Co-founders and Co-chairs, Professor Dame Henrietta Moore and Professor Maurice Biriotti, and our Trustee Professor Sarah Fidler, for their guidance, motivation, and support. We look forward to many more inspiring board meetings in the coming year and to bringing on board new trustees to join the SHM Foundation Board.

# Our Partners

None of our work would be possible without our partners.

We would like to thank the **Max Barney Foundation** for helping us to support refugee women in the UK into employment.

A big thanks goes to the **Vitol Foundation** for their continued support with Khuluma Productions and Ember Mental Health.

We would like to thank **ViiV Healthcare Positive Action** for their continued support with the Young Mentors Mothers Programme that we run in collaboration with Zvandiri in Zimbabwe.

When it comes to our academic partners, we are grateful to **Imperial College London; LSHTM; Zambart; the University of Pretoria; University College London; and OPHID Zimbabwe**. Furthermore, we would also like to thank the Bartlett Development Planning Unit (DPU) at **University College London (UCL)** for engaging our expertise in the AT2030 Project.

We are also very grateful to our implementation partners: **Zvandiri; Kalafong Hospital; the Mental Health Innovation Network; FEDURP (Federation of the Urban and Rural Poor); and SLURC (Sierra Leone Urban Research Centre)**. Collaborations with these partners have enabled us to successfully run our two flagship programmes – Zumbido Health and Ember Mental Health.

This year, we have met some wonderful new partners who are helping us to change the landscape of Global Mental Health. These are **Kokoro Change** and the **Wellbeing Project**.

A very special thanks goes to **SHM Productions Limited**, our main partner and pillar, for all their support and without whom our work would not be possible. Thank you!



# Our policies

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## Policy on reserves

There is **£256,241.58** in the CAF account. The Trustees have decided to maintain free reserves in unrestricted funds in the CAF account at a level which equates to approximately 10 -12 months of unrestricted charitable expenditure. The trustees consider that this level will provide sufficient funds for the running of the Foundation assuming no other funds are received.

## Policy on grant making

The SHM Foundation's grant making has continued to focus this year on grants that support projects in health, learning, citizenship and the arts. Proposals are invited by the Trustees or initiated at their request. The Foundation works directly with the beneficiaries of each of its projects. Unsolicited requests for funding are not encouraged.

## Additional governance issues

The Trustees are directors and shareholders of SHM Productions Limited. During the last year, the Charity's principal sources of funds were donations received from SHM Productions Limited and from income generated from the investment of capital as well as donations made by other charitable bodies to develop collaborative projects with the Foundation. The Foundation always works collaboratively with partner organisations that share its charitable goals and objectives to ensure good governance and sound financial management.

## Trustees' consideration of major risks and the systems and procedures to manage them.

The Trustees consider on a regular basis if there are any major risks to The SHM Foundation along with any risks there might be to specific projects that they are currently running. The Trustees are confident that there are adequate systems and procedures in place for reviewing risks and will continue to keep these processes under review.

# Our financials

## The SHM Foundation grants were made to the following projects:

- A grant of **£18,501.16** was made towards the Marakwet Education Project.
- A grant of **£10,000.00** was made to Spitalfields.
- A grant of **£5,000.00 (5,956 EUR)** was made to Humans in Danger to provide humanitarian assistance in Ukraine.

## Project Ember:

A joint funding model between Vitol Foundation, SHM Productions and the SHM Foundation allowed us to give out grants to the Ember partners.

A total of **£107,274.91** was made to Twogere Community Initiative, RhoNaFlo, Read For Your Life, Awesome Mind Speaks, Shanduko Yeupenyu, CAFS, Open Hands, Mental Health Service

Users Association, Hope Restoration & Health Initiative, Huertomanias, Global Mental Health Peer Network, Girls for Girls, Church of Uganda Kisiizi Hospital, Mental Health & Wellbeing on Campus, KPSI, The Taala Foundation and Positive Konnections – Renewal.

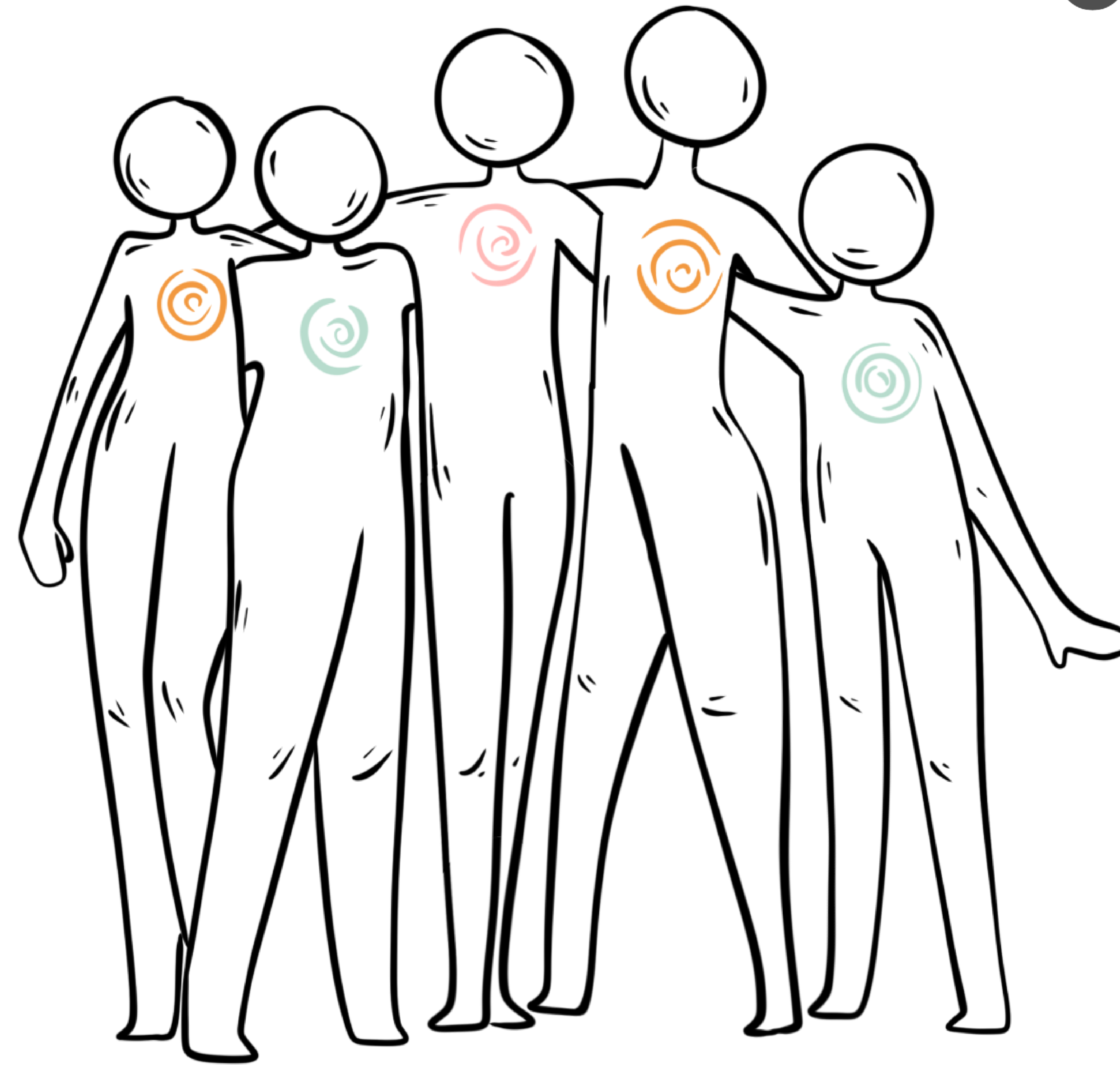
## Donations:

**We received a total of £571,344.63 in donations and grants.**

- We received a grant of **£221,390.00** (305,252.00 USD) from Vitol Foundation for the Ember Project.
- We received a grant of **£27,493.43** from Imperial College of Science, Technology and Medicine for the Yathu Yathu Project.
- We received a grant of **£6,989.80** from London School of Hygiene

and Tropical Medicine for the Zvatinoda Project.

- We received a grant of **£19,280.00** from University College London for the AT2030 Project.
- We received a grant of **£2,500.00** from The Royal Academy of Music.



<https://www.shmfoundation.org>

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