

The SHM Foundation
Annual Report
September 2022 - August 2023



Our Year



It has been another great year for us at The SHM Foundation. We have continued to strive to remain relevant and responsive to what is going on in the world and to our partners’ needs.

We believe firmly in the ripple effects that are felt in communities, organisations and societies, when people feel supported, cared for and capable to exercise agencies in their own lives.

We have seen some incredible outcomes of work by taking this approach across all three areas we work in: Arts, Mental Health and Wellbeing, Education and Livelihoods. We hope you enjoy reading this report and getting to know more about our work and also our future plans!

None of our work would be possible without the incredible team that works at the SHM Foundation- we are a truly global team with diverse backgrounds and skills, and collectively speak over 15 languages!

I would like to say a huge thank you to all the members of the team who have really worked so hard to make a positive difference in people’s lives and their communities across the globe:

Ashleigh Beukes
Desmond Chauke
Francesca Zinetti
Georgina Miguel-Esponda
Given Monama
Helena Carone Wheatley
Hugo Schlesinger
Jara Lindsay
Joshua Olins
June Larrieta
Luma Samawi
Malebo Ngobeni
Natasha Adomako
Olivia Gutierrez
Ranwa Alkateb
Rini Sinha
Kelebogile Motlopye
Sama Basil Kamal
Tebogo Konkobe
Victoria Marks
Dr Vittorio Sandri
Yasmine Uddin
Zuzana Figerova
and our amazing team of Khuluma mentors in South Africa.

Lastly, we are forever grateful to our founders **Professor Maurice Biriotti OBE** and **Professor Dame Henrietta Moore** for their continued support and generosity to the SHM Foundation alongside **Professor Sarah Fidler** who has supported us with invaluable guidance and advice.

Anna Kydd
Director of The SHM Foundation

About Us

The SHM Foundation is 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.

Our mission is to support people and communities in developing solutions to the challenges they face, in the ways that work for them.

We support people, communities and organisations to improve their mental health and wellbeing; gain new skills, knowledge and employment opportunities; and access excellent artistic experiences that enrich their lives.

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.

Based in the UK, we have offices in London and Pretoria, South Africa, and work with partners in **14 countries**.

Since 2008, we have reached 250,000+ people in 19 countries through 79 projects.

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 **£286,417.45** to fund our global initiatives.



Our Values

At the SHM Foundation, we strongly believe that to work well as a team and to produce high quality work, we must uphold shared values. However, our values are not just inspiration. We put them into practice every day.



Care & Kindness

We promote wellbeing.
Our foremost focus is to look after one another and the people we work with. 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.



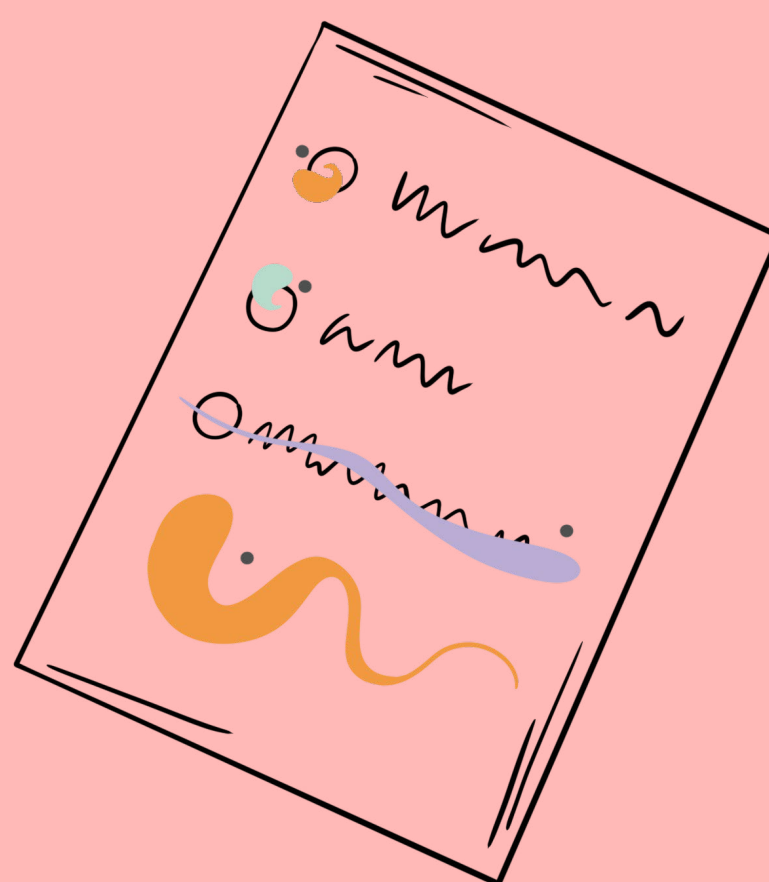
Connection

We promote participatory leadership.
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. The SHM Foundation team collaboratively establishes the Foundation's strategy and develops its programs. We maintain a close-knit, open, and cooperative work environment.



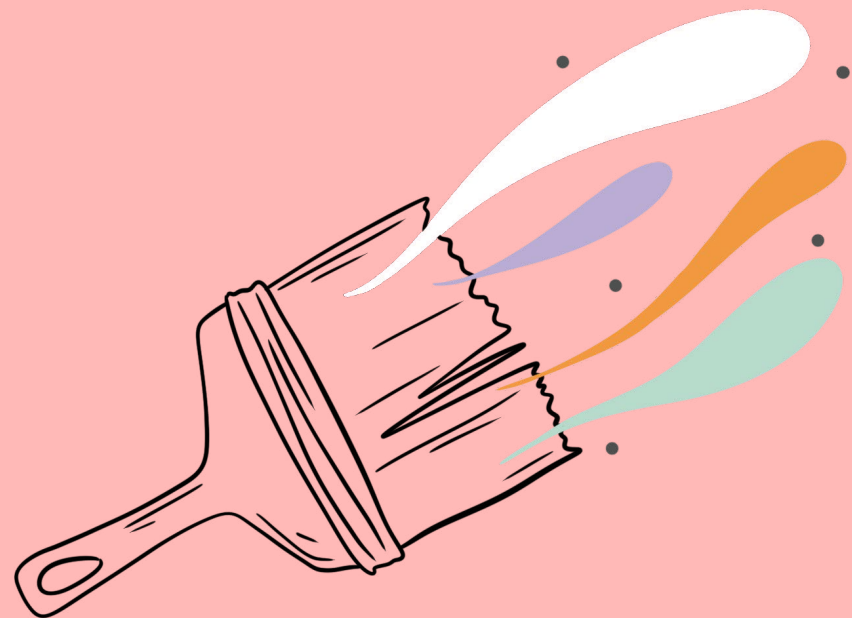
Commitment

We collaborate with communities to co-design programs.
Our commitment to our partners and delivering the support they require is unwavering. We value the wisdom and first-hand experience of our partners and participants and we believe that effective and sustainable programs can only be designed together with them.



Responsiveness

We pioneer new approaches.
We live in a changing world and challenging times. Every facet of life brings a different challenge, and hence we believe that adaptability, responsiveness and kindness are very important values. 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.



Creativity

We put creativity at the core of our work.
We see the power that creativity 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. We utilize art and design to facilitate self-expression, foster connections, and treat these perspectives with the respect they deserve.

Our Year At a glance

Seeing ripple effects
in action.

We believe firmly in the ripple effects that are felt in communities, organisations, societies, **when people feel supported, cared for and capable to exercise agencies in their own lives.**

We have witnessed this ripple effect in action across our projects this year.



The power of giving access to social support systems and wellbeing packages.



Livelihoods and enabling stigmatised populations to imagine new futures.



Igniting new connections and conversations.

Our projects span across three different areas; **Mental Health and Wellbeing**, **Education and Livelihoods**, and **the Arts**.

MENTAL HEALTH & WELLBEING

Ripple effects examples



Our Year At a glance

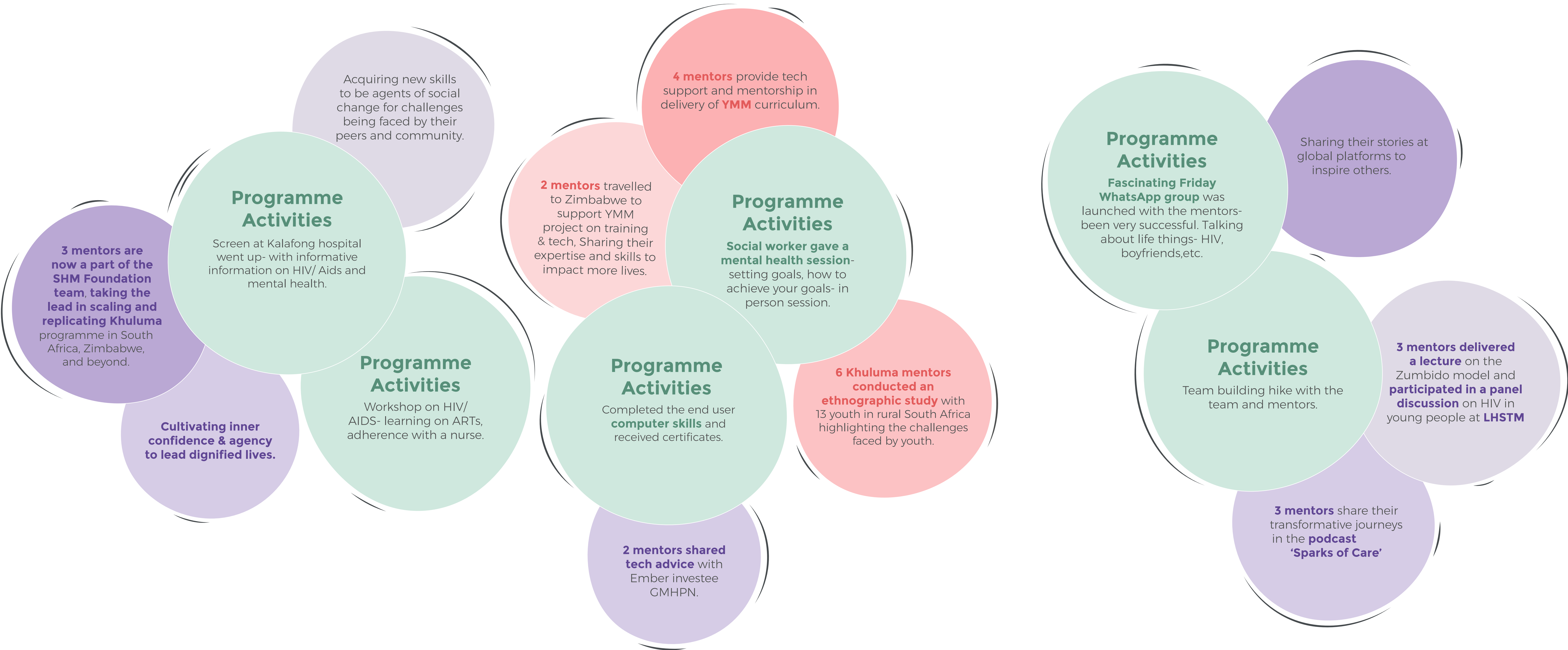
MENTAL HEALTH & WELLBEING

Feeling heard, connected and supported can have a ripple effect on young people living with HIV.



Khuluma
South Africa

Khuluma is a programme that aims to empower young people, living with and affected by HIV, by providing them with psychosocial and wellbeing support and improving their access to education and employment opportunities. The goal of the programme is for the young people to lead dignified lives by learning new skills and securing meaningful jobs, become inspiring role models in their communities, and sparked in them the confidence to chase their dreams.



Our Year At a glance

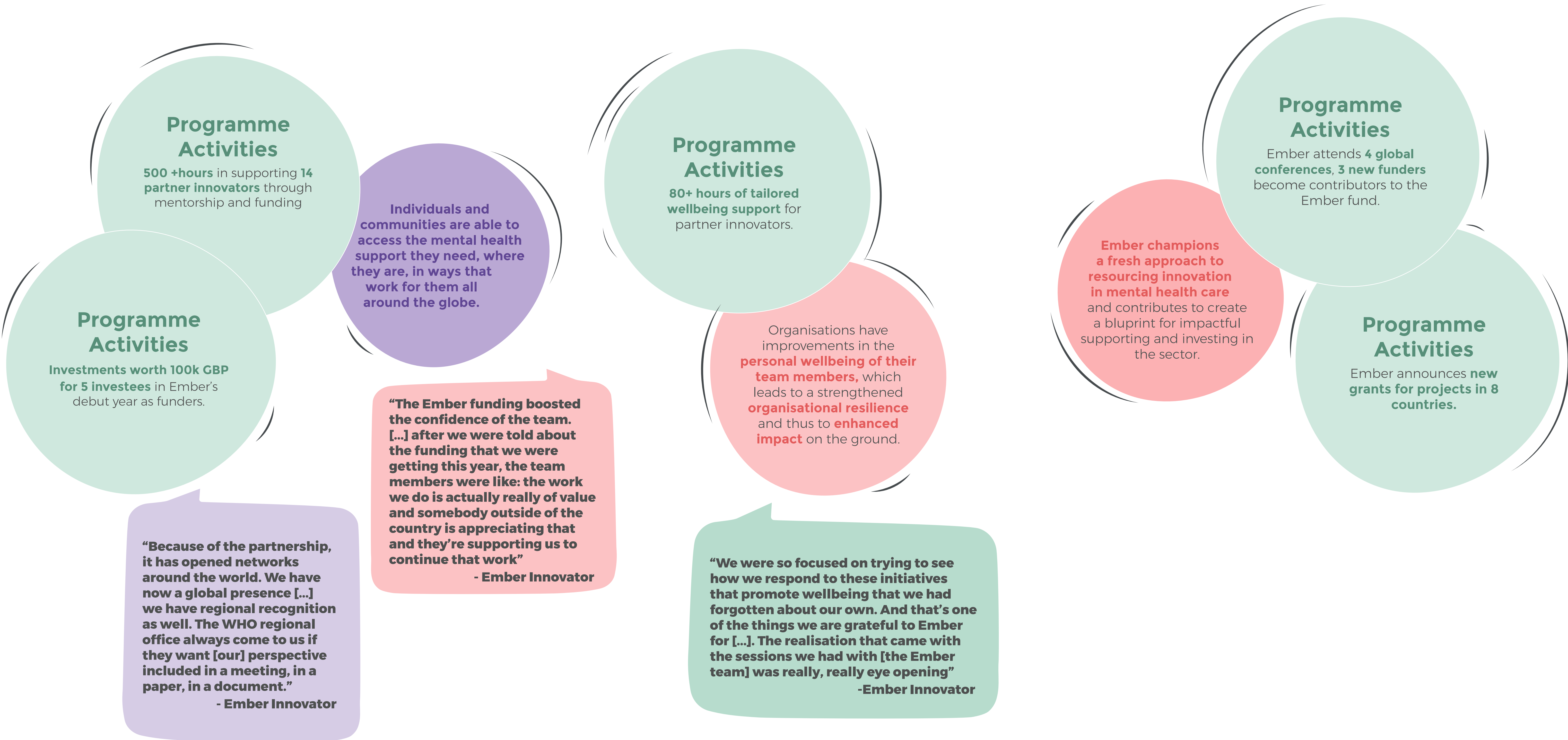
MENTAL HEALTH & WELLBEING

When community-based mental health initiatives experience a sense of capability, connection and care, it can generate a positive ripple effect in the ecosystem.



Ember Mental Health Global

Ember provides tailored support composed of both mentorship and funding to innovative locally-led mental health initiatives in low-resource settings so that they can grow and thrive.



Our Year At a glance

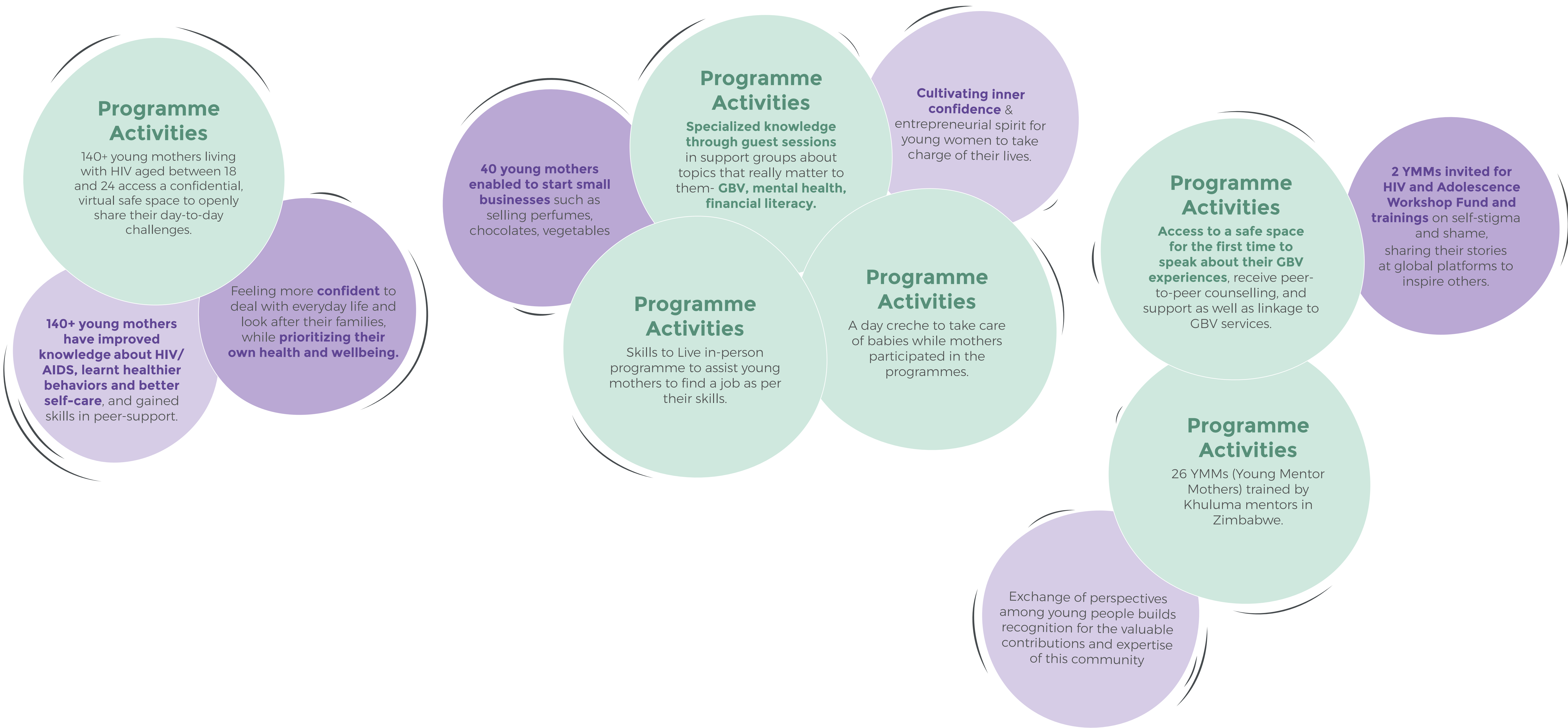
MENTAL HEALTH & WELLBEING

For young mothers living with HIV,
feeling seen and heard catalyses
the ripple effect of cultivating their
confidence.



YMM Project Zimbabwe

When young mothers aged 18 and 25 living with HIV,
residing in some of the remotest parts of the world
are connected to a safe virtual space for the first time,
it helps them unburden themselves by sharing their
vulnerabilities.



EDUCATION & LIVELIHOODS

Ripple effects examples



Our Year At a glance

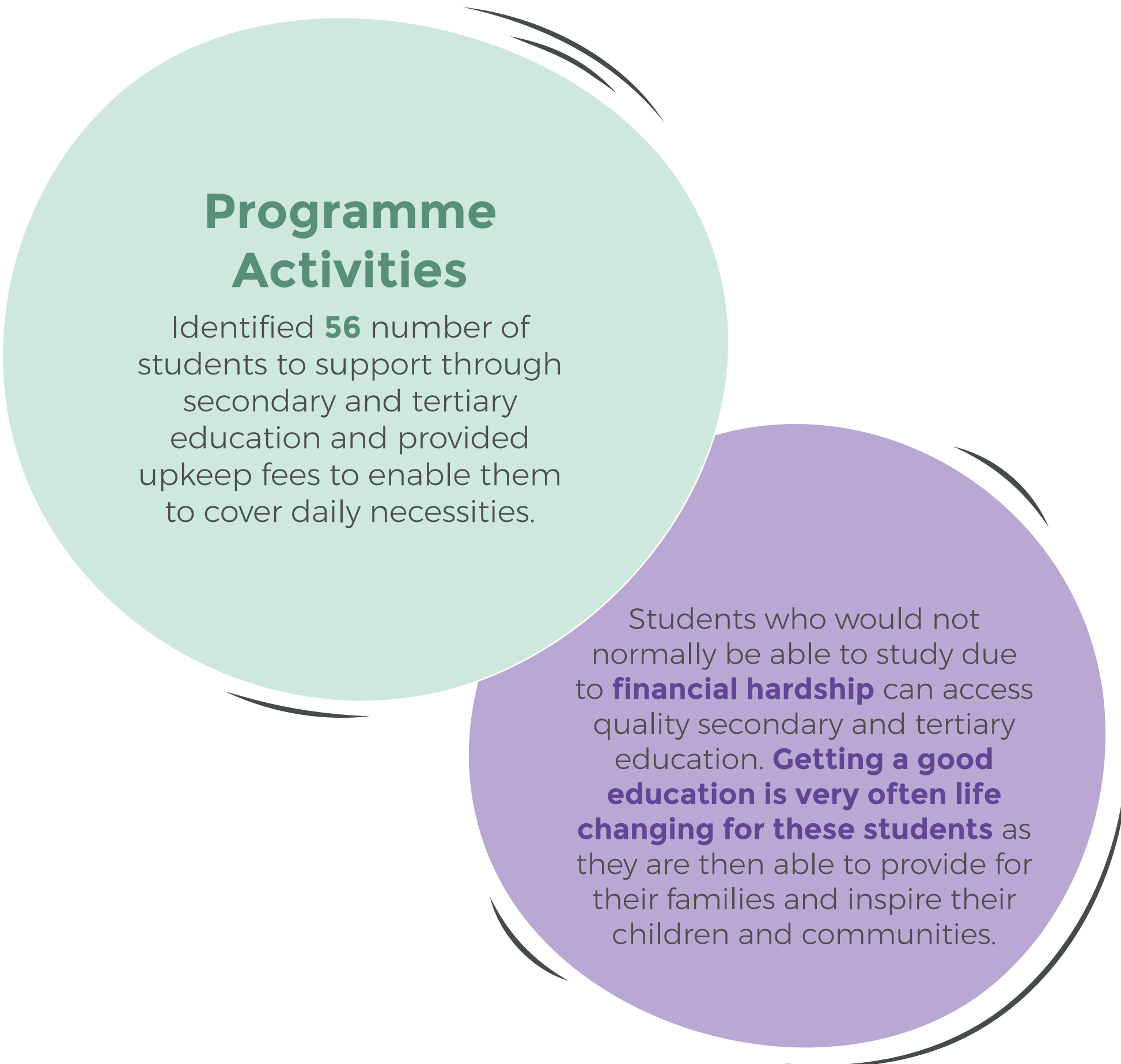
Education & Livelihoods

We recognise the *diversity* and *complexity* of people’s lives in today’s times. When people receive the tailored support they need, it equips them to *maximise their potential* and *pursue their dreams*.

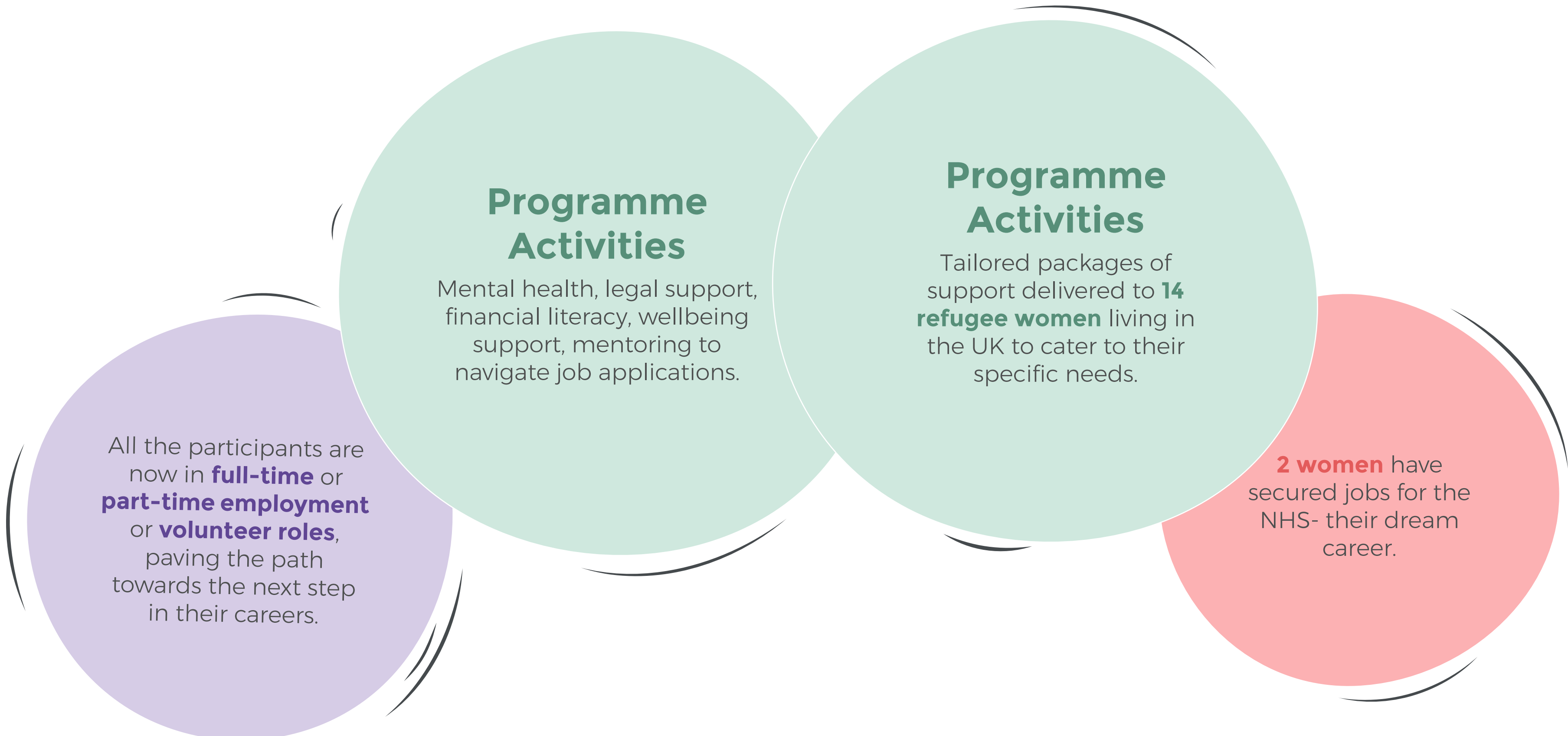
Feeling supported enables people to pursue their dreams



Marakwet Project Kenya

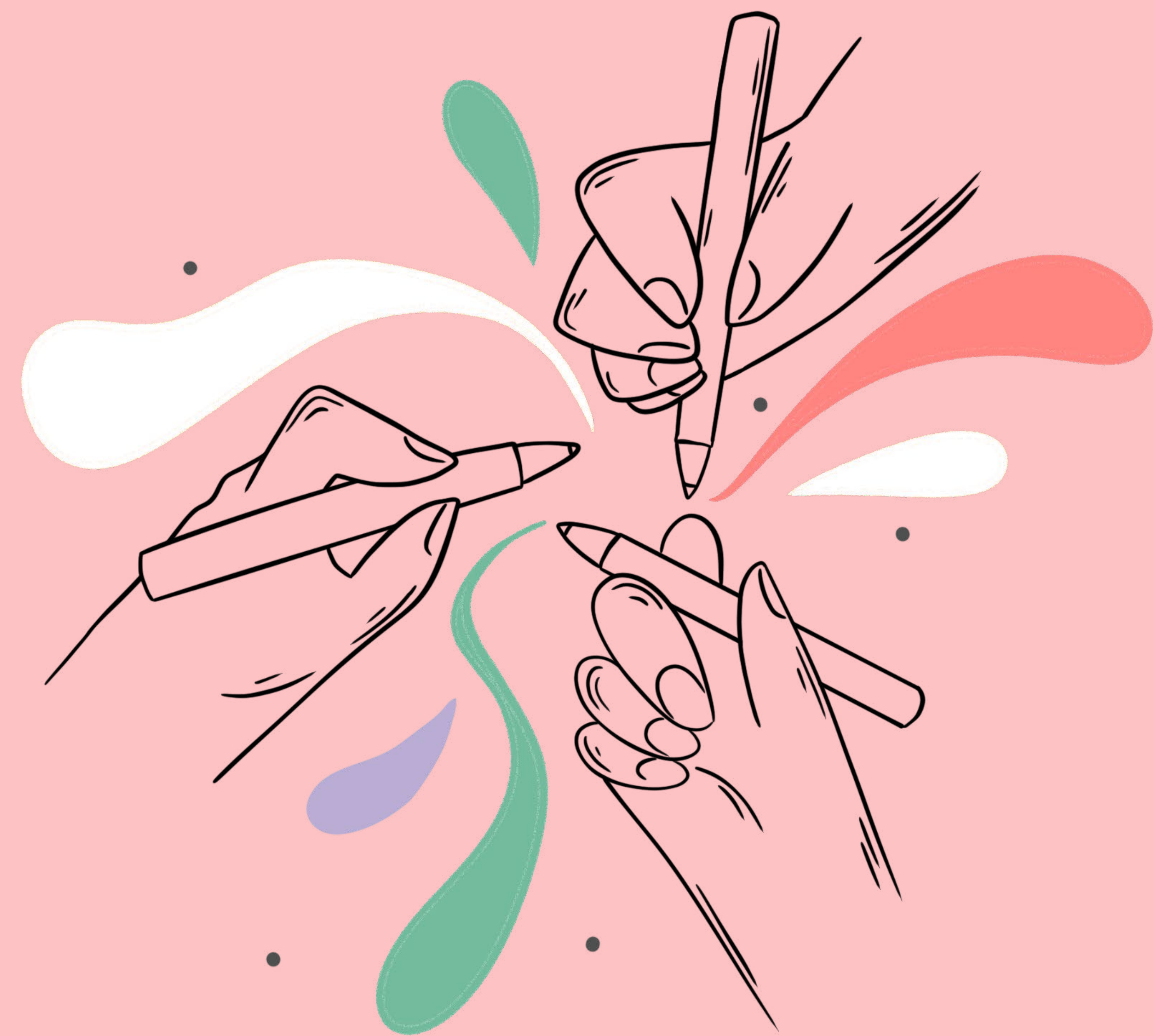


Project Noor UK



ARTS

Ripple effects examples



Our Year At a glance

Arts

At the SHM Foundation we envision a world where everybody can have access to excellent artistic experiences and opportunities. Art has the power to transform lives — and everybody deserves to experience it.

Communities feeling ownership through participatory approaches has a ripple effect.

ROYAL
ACADEMY
OF
MUSIC

Royal Academy of Music

UK

Programme Activities

Engaged with students and staff at the Royal Academy of Music to support them to create an evaluation framework for their work in communities so as to find ways to encourage and show the power that this work can have for individuals and communities in London.

Students and staff felt empowered and more engaged in the developing evaluation frameworks that make sense to them and the communities they work with. We hope these frameworks will continued to be use and new tools and methodologies will be added.

Spitalfields Music

UK

Programme Activities

Participatory workshop sessions to develop a bolder story telling about their work.

Developed a report on the impact that Spitalfields is having in the communities that they are working in that can be used for future funding to show the value of their work.

Our Future Plans

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

We are reviewing 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 look forward to expanding our operations in Sub Saharan Africa and to be able to better serve our beneficiaries in the region by registering the SHM Foundation as an official entity in Kenya.

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 more young people by enabling access to high-quality education and collaborating with private sector

to create meaningful employment 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 collaborating with more like-minded funders

to support more organisations working in the Global South 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 than it is today.

Our Projects

At a glance

Our projects span across three different areas: **Mental Health and Wellbeing;** **Education and Livelihoods;** and **the Arts.**

MENTAL HEALTH & WELLBEING

The Zumbido Health model uses mobile phones to create virtual social support groups for vulnerable and 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. We have diversified the Zumbido Health model and adapted it into different contexts for isolated populations and 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.

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.

Ember Mental Health Global

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.



Our Projects

At a glance

Education & Livelihoods

Marakwet Education Project

Kenya

This is the longest standing initiative of the SHM Foundation. The aim is to support girls and boys in secondary and tertiary quality education. We are supporting students who would not be able to access education without financial support from us. We are immensely proud of their achievements which go as far as completing a PhD degree for some of the students.



Project Noor

UK

Project Noor supports refugee women of Middle Eastern heritage living in the UK in their journey towards finding secure and rewarding employment by working with them to co-design solutions to the barriers they face in getting there.



Our Projects

At a glance

Arts

ROYAL
ACADEMY
OF
MUSIC

The Royal Academy of Music

This is an institution that nurtures talent, scholarship and performance at the highest level of classical music. 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.



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.

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. A special mention this year belongs to our inspiring future directors, **Rose Waithaka**, **Amisa Rashid** and **Rosebella Iseme**, based in Kenya, that will officially be appointed as the directors at the SHM Foundation Africa entity once the entity has been officially established.

Structure, governance and management

The Foundation is administrated as a charity by the Trustees Professor Henrietta Moore, Professor Maurice Biriotti and Professor Sarah Fidler. In terms of governance o a day to day basis there is a Director of The SHM Foundation and a Head of Development who is in charge Of ma aging and running the Foundation’s projects. Trustees meet at least quarterly; no business can be conducted at meetings unless two Trustees are present.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity’s governing document (Trust Deed dated 15 October 2008), the Charities Act 2011 and “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)”.

Recruitment of Trustees and training

The composition of the Charity’s Board of Trustees is reviewed regularly with a view to achieving a spread of expertise and age, designed to facilitate the achievement of the Charity’s objectives. The Trustees keep up to date on their responsibilities by various means, such as reviewing the Charity Commission website, reading relevant periodicals and professional advice.

Our Partners

We keep appreciating our long-standing supporters, the **Vitol Foundation**, who have been playing an important role in helping us to transform the Global Mental Health field and work towards better funded Mental Health.

We would also like to thank our new supporters, **Kokoro Change**, **Schooner Foundation**, and **Pinterest**. We are very honoured that they have decided to join us so that together we can transform the Global Mental Health field. We have also been very happy to collaborate with the Wellbeing Project and emphasise the importance of supporting supporters.

In addition, we are very excited to mention that we have set up a cost-effective solution to receive tax-deductible gifts from supporters in the United States through An American Friends Fund, as part of the services of the **King Baudouin Foundation**.

We have continued supporting refugee women in the UK thanks to the funds from the **Max Barney Foundation**. We have continued to scale and replicate **Zumbido Health** model in Southern Africa thanks to our co-funders, **ViiV**

Healthcare and the **Vitol Foundation**, and our implementation and academic partners in Zimbabwe, **Zvandiri**, and **Kalafong Hospital** in Pretoria, South Africa.

We have enjoyed continuing our partnership and building new programmes with the **Bartlett Development Planning Unit (DPU) at University College London (UCL)**.

As always, 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

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. For this reason, they 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.

Policy on reserves

There is **£256,491.23** in the Savings account. The Trustees have decided to maintain free reserves in unrestricted funds in the Savings 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 **£27,966.04** was made towards the Marakwet Education Project.
- A grant of **£2,000.00** was made to Other People’s Films.
- A grant of **£1,000.00** was made to Behind the Door.

Project Ember:

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

A total of **£118,360.09** was made to Mental Health Service Users Association, Hope Restoration & Health Initiative, Global Mental Health Peer Network, Girls for Girls, Church of Uganda Kisiizi Hospital,

Mental Health & Wellbeing on Campus, KPSI, The Taala Foundation, ACUFA, Burans and Positive Konnections – Renewal.

Donations:

We received a total of **£989,927** in donations and grants.

- We received donations of **£616,463** from SHM Productions Limited.
- We received a grant from ViiV Healthcare for The Young Mother’s Lounge Project.
- We received a grant from the Schooner Foundation for the Ember Project.

- We received a grant from Vitol Foundation for the Ember Project.
- We received a grant from Pinterest for the Ember Project.
- We received a grant from Kokoro Change for the Ember Project.
- We received a grant from The Royal Academy of Music.

Statement of Trustees' responsibilities

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

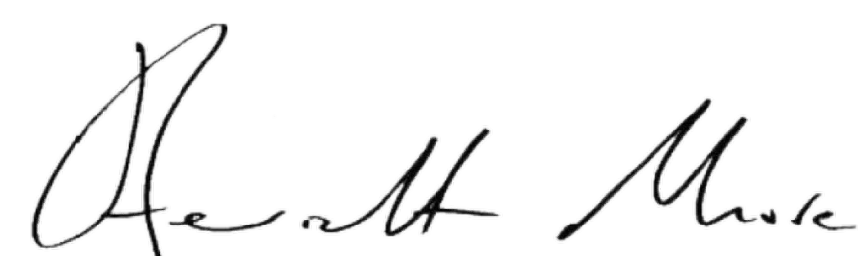
The law applicable to charities in England & Wales requires the Trustees to prepare financial statements for each financial which give a true and fair view of the state of affairs of the Charity and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

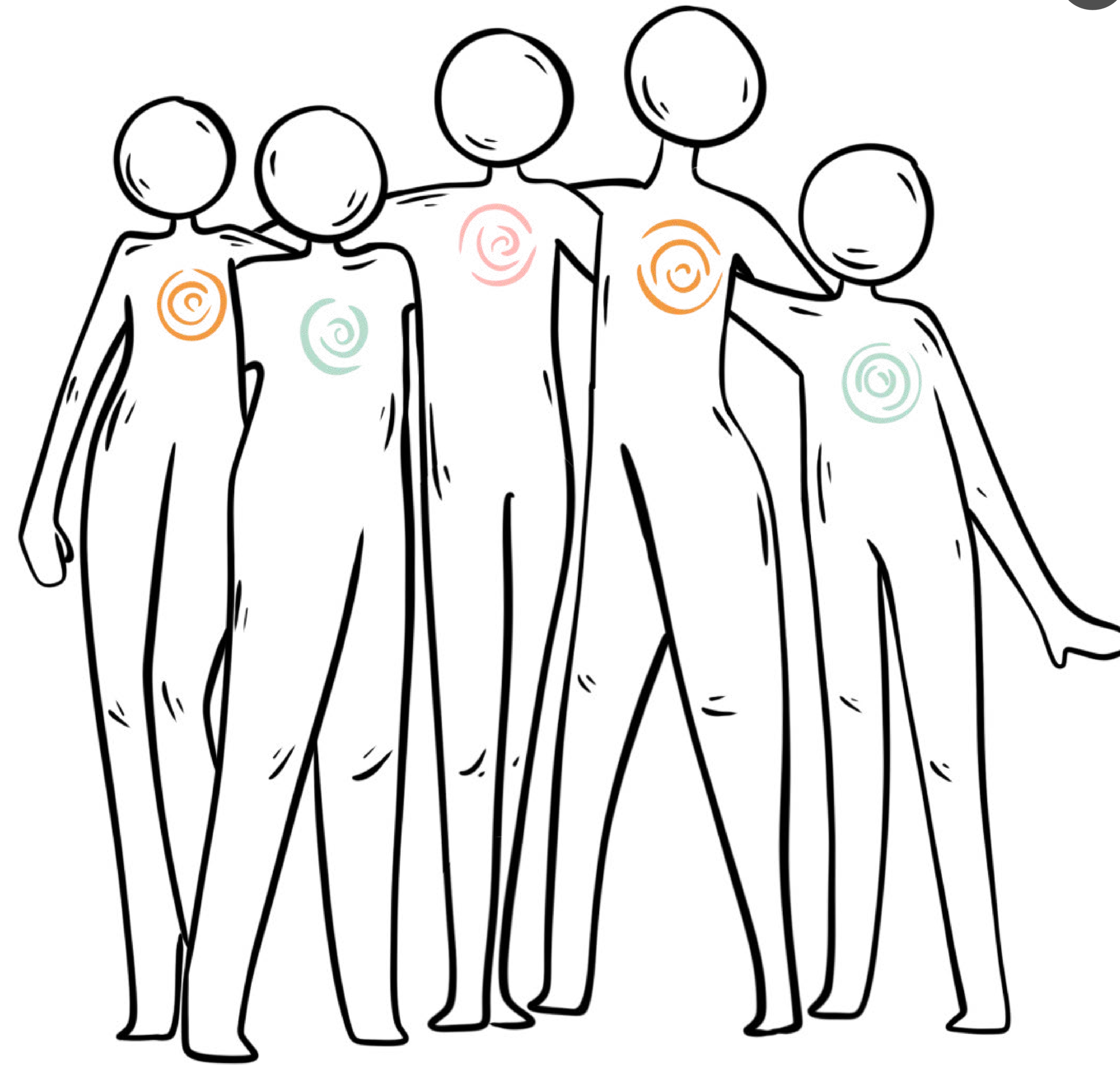
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgements and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject 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 adequate accounting records that are sufficient to show and explain the Charity's transactions and disclose with reasonable accuracy at any time the financial position of the Charity and 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 .

Approved by order of the members of the board of Trustees and signed on their behalf by:

Professor H L Moore





<https://www.shmfoundation.org>

Contact details:

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