

**Building a better world
together for everyone
affected by bipolar**

**Report and financial statements
1 April 2024 - 31 March 2025**

BIPOLAR UK LTD
COMPANY NUMBER 1955570
CHARITY NUMBER 293340

Our mission

Building a better world
together for people
affected by bipolar
Support. Research. Campaign.



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bipolarUK



CEO Message 2024/25

2024/25 marked my seventh year as CEO of Bipolar UK. It was another year of growth for the charity as we made more calls, ran more groups, were involved in more research studies and had more people accessing our website than in previous years.



Simon Kitchen
Chief Executive Officer
Bipolar UK

For now, we might only be reaching a fraction of the estimated six million* people affected by bipolar in the UK who could benefit from our support, but for those who we do reach our support can be transformative, and sometimes lifesaving.

We held 90 support group meetings in March 2025 and from April 2024 to March 2025 we helped almost 7000 people through our 1-1 Peer Support Line. This empowered thousands of people to manage their bipolar better, or to support a friend or family member through a challenging time.

Thanks to funding from the Department of Health and Social Care, many of our staff and volunteers supporting people in England were able to take part in external suicide prevention training on how to spot and support people experiencing suicidal thoughts. The grant also funded a series of weekly webinars focusing on this all-too-common symptom of bipolar. This work is helping the charity to save even more lives.

In 2024/25 our research function also went from strength to strength with key research partnerships with Lancaster University, Cardiff University, Newcastle University and King's College London. We worked alongside our research partners to secure substantial funding, and we improved the quality of their research by using a co-production approach which puts people with lived experience at its heart.

Raising awareness and increasing understanding of bipolar remains a priority. In early 2025 we were delighted to announce the appointment of two high-profile ambassadors: celebrity chef Heston Blumenthal and political journalist Anushka Asthana. Heston is living with bipolar, and Anushka has a close family connection. Between them they secured many column inches of coverage with 'bipolar' making headline news on both the BBC and ITV. And I was privileged to make another trip to Salford to sit on the BBC Breakfast sofa with Heston.

Between them and our other brilliant ambassadors and media volunteers our monthly press coverage reached an impressive average monthly audience of nearly 17 million. This is significant because it's only through the steady stream of trustworthy stories about bipolar in the news that social attitudes can change and the health service can finally take notice and step up.

I'm also pleased to share that in 2024 we secured three years of funding from a generous donor, which will enable us to relaunch and expand our 'Could it be bipolar?' campaign in the coming year. This flagship campaign will help many more people living with undiagnosed bipolar to get the treatment and support they deserve.

Our Big Give appeal was the biggest yet, with £24,000 raised. The extraordinary willingness of our community to get behind fundraising campaigns such as the Big Give demonstrated the community's depth of support for our work and how much they value Bipolar UK's services.

On the back of our report on Bipolar in the Workplace we've seen a big uptake in our online [workplace training](#). More and more employers are starting to take bipolar seriously and to see the benefits of understanding bipolar better making practical reasonable adjustments that enable staff with the condition to thrive.

We are leading national advocacy to transform how people with bipolar are diagnosed and treated – tackling the shocking delay to diagnosis and the lack of specialist care that follows.

Momentum is building: we've met with Mental Health Ministers in England and Wales and, following a consultation on their new Mental Health and Wellbeing Strategy, the Welsh Government have acknowledged these extensive delays and the lack of specialist care. We will continue working to ensure this recognition leads to meaningful, lasting change across all nations of the UK.

*more than one million people live with bipolar in the UK; for each of them, five loved ones are significantly impacted

Reference and Administrative Information

Company number

1955570

Country of incorporation

United Kingdom

Charity number

293340

Country of registration

England & Wales

Registered office and operational address

32 Cubitt Street, London WC1X 0LR

Trustees

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

Guy Paisner, Chair

Dan Whitlam FCA, Treasurer

Alice Alphandary

Melissa Barnett-Welch

Ed Butcher

Jeremy Clark (Retired 30/09/2024)

Louis Constandinos

Derrick Dale KC (Retired 04/12/2025)

Sarita Dent (Retired 30/09/2024)

Steven Gilbert OBE (Appointed 25/03/2025)

Ann James (Appointed 28/06/2025)

Chennel Lawrence, (Appointed 25/09/2025)

Robert Print

Jody Rudd-Wilson, (Appointed 25/09/2025)

Hilary Samson-Barry (Retired 30/09/2024)

Dr Aditya Sharma

Nadia Silver, Vice Chair (Retired 18/03/2025)

Howard Sinclair (Appointed 28/06/2025)

William Waldon-Jones (Retired 30/09/2024)

Senior management personnel

Simon Kitchen, Chief Executive

Rosie Phillips, Deputy Chief Executive

Bankers

CAF Bank

25 Kings Hill Avenue
Kings Hill
West Malling
Kent ME19 4JQ

NatWest Bank plc

5 Market Place
Kingston Upon Thames
Surrey KT1 1JX

Solicitors

Carter Bells

Kings' Stone House
12 High Street
Kingston Upon Thames
Surrey KT1 1HD

Auditor

Sayer Vincent LLP

Chartered Accountants and Statutory Auditor
110 Golden Lane
London EC1Y 0TG



Trustees annual report

The Trustees present their report and audited financial statements for the year ended 31st March 2025.

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



We partner with 'Run For Charity' to offer lots of exciting running events

Objectives and activities

Bipolar UK's founding ethos was to bring people with bipolar together to share their experiences and support each other. Consistent with this ethos our Charitable Objects are to support all individuals affected by bipolar disorder and associated illnesses in any way which is charitable in law.

Bipolar UK's vision is that everyone affected by bipolar can live well and fulfil their potential.

The Trustees review the aims, objectives and activities of the charity each year, taking into account the Charity Commission's general guidance on public benefit.

Over the summer of 2024 the Trustees and staff met to review and refresh our mission.

Lived experience of bipolar, both people living with bipolar and their close friends and family, remains at our core and to achieve our mission we have split our work into five key themes:

Educate: Transform understanding and eliminate stigma

Campaign: Advocate for earlier diagnosis of, specialist treatment and support for, and research into bipolar

Inform: Create and promote tools to empower people to recognise and manage bipolar symptoms

Support: Provide inclusive bipolar peer support in person, over the phone and online

Research: Improve outcomes for people living with bipolar.

Where we are now

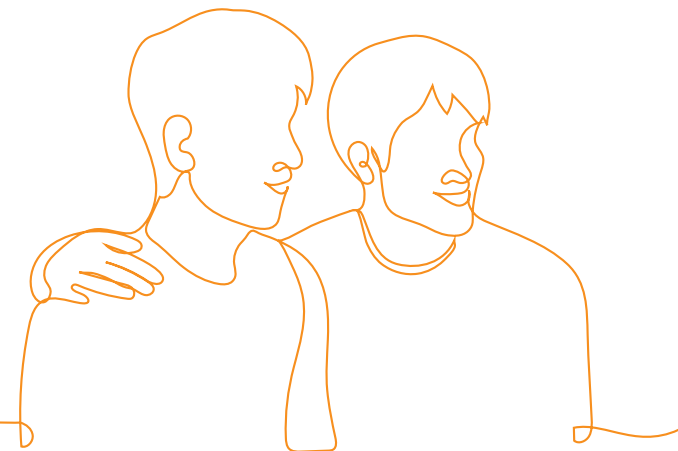
We are incredibly grateful to our 237 volunteers who make a massive contribution to our work. In 2024/25 our volunteers, together with our 30 members of staff, enabled Bipolar UK to engage with and support over 10,000 people affected by bipolar every month.



You have helped me so much
– I do not think I could deal with
the issues, we have discussed
– without your support and useful
resources – information etc.'

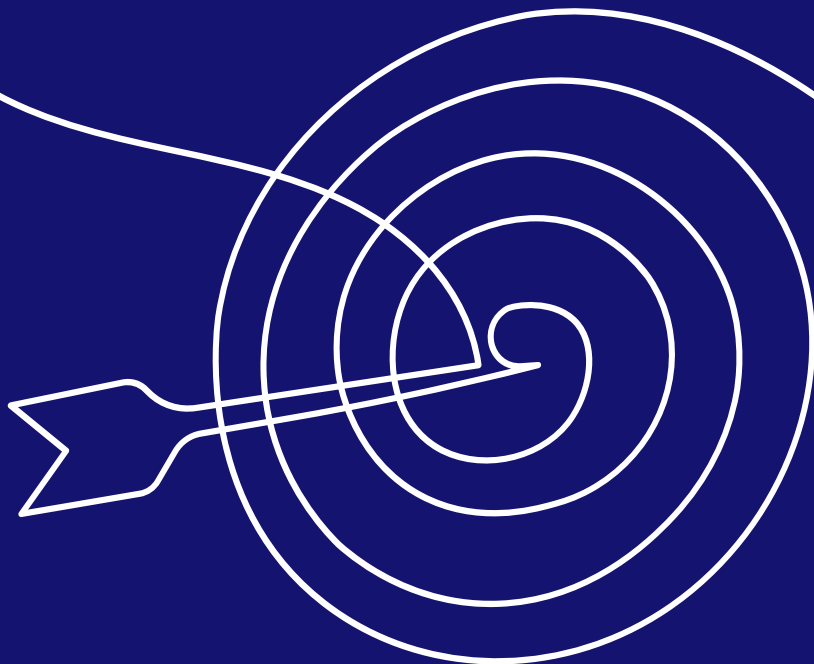
Our new mission statement:

Building a better world together for people affected by bipolar
Support. Research. Campaign.



Review of achievements

2024/25 was another year of positive progress for the charity as our peer support services exceeded our pre-pandemic level of support.



Our campaigns and projects

Bipolar Commission

During 2024/25 our Bipolar Commission expanded its focus to look at bipolar in the workplace, bipolar and welfare reform and bipolar stigma. We carried out three extensive surveys of our community and unsurprisingly, found that stigma and discrimination are still major barriers to employment and progression. We also created two reports: [Bipolar in the Workplace](#) and [Bipolar and Welfare Reform](#) putting forward our recommendations and practical suggestions. For example, in the workplace, we recommended the implementation of flexible working and 'guilt free' sick days so people can take time off if they feel themselves becoming unwell. And regarding welfare reform, we recommended bipolar-friendly Work Capability Assessments that are person-centred, holistic and carried out by trained professionals.

To help drive the implementation of the Bipolar Commission's recommendations on diagnosis and access to specialist treatment, we used the General Election as an opportunity to engage candidates from across the political spectrum. We also reached out and built up a relationship with a Westminster MP and Senedd Member who both publicly shared that they have bipolar - both important milestones for the community.

Mood Tracker app

Keeping track of and being aware of daily mood is a key self-management technique and a way people living with bipolar can empower themselves to manage bipolar. Our [Mood Tracker app](#) which we launched in March 2022 continues to be popular with 19,811 downloads in 2024/25 – taking the total number of overall downloads to 53,214 as of the end of March 2025.

19,811

downloads of our Mood Tracker app in 2024/25



Workplace training

Interest in our workplace training steadily grew in 2024/25 following media attention around our 'Bipolar in the Workplace' report, with a 75% increase in sessions booked compared to the previous year. More organisations are recognising the value of learning from lived experience speakers, alongside using resources such as reasonable adjustments and advance statements to support a more bipolar-friendly workplace environment.

We have delivered training to organisations across a wide variety of industries including not-for-profit, education, finance, industrial and IT. This area of work is becoming a growing revenue stream for the charity alongside improving understanding of bipolar and opening opportunities for further collaborations.

Rotary partnership

In September 2024, we were delighted to renew our national partnership with Rotary in Great Britain and Ireland for a third year. Through a programme of events, webinars and activities, we continued to increase understanding of bipolar through Rotary's 50,000-strong membership in the UK.

Highlights included delivering a talk at Rotary's National Action Summit in Newcastle and Rotary Digital Magazine featuring an article about members personally affected by bipolar as their cover story. 100 Rotary clubs also marked World Bipolar Day in their communities, with activities ranging from stalls in shopping centres, libraries and markets, to sponsored walks and litter picks, a 60% increase in engagement from the previous year.

The Rotary Bipolar eClub hosted a number of webinars including a conversation about bipolar and friendship with music greats, Nicky Chinn and Ed Bicknell, as well as a session on bipolar and parenting, attracting over 500 registrants across the two events. The eClub also hosted a successful local fundraising event at Chertsey Miniature Railway.

Our online conference

On 30 March 2025, as part of a World Bipolar Week series, we ran our annual virtual conference, with a big focus on stigma. Bipolar UK ambassador and TV presenter Leah Charles-King was our incredible host for the fifth year running. There was a panel discussion on 'Let's end bipolar stigma' as well as a Q&A about the keto diet and bipolar. There was also an exclusive interview from our newly appointed ambassador, Chef and Restaurateur, Heston Blumenthal. It was watched by over 2000 people.



I have had several individual support telephone calls. The person I spoke to is lovely to talk to and very supportive. I was in a very low place when we first had a chat but over several calls their positive attitude seems to have rubbed off - I was motivated to make changes towards a healthier diet and more exercise as well as meditation. I am now feeling much better and in a much more balanced frame of mind. I am very grateful to Bipolar UK for having such a good service. The support has been outstanding.'

Our peer support services



It's such a huge relief to meet with other people who are coping with similar problems. Your support groups provide so much really beneficial information and practical advice. It's hard to describe how much they help me not to feel alone in circumstances that can be overwhelmingly painful and frightening. Thank you.'



Peer Support Groups

During the month of March 2025, we held 90 Peer Support group meetings. From April 24 to March 25, we held an average of 85 meetings a month throughout England, Wales and Northern Ireland, up from 74 the previous year (April 23 - March 24).

Between 2023/24 and 2024/25, average monthly reported attendance increased from 351 in 2023/24 to 391 in 2024/25. The increase in attendance is positive, and we anticipate continued growth going forward. The charity conducted a review of group provision at the start of 2025 and found that there was lower than expected attendance at some new local online groups. The charity has consequently repurposed these groups to open national groups.

Peer Support 1-1 call-back and email service

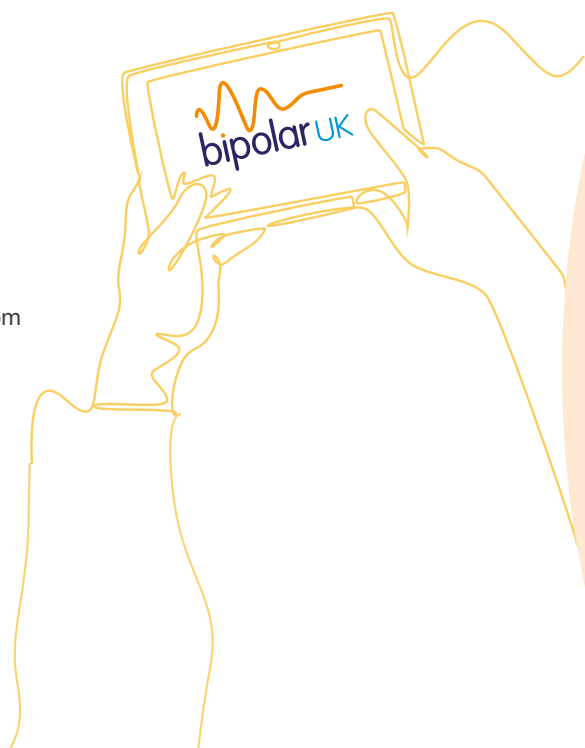
Between April 2024 and March 2025, we delivered 6,964 incidents of support via 1-1 emails and call-backs, a 32% increase compared to the previous year.

We know that we are only reaching a small proportion of the people who could benefit from our 1-1 calls and emails.

The eCommunity

In 2024/25, the eCommunity continued to grow to over 15,000 members over the course of the year, with 648,616 visits. Having moderators on hand 365 days a year, between 8am and 8pm, helps to secure the safety of members. Moderators ensure all content that's shared is appropriate, engage with the community and offer 1-1 support via private messages.

During 2024/25 the charity launched a series of popular Q&A sessions with the CEO and leading academics, covering key topics like 'bipolar and the keto diet'.



The Bipolar UK peer support line has made a difference to me. They help me feel less alone, calmer about my situation, and more hopeful that I can get through it.

Our research

During 2024/25 Bipolar UK's dedicated research function, led by the Director of Research, Professor Tania Gergel and supported by the Research Manager, continued to have fruitful partnership gains and make a significant impact within the research field.

Since March 2024, the team gained funding for three newly established research projects and has been supporting project set-up and development. These projects include IBPI2 (the Integrated Bipolar Parenting Intervention), which involves a team at Lancaster University developing a behavioural intervention for parents who live with bipolar. This specific project is focusing on the needs of the partners of parents with bipolar.

The Lithium Point of Care Testing study led by King's College London (LiPOC) is looking to find out whether a simple finger prick blood test can make lithium monitoring safer, quicker, and more convenient than standard blood tests for people with depression or bipolar disorder who are taking lithium.

Another team led by Professor Cynthia Fu at the King's College London (KCL) and Professor Allan Young at Imperial College London (ICL) is looking at the use of transcranial magnetic stimulation for bipolar depression.

Besides this new work, we also have ongoing commitments with our other research partners, who are all steadily progressing with their respective research projects. Generally, recruitment for the majority of our partner's research projects is steadily improving. And to support researchers who have not yet recruited enough volunteers for their projects, we have introduced new protocols to help support their recruitment efforts.

Some 2024/25 highlights below related to our most prominent work:

Brain and Genomics Hub – Cardiff University

The Brain and Genomics Hub has officially started its recruitment phase for Work Package 1. This includes a full 6-hour day with clinical assessments, neuroimaging, and blood collection. Participants report that their experience has been very positive, according to the team at Cardiff.

Our Expert Lived Experience Advisory Panel has been instrumental to our success so far with the Brain and Genomics Hub. At the time of writing, the Cardiff team is working on ways to increase recruitment.

Bipolar UK's Research Community

We established our Research Community so we can reach out to all our research volunteers to ask them to get involved in different research trials, studies and projects. Collectively, everyone who signs up really is making a difference – helping us and researchers to understand bipolar better.



On working with Bipolar UK



The Bipolar UK Research team has supported our research from the very beginning. They bring insight and energy to every part of our work. Lived experience is central in everything that we do, and with the Research team, we ensure that our research is connected to what is important to individuals. Their kindness, enthusiasm and commitment have had a real impact on our research.

Cynthia Fu, King's College London
and the University of East London



I've been incredibly fortunate to have worked with BipolarUK across a number of projects over the last five years, including research focused on cognitive remediation, low dose lithium and improving the experience of lithium monitoring. Collaborating with Bipolar UK has made a huge impact on our work through their expertise, vitality and dedication to supporting those affected by bipolar illness.

Dr Rebecca Strawbridge, Senior Lecturer
in Affective Disorders within the Centre for Affective
Disorders at the Institute of Psychiatry, Psychology
& Neuroscience (King's College London)





Working with the Bipolar UK research team has been fundamental to the success of these projects. Their expert advice and commitment to co-production means people with lived experience are not only included but central to everything we do. Their involvement has created a research culture where lived experience is valued just as highly as academic expertise, which I believe is key to making real progress in understanding and treating these conditions.

Sophie Legge,
Research Fellow at Cardiff University



I chose to work with the Bipolar UK Research team because they can understand both the patient and the researcher perspective. They also have a deep knowledge of the ethical and legal issues around treatment for severe mental illness.

Jonathan Rogers,
Clinical Lecturer at University College London



A massive thank you

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

A particularly heartfelt thank you goes out to our:

120 Co-facilitator
volunteers

14 Trustees

23 Commissioners

11 Clinical Advisory
Panel Steering
Group members

16 Ambassadors



The year in numbers

Chatbot



502

Average number of responses to questions per month in 24/25

Peer Support Groups



85

Average number of Peer Support group meetings a month in England, Wales and Northern Ireland

Peer Support 1-1 Call Back & Email Service



6,964

Number of incidents of support via 1-1 emails and call backs
32% increase from 23/24

Rotary Partnership

100

Rotary clubs marked World Bipolar Day in their communities as part of our national partnership with Rotary in Great Britain and Ireland for a third year

60% increase on engagement from 23/24



Bipolar UK website



53,344

From April 24 to March 25 there have been an average of 53,344 page views per month

eCommunity
Members



15,000

Over 15,000 members of the eCommunity from April 24 to March 25

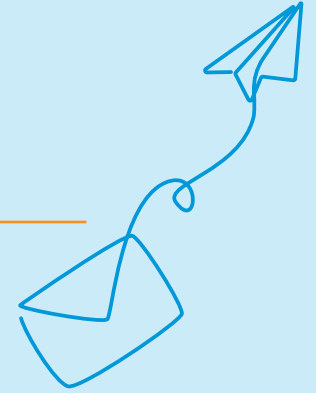
Mood Tracker
App



19,811

From April 24 to March 25 there were 19,811 downloads of the Mood Tracker app

Newsletter

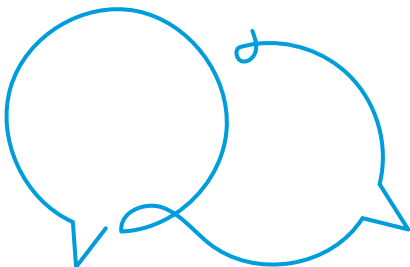


20,520

As of March 25, we had 20,520 newsletter subscribers

648,616

From April 24 to March 25 there have been 648,616 page views on the eCommunity



Self Management
Courses

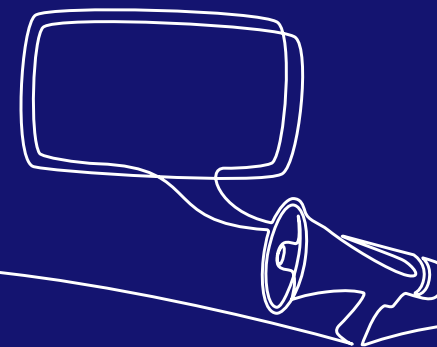
12

Number of 8-week self-management courses delivered in 24/25



Key facts

2024/25



Reports

Bipolar UK's Bipolar Commission released two reports '**Bipolar in the Workplace**' and '**Bipolar and Welfare Reform**'

Workplace Training

There was a **75% increase** in the number of sessions booked for Bipolar UK's workplace training compared to the previous year

Research Achievements

- Awarded funding for three newly established research projects.
- The Brain and Genomics Hub officially started its recruitment phase for Work Package 1.
- Established our Research Community so we can reach out to all our research volunteers.

Dean Webster,
Community member

I stand for quicker bipolar diagnosis, specialist care and data-informed services.

World Bipolar Day

Our annual online World Bipolar Day conference was watched by over

2,000
people



Thank you. This was an excellent event. Bravo Heston for being so frank with us all. Leah you are awesome anchoring the event. Nicky Chinn... But wow legend. Need to get that band together. Thought for my day, I have Bipolar. First time I have typed this out loud. You all nailed it. A must watch on catch up.



Heston Blumenthal,
Chef and Restaurateur was announced as
Bipolar UKs newly appointed ambassador.

Financial review

As a result of prudent financial management and fundraising success, the charity had a strong financial year, with a higher than anticipated income of £1,566,088. This exceeded budget, in part due to legacy income.



In order to address the need to invest in building the capacity of the organisation by redeveloping the website and growing the research and support teams, the Board of Trustees set a planned deficit budget for 2024/25. We are pleased to report that expenditure for the year was £1,578,606, which is less than anticipated, as a result of careful financial management. This means that the planned deficit was also smaller than anticipated.

The cost of raising funds was £266,978 which represents 17% of total expenditure. This means that for every £1 we spent on raising funds we generated £5.83.

The Trustees consider the financial position of the organisation to be sound and continue to review the fundraising strategy to ensure that sufficient funds are available for future years.

Investment Policy

Bipolar UK's investment policy reflects the Trustees' cautious risk appetite and invested funds are held in a combination of high interest deposit accounts and investment funds.

The investment policy requires that Bipolar UK's fund manager must invest ethically on our behalf.

Bipolar UK's investment objective for the reporting period was to generate income and capital growth with a low investment risk.

Investment income for 2024/25 was £43,359 which was a slight increase on £40,560 in the previous financial year.

Trustees review Bipolar UK's Investment Policy regularly and set investment objectives.

Principal risks and uncertainties

The principal risks and uncertainties for the charity remain the safety of our staff, volunteers and people who use our services, and sustainable growth, particularly in light of the fact that there is little multi-year funding available in the charity sector.

Looking to the future, 2025/26 will see the conclusion of two large contracts worth £250,000 and the charity will need to absorb additional National Insurance costs of approximately £20,000. These issues will be mitigated by seeking additional sources of funding and Bipolar UK is always grateful to our loyal and generous donors who have historically helped us make up the difference. During the financial year staff turnover fell slightly to 20% and staff numbers remained stable at 31.4 FTE.

The Trustees have identified the key risks and uncertainties facing the charity as detailed below and have set an appropriate reserves policy to mitigate these risks.

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



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



Reserves policy

As of 31 March 2025, the charity held reserves of £1,585,697 (2024: £1,605,907) of which £278,873 (2024: £138,113) were restricted and £513,574 were held as designated funds (2024: £655,502).

Based on their assessment of the principal risks and being mindful of the need for the charity to be able to sustain its services, the Trustees have estimated that the level of free reserves required to mitigate against the identifiable risks is six to nine months of average expenditure for the 12 months ahead, which equates to between £871,600 and £1,307,400, with a minimum of three months free reserves held in cash.

As of 31st March 2025, unrestricted free reserves stood at £793,250, which is equivalent to approximately 6 months running costs for the charity, and is in accordance with the reserves policy. Free reserves are defined as unrestricted reserves, exclusive of designated reserves and fixed assets.

The Trustees have allocated £513,574 in designated reserves to fund three key initiatives: implementing the main recommendations from the Bipolar Commission report over the next five years, enhancing Peer Support groups and redeveloping the charity's website.

With this in mind, the Trustees have agreed that the charity will run another planned deficit in 2025/26 to invest in services for beneficiaries, increase organisational capacity while maintaining reserves within the current reserves policy.

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

Going concern

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



As someone who uses the ecommunity a lot I am very grateful to the BPUK moderators who give their time there so generously. They are thoughtful, helpful and encouraging. I also go to my local BPUK meeting - and am very grateful to the people who enable that to happen too.



Fundraising

An independent Fundraising Review was completed in summer 2024 and provided recommendations on how the charity can maximise its current income generation resources. The key recommendation was to recruit our first Director of Fundraising, with the post advertised and filled during 2024/25.

The recruitment of Hazel Russell (former Head of Income Generation at suicide prevention charity, PAPYRUS) marks a new stage in the charity's development. The number of people affected by bipolar, to support and potentially support, is enormous which means that mobilising them remains more critical than ever, especially with the current retrenchment within the public sector.

During 2024/25 the fundraising landscape remained extremely competitive. However the charity responded proactively to these challenges. By automating and updating a number of back-office functions, we have been able to maintain our current service levels while reducing headcount by 3 FTE.

Our long-term future will ultimately be determined by awareness of our work. We were heartened by polling that suggests awareness with the general public stands at 12%, which is on a par, or higher, than much larger mental health charities. Most positively one in five people aged between 18–24 had heard of us

Over the last four years the charity has developed three key income streams more or less from scratch – corporate partnerships, commissioned income and research partnerships.

Going into 2024/25, Commissioned income was performing strongly and the charity had high expectations that many of our peer support services could be funded directly by the NHS.

Unfortunately, 2024/25 proved a difficult year for this income stream, and it did not generate the income we had anticipated due to reduced NHS budgets.

This reflected wider cuts within the public sector, with a general reduction in funding to the voluntary sector.

In 2024/25 key areas of income growth have come from major gifts, training, research partnerships and legacy income. This was alongside a solid bed rock of income from grants, events and individual giving. Legacy income has been incredibly important over the last five years and has been used to drive the growth of our services and now maintain them while the public sector has cut back.

Through our partnership with Farewill we have improved the visibility of our legacy pipeline. The priority of the new Director is to translate the growing awareness of the charity into donations which can be used to fund support, research and campaigning. The hope is to grow the fundraising team incrementally, while keeping fundraising expenditure below the 25% of total expenditure – to align with charity sector averages.

Bipolar UK is a member of the Fundraising Regulator and complies with all regulations required. During 2024/25 Bipolar UK was not made aware of any complaints.



We were heartened by polling that suggests awareness with the general public stands at 12%, which is on a par, or higher, than much larger mental health charities. Most positively one in five people aged between 18–24 had heard of us.

Plans for the future

Out of a potential six million people affected by bipolar in the UK, the charity is currently reaching and supporting less than 1% of them a month. In 2025/26 we're going to do more.

Launch our new website

In September 2025 we will migrate our website to a new platform. Following 18 months of digital and content development, it will include higher-quality content, a significantly better user experience and new images of our community to provide an authentic representation of bipolar in the 21st century. By the end of 2025, we hope an additional 1,500 people a month will be accessing our advice and guidance through the site.

Could it be bipolar? campaign

It is estimated that more than 500,000 people are living with undiagnosed bipolar in the UK and are not getting treatment and support that could help them stay well. In 2023, we launched a six-month pilot 'Could it be bipolar?' campaign to help people recognise symptoms and signpost them to resources that could help facilitate a diagnosis and access support. It was highly successful with an estimated 18,305 people taking our Mood Disorders Questionnaire and potentially starting their journey to diagnosis.

Thanks to three-year funding from a generous donor, we will be revamping the campaign assets and investing in widescale social media and PR coverage. This will run alongside high-impact local campaigns with a focus on reaching young people who have so much to gain from a timely diagnosis. The new campaign will be launched in November 2025.

Reprofiling groups

From mid 2025 onwards, the charity has been improving the accessibility and user experience of our groups by converting some of our local online groups into online national groups. This will mean even more people affected by bipolar will have an opportunity to join an online group once a month.

Alongside this we will be introducing our new Online Community where each individual support group will have its own dedicated space. Members will be able to join and ask questions about the support groups they're interested in, and get updates related to each individual group.

Medication side effects survey

Medication has a critical impact both on the management of bipolar and also on an individual's quality of life. We will be working with private and public sector partners to understand the impact medication can have, including side effects such as weight gain and lack of concentration. The findings be used to push for newer and better treatments for the condition.

Upgrading our Mood Tracker app

Work has commenced on upgrading and improving our Mood Tracker App. Already downloaded over 50,000 times, we will listen to our community's needs and add in new functionality to help with the day-to-day management of bipolar.

Research partnership

The Director of Research is currently in negotiations with The Lancet Psychiatry about leading the first ever Lancet Psychiatry Commission on Bipolar Disorder. This would be led by Professor Tania Gergel in collaboration with University College London to ensure access to research facilities and research independence. However, we are hoping that it will be supported by Bipolar UK and will put Bipolar UK at the heart of global research into bipolar.

Developing the call back and email services

Our call back service provides critical one to one support for people affected by bipolar. The calls are often the first time ever someone has spoken to someone else living with bipolar. Unfortunately, the high level of demand means callers often

have to wait up to three weeks for a call. Our fundraising priority for the year is to maintain and grow the team so the charity can work back up to weekly and then daily call backs.

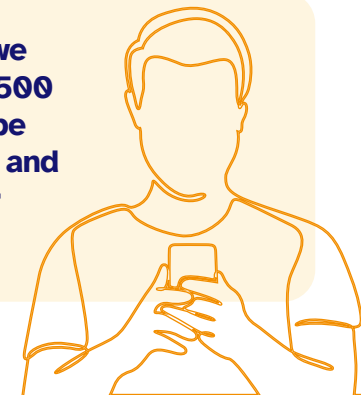
Advocating for diagnosis and specialist treatment

The charity will continue to advocate for diagnosis and specialist treatment for bipolar across the UK. This includes running a Senedd event to put pressure on the Welsh Government to include a commitment to bipolar within the upcoming mental health strategy.

We will be seeking to influence the bill to reform the Mental Health Act. We are broadly supportive of the changes proposed in the Bill which tightens the rules around detentions and replaces 'closest relative' with 'nominated person' as next of kin. We are also pushing for a firmer commitment on the use of the Advance Choice Document – which would improve choice and control for people living with bipolar.

We are also championing the collection and publishing of data on the diagnosis of people detained under the Act. This will provide NHS commissioners with an evidence base to develop new specialist community services that would reduce readmission.

By the end of 2025, we hope an additional 1,500 people a month will be accessing our advice and guidance through our new website.



Management & governance

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

Structure, governance and management

The Board of Trustees is legally responsible for the strategic direction of the charity. It meets every three months and is supported by the Finance Committee chaired by our Treasurer, which meets on a quarterly basis between Board meetings. Alongside this there are four additional Trustee/staff advisory groups covering the key operational areas of the charity: fundraising, policy and communications, services and research.

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

Recruitment and appointment of Trustees

During the reporting period Jeremy Clark, Sarita Dent, Hilary Samson-Barry, Nadia Silver and William Walden Jones retired at the end of their term of office in accordance with our rotation of directors' policy. Following an assessment of the skills required by the Board of Trustees we conducted a successful recruitment process which will see us appoint additional Trustees early in 2025/26.

Trustees are recruited through a combination of national advertisements to broaden recruitment and ensure specific skill sets are obtained. There was one new trustee co-opted onto the Board in 2024/25 with a further two due to be co-opted in June 2025.

Trustee induction and training

Trustees receive a comprehensive induction which covers both the responsibilities of the role and the specifics of the charity. All new Trustees are required to review and understand the Essential Trustee information on the Charity Commission website and other accompanying documents. They also have access to the latest governance training provided by charity sector bodies,

such as NCVO. Trustees are all required to complete training on safeguarding, cybersecurity and GDPR and sign a confidentiality agreement.

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

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

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

Executive Team

The Trustees delegate the day-to-day operations of the charity to the Chief Executive and Deputy Chief Executive who provide an Executive function for the charity. They are in turn supported by a leadership team comprising service delivery, finance, IT, research, policy, communications and fundraising. The leadership team are operational as well as managers.

The Trustees have worked with the Executive team, with support of the wider management team, to produce Board papers to guide the ongoing development of the charity. Responsibility for the implementation of the papers is delegated to the Executive team through Action Logs which are updated and reported on quarterly.

Remuneration policy

The total staffing budget is proposed by the staff team, reviewed, amended and recommended by the Finance Committee and approved by the Board. Under advice from the staff team, they consider changes in costs of living, salary benchmarking,

immediate financial resources of the charity and short and medium-term financial projections to ensure any changes in pay and conditions are sustainable.

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

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

Remuneration policy for key management personnel

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

Related parties and relationships with other organisations

There are no related party relationships with any other organisations.

Registration

The organisation is a charitable company limited by guarantee, incorporated on 7/11/1985 and registered as a charity on 10/2/1986.

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

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

Statement of responsibilities of the Trustees

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

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

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

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

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

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

- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information
- The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

Members of the charity guarantee to contribute an amount not exceeding £1 to the assets of the charity in the event of winding up. The total number of such guarantees at 31 March 2025 was 14 (2024: 12). The Trustees are members of the charity, but this entitles them only to voting rights. The Trustees have no beneficial interest in the charity.

Auditor

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

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

The Trustees' annual report has been approved by the Trustees.



Guy Paisner
Chair of Trustees

Date: 6 December 2025

Independent auditor's report

to the members of Bipolar UK Ltd

Opinion

We have audited the financial statements of Bipolar UK Ltd (the 'charitable company') for the year ended 31 March 2025 which comprise the statement of financial activities, balance sheet, statement of cash flows, and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable to the Laws of England and Wales, and the United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- Give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure for the year then ended
- Have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice
- Have been prepared in accordance with the requirements of the Companies Act 2006

Basis for opinion

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

Conclusions relating to going concern

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

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on Bipolar UK Ltd's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

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

Other Information

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

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

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

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

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' annual report. We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- Adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- The financial statements are not in agreement with the accounting records and returns; or
- Certain disclosures of Trustees' remuneration specified by law are not made; or
- We have not received all the information and explanations we require for our audit; or
- The directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the Trustees' annual report and from the requirement to prepare a strategic report.

Independent auditor's report

to the members of Bipolar UK Ltd

Responsibilities of Trustees

As explained more fully in the statement of Trustees' responsibilities set out in the Trustees' annual report, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

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

Auditor's responsibilities for the audit of the financial statements

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

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

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

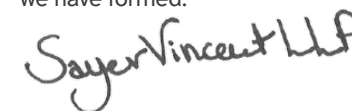
- We enquired of management, which included obtaining and reviewing supporting documentation, concerning the charity's policies and procedures relating to:
 - Identifying, evaluating, and complying with laws and regulations and whether they were aware of any instances of non-compliance.
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected, or alleged fraud.
 - The internal controls established to mitigate risks related to fraud or non-compliance with laws and regulations.
- We inspected the minutes of meetings of those charged with governance
- We obtained an understanding of the legal and regulatory framework that the charity operates in, focusing on those laws and regulations that had a material effect on the financial statements or that had a fundamental effect on the operations of the charity from our professional and sector experience
- We communicated applicable laws and regulations throughout the audit team and remained alert to any indications of non-compliance throughout the audit
- We reviewed any reports made to regulators
- We reviewed the financial statement disclosures and tested these to supporting documentation to assess compliance with applicable laws and regulations
- We performed analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud
- In addressing the risk of fraud through management override of controls, we tested the appropriateness of journal entries and other adjustments, assessed whether the judgements made in making accounting estimates are indicative of a potential bias and tested significant transactions that are unusual or those outside the normal course of business

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

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

Use of our report

This report is made solely to the charitable company's members as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Fleur Holden

(Senior Statutory Auditor)
for and on behalf of Sayer Vincent LLP, Statutory Auditor
110 Golden Lane,
LONDON,
EC1Y 0TG

Date: 16 December 2025

Statement of financial activities

(incorporating an income and expenditure account)

For the year ended 31 March 2025

	Note	Unrestricted £	Restricted £	2025 Total £	Unrestricted £ restated	Restricted £ restated	2024 Total £ restated
INCOME FROM:							
Donations and legacies	2	810,546	47,940	858,486	1,106,185	20,018	1,126,203
Charitable activities							
Awareness Raising	3		80,000	80,000	-	9,500	9,500
Commissioned Services	3	41,376	-	41,376	148,404	-	148,404
Peer Support Groups	3	-	470,206	470,206	-	353,491	353,491
Peer Support Services	3	-	10,000	10,000	-	3,856	3,856
Research	3	-	52,661	52,661	-	25,038	25,038
Investments	4	43,359	-	43,359	40,560	-	40,560
Total income		895,281	660,807	1,556,088	1,295,149	411,903	1,707,052
EXPENDITURE ON:							
Raising funds	5	273,978	-	273,978	285,376	-	285,376
Charitable activities							
Awareness Raising	5	314,490	11,646	326,136	275,132	22,976	298,108
Bipolar Commission Implementation	5	122,544	-	122,544	123,736	-	123,736
Employment Support	5	11,412	-	11,412	8,692	-	8,692
Peer Support Groups	5	12,642	450,203	462,845	66,650	300,335	366,985
Peer Support Services	5	275,489	11,850	287,339	258,013	-	258,013
Research	5	48,004	46,348	94,352	32,557	41,492	74,049
Total expenditure		1,058,559	520,047	1,578,606	1,050,156	364,803	1,414,959
Net income/(expenditure) before net gains/(losses) on investments		(163,278)	140,760	(22,518)	244,993	47,100	292,093
Net gains/(losses) on investments		2,308	-	2,308	25,655	-	25,655
Net income/(expenditure) for the year	6	(160,970)	140,760	(20,210)	270,648	47,100	317,748
Reconciliation of funds:							
Total funds brought forward		1,467,794	138,113	1,605,907	1,197,146	91,013	1,288,159
Total funds carried forward		1,306,824	278,873	1,585,697	1,467,794	138,113	1,605,907

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

Balance sheet

Company no. 1955570

As at 31 March 2025

	Note	£	2025 £	£	2024 £
FIXED ASSETS:					
Tangible assets	11		22,934		26,302
Intangible assets	12		-		-
Investments	13		576,044		573,736
			598,978		600,038
CURRENT ASSETS:					
Debtors	14	188,313		184,646	
Short term deposits		159,000		148,137	
Cash at bank and in hand		806,747		773,710	
		1,154,060		1,106,493	
Liabilities:					
Creditors: amounts falling due within one year	15	(167,341)		(100,624)	
Net current assets			986,719		1,005,869
Total net assets			1,585,697		1,605,907
The funds of the charity:					
Restricted income funds	17a		278,873		138,113
Unrestricted income funds:					
Designated funds		513,574		655,502	
General funds		793,250		812,292	
Total unrestricted funds			1,306,824		1,467,794
Total charity funds			1,585,697		1,605,907

Approved by the Trustees on 6 December 2025 and signed on their behalf by



Guy Paisner
Chair of Trustees

Statement of cash flows

For the year ended 31 March 2025

	2025 £	£	2024 £	£
CASH FLOWS FROM OPERATING ACTIVITIES				
Net income for the reporting period (as per the statement of financial activities)	(20,210)		317,748	
Depreciation charges	12,608		13,492	
(Gains)/Losses on investments	(2,308)		(25,655)	
Dividends, interest from investments	43,359		(40,560)	
Loss on the disposal of fixed assets	2,222		421	
(Increase)/Decrease in debtors	(3,667)		(124,898)	
(Decrease)/Increase in creditors	66,717		(77,902)	
Net cash provided by operating activities		98,721		62,646
CASH FLOWS FROM INVESTING ACTIVITIES:				
Dividends, interest from investments	(43,359)		40,560	
Purchase of fixed assets	(11,462)		(11,187)	
Movement to short term deposits	(10,863)		2,463	
Net cash (used in) investing activities		(65,684)		31,836
Change in cash and cash equivalents in the year		33,037		94,482
Cash and cash equivalents at the beginning of the year		773,710		679,228
Cash and cash equivalents at the end of the year		806,747		773,710

ANALYSIS OF CASH AND CASH EQUIVALENTS

	At 1 April 2024 £	Cash flows £	Other non-cash changes £	At 31 March 2025 £
Cash at bank and in hand	773,710	33,037	-	806,747
Total cash and cash equivalents	773,710	33,037	-	806,747

Notes to the financial statements

For the year ended 31 March 2025

1 Accounting policies

a) Statutory information

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

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

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

b) Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) – (Charities SORP FRS 102), The Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

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

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

c) Public benefit entity

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

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

d) Going concern

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

e) Income

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

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

For legacies, entitlement is taken as the earlier of the date on which either: the charity is aware that probate has been granted, the estate has been finalised and notification has been made by the executor(s) to the charity that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably and the charity has been notified of the executor's intention to make a distribution. Where

legacies have been notified to the charity, or the charity is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

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

f) Donations of gifts, services and facilities

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

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

g) Interest receivable

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

h) Peer Support Services

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

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

Notes to the financial statements

For the year ended 31 March 2025

i) Expenditure and irrecoverable VAT

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

- Costs of raising funds relate to costs incurred in encouraging people and organisations to support financially the charity's work. This includes the costs of advertising, publicity and the staging of fundraising events.
- Expenditure on charitable activities includes the costs of delivering services, including staff costs, directly attributable to each activity. Where the costs cannot be directly attributed they have been allocated to activities on a cost-incurred basis.
- Support and Governance costs have been allocated to each activity based on percentages agreed by funders with regard to restricted spend and direct costs as a percentage of total costs for all remaining activities
- Other expenditure represents those items not falling into any other heading

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

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

j) Operating leases

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

k) Tangible fixed assets

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

their carrying value may exceed their net realisable value and value in use.

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

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

l) Intangible fixed assets

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

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

m) Listed investments

Investments are a form of basic financial instrument and are initially recognised at their transaction value and subsequently measured at their fair value as at the balance sheet date using the closing quoted market price. Any change in fair value will be recognised in the statement of financial activities. Investment gains and losses, whether realised or unrealised, are combined and shown in the heading "Net gains/(losses) on investments" in the statement of financial activities. The charity does not acquire put options, derivatives or other complex financial instruments.

n) Debtors

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

o) Short term deposits

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

p) Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

q) Creditors and provisions

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

r) Financial instruments

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

s) Pensions

Contributions were paid on behalf of employees into their personal pension schemes and are charged to the Statement of Financial Activities in the year in which they become payable. No further liabilities accrue to the charity other than these payments.

Notes to the financial statements

For the year ended 31 March 2025

2 Income from donations and legacies

	2025			2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
Grants	102,150	-	102,150	153,550	-	153,550
Donations	452,192	47,940	500,132	373,571	20,018	393,589
Legacies	245,204	-	245,204	543,559	-	543,559
Donated services	11,000	-	11,000	35,505	-	35,505
	810,546	47,940	858,486	1,106,185	20,018	1,126,203

Donated services relate to room hire at Universal Music and the design of the annual report free of charge from Instinctif.

Up to the date of signing Bipolar UK has been made aware of Legacies totalling £522,252. These are noted as a contingent asset to be paid in the future.

3 Income from charitable activities

	2025			2024		
	Unrestricted	Restricted	Total	Unrestricted	Restricted	Total
	£	£	£	£	£	£
				restated	restated	restated
Peer Support Services						
Other Grants less than £5,000	-	10,000	10,000	-	3,856	3,856
Sub-total for Peer Support Services	-	10,000	10,000	-	3,856	3,856
Peer Support Groups						
Big Lottery	-	-	-	-	130,000	130,000
Big Lottery Northern Ireland	-	28,793	28,793	-	-	-
Big Lottery Wales	-	70,405	70,405	-	17,209	17,209
City Bridge	-	81,005	81,005	-	-	-
CRH Charitable	-	5,640	5,640	-	5,365	5,365
DHSC Suicide Prevention	-	200,000	200,000	-	50,000	50,000
Enterprise Development Fund	-	-	-	-	12,587	12,587
Eveson Trust	-	-	-	-	7,748	7,748
Garfield Weston Foundation	-	50,000	50,000	-	50,000	50,000
Rethink Mental Illness	-	-	-	-	5,275	5,275
Sir James Knott	-	10,000	10,000	-	10,000	10,000
The Stanley Grundy Foundation	-	-	-	-	5,000	5,000
Other Grants less than £5,000	-	24,363	24,363	-	60,307	60,307

Notes to the financial statements

For the year ended 31 March 2025

	Unrestricted	Restricted	2025 Total	Unrestricted	Restricted	2024 Total
	£	£	£	£	£	£
Sub-total for Peer support Groups	-	470,206	470,206	-	353,491	353,491
RESEARCH						
CNTW	-	5,347	5,347	-	7,894	7,894
Kings College London	-	13,430	13,430	-	12,144	12,144
Cardiff University	-	22,167	22,167	-	5,000	5,000
Other income less than £5,000	-	11,717	11,717	-	-	-
Sub-total for Research	-	52,661	52,661	-	25,038	25,038
COMMISSIONED SERVICES						
Coventry & Warwickshire Partnership Trust	-	-	-	6,970	-	6,970
Mental Health Mission	5,000	-	5,000	-	-	-
Oxford Health NHS Foundation Trust	-	-	-	108,000	-	108,000
Rotherham CCG	7,000	-	7,000	7,000	-	7,000
Torbay and South Devon NHS Foundation Trust	9,604	-	9,604	9,325	-	9,325
University of Lancaster	-	-	-	7,000	-	7,000
Other income less than £5,000	19,772	-	19,772	10,109	-	10,109
Sub-total for Commissioned Services	41,376	-	41,376	148,404	-	148,404
AWARENESS RAISING						
Hypatia Foundation	-	-	-	-	7,500	7,500
Lockwood Foundation	-	80,000	80,000	-	-	-
Other income	-	-	-	-	2,000	2,000
Sub-total for Awareness Raising	-	80,000	80,000	-	9,500	9,500
TOTAL INCOME FROM CHARITABLE ACTIVITIES	41,376	612,867	654,243	148,404	391,885	540,289

Notes to the financial statements

For the year ended 31 March 2025

4 Income from investments

	Unrestricted	Restricted	2025 Total	Unrestricted	Restricted	2024 Total
	£	£	£	£	£	£
Investment Income	43,359	-	43,359	40,560	-	40,560
Sub-total for Investment Income	43,359	-	43,359	40,560	-	40,560

5a Analysis of expenditure (current year)

	Raising funds	Peer Support Groups	Peer Support Services	Charitable activities Employment Support	Bipolar Commission	Awareness Raising	Research	Support Costs	Governance Costs	2025 Total	2024 Total
	£	£	£	£	£	£	£	£	£	£	£
Staff costs (Note 7)	179,897	252,678	226,908	7,391	87,784	164,736	80,097	106,864	44,159	1,150,514	996,321
Depreciation and amortisation	2,148	974	694	-	-	2,956	-	5,836	-	12,608	13,493
Other Costs including Office Costs	24,171	43,667	3,516	900	14,472	34,691	65	56,644	3,495	181,621	165,318
Fundraising Consultancy	10,986	-	-	-	-	-	-	-	-	10,986	13,948
IT Support Costs & Website	3,789	9,808	31,168	496	-	39,920	-	47,608	-	132,789	122,683
Audit Fees	-	-	-	-	-	-	-	-	16,050	16,050	17,050
Support Group Meeting facilities	-	25,756	-	-	-	-	-	-	-	25,756	18,994
Office Rent and Insurance	-	-	-	-	-	-	-	24,155	-	24,155	23,103
Publications and Communications	267	4,034	240	-	-	19,586	-	-	-	24,127	44,049
	221,258	336,917	262,526	8,787	102,256	261,889	80,162	241,107	63,704		1,414,959
Support costs	42,165	97,445	19,672	2306	16,466	51,410	11,643	(241,107)	-		-
Governance costs	10,555	28,483	5,141	319	3,822	12,837	2,547	-	(63,704)		-
Total expenditure 2025	273,978	462,845	287,339	11,412	122,544	326,136	94,352	-	-	1,578,606	
Total expenditure 2024	285,376	366,985	258,013	8,692	123,736	298,108	74,049	-	-		1,414,959

Notes to the financial statements

For the year ended 31 March 2025

5b Analysis of expenditure (prior year)

	Charitable activities									2024 Total £
	Raising funds £	Peer Support Groups £	Peer Support Services £	Employment Support £	Bipolar Commission £	Awareness Raising £	Research £	Governance costs £	Support costs £	
Staff costs (Note 7)	182,218	221,029	156,246	5,962	100,187	123,070	59,956	47,968	99,685	996,321
Depreciation and amortisation	3,311	2,199	1,515	-	-	1,432	-	-	5,036	13,493
Other Costs including Office Costs	22,109	24,486	20,532	12	-	32,625	-	419	65,135	165,318
Fundraising Consultancy	13,948	-	-	-	-	-	-	-	-	13,948
IT Support Costs & Website	8,766	28,319	30,407	1,064	-	43,230	-	475	10,422	122,683
Audit Fees	-	-	-	-	-	-	-	17,050	-	17,050
Support Group Meeting facilities	-	18,994	-	-	-	-	-	-	-	18,994
Office Rent and Insurance	-	-	-	-	-	-	-	-	23,103	23,103
Publications and Communications	712	2,114	208	-	-	41,015	-	-	-	44,049
	231,064	297,141	208,908	7,038	100,187	241,372	59,956	65,912	203,381	1,414,959
Support costs	41,019	52,749	37,086	1,249	17,785	42,849	10,644		(203,381)	-
Governance costs	13,293	17,095	12,019	405	5,764	13,887	3,449	(65,912)		-
Total expenditure 2024	285,376	366,985	258,013	8,692	123,736	298,108	74,049	-	-	1,414,959

Notes to the financial statements

For the year ended 31 March 2025

6 Net income/(expenditure) for the year

This is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets (Note 11)	12,608	9,416
Amortisation of intangible assets (Note 12)	-	4,076
OPERATING LEASE RENTALS PAYABLE:		
Property	19,853	18,420
Other	-	-
AUDITOR'S REMUNERATION (EXCLUDING VAT):		
Audit	12,000	11,750
Under accrual from prior year	-	2,000

7 Analysis of staff costs, Trustee remuneration and expenses, and the cost of key management personnel

Staff costs were as follows:

	2025	2024
	£	£
Salaries and wages	1,006,009	865,684
Termination Payments	2,988	11,178
Social security costs	92,653	80,344
Employer's contribution to defined contribution pension schemes	48,864	39,115
	1,150,514	996,321

There was one termination payment included in salaries and wages above for 2025 (2024:2)

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

	2025	2024
£60,000 – £69,999	1	1

The total employee benefits (including pension contributions and employer's national insurance) of the key management personnel were £547,906 (2024: £497,260).

Key management personnel consist of 10 employees (2024: 10)

The charity Trustees were neither paid nor received any other benefits from employment with the charity in the year (2024: £nil). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

Two of the Trustees were reimbursed for Travel costs of £538 in 2025 (2024: 1, £377)

8 Staff numbers

The average number of employees (head count based on number of staff employed) during the year was 31.4 (2024: 27.8).

Staff are split across the activities of the charity as follows :

	2025	2024
	No.	No.
Charity Management & Admin	3.5	3.3
Peer Support Groups	8.1	8.0
Phone & Email Support	4.2	2.5
Self-Management	0.5	0.7
E-Community	3.5	3.1
Fundraising	4.8	5.9
Employment Support	0.1	0.1
Awareness Raising	4.6	3.1
Research	2.2	1.1
Total headcount	31.5	27.8

9 Related party transactions

Aggregate donations from related parties were £1,325 (2024: £1,242)

The following Trustees made unrestricted donations to the charity during the financial year: Ed Butcher £285 (2024, NIL), Robert Print £170 (2024, £29); Jeremy Clark £870.21(2024, £212), and Guy Paisner nil (2024, £1,000).

10 Taxation

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

Notes to the financial statements

For the year ended 31 March 2025

11 Tangible fixed assets

Cost	Computer & Office equipment
	£
At the start of the year	36,802
Additions	11,462
Disposals	(7,527)
At the end of the year	40,737
DEPRECIATION	
At the start of the year	10,500
Charge for the year	12,608
Disposals	(5,305)
At the end of the year	17,803
NET BOOK VALUE	
At the end of the year	22,934
At the start of the year	26,302

All of the above assets are used for charitable purposes.

12 Intangible fixed assets

Cost	Computer Software
	£
At the start of the year	73,039
Additions in year	-
At the end of the year	73,039
AMORTISATION	
At the start of the year	73,039
Charge for the year	-
At the end of the year	73,039
NET BOOK VALUE	
At the end of the year	-
At the start of the year	-

All of the above assets are used for charitable purposes.

13 Listed investments

	2025	2024
	£	£
Fair value at the start of the year	573,736	548,081
Net gain on change in fair value	2,308	25,655
Fair value at the end of the year	576,044	573,736

INVESTMENTS COMPRISE:

	2025	2024
	£	£
UK Common investment funds	576,044	573,730
Cash	-	6
	576,044	573,736

14 Debtors

	2025	2024
	£	£
Trade debtors	63,967	27,469
Prepayments/Accrued Income	124,346	157,177
	188,313	184,646

15 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	83,338	29,071
Taxation and social security	43,063	-
Accruals	40,940	60,653
Deferred income (note 16)	-	10,900
	167,341	100,624

Notes to the financial statements

For the year ended 31 March 2025

16 Deferred income

Deferred income comprises:

	2025	2024
	£	£
Balance at the beginning of the year	10,900	87,737
Amount released to income in the year	(10,900)	(87,737)
Amount deferred in the year	-	10,900
Balance at the end of the year	-	10,900

Deferred income at the end of the prior financial year, represents a grant received from the Rotherham Clinical Commissioning Group for the setup of a peer support group in Rotherham together with delivering four self-management courses and the evaluation of these courses over a three year period.

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

	General unrestricted	Designated	Restricted	Total funds
	£	£	£	£
Tangible/Intangible fixed assets	22,934	-	-	22,934
Investments	576,044	-	-	576,044
Net current assets	194,272	513,574	278,873	986,719
Net assets at 31 March 2025	793,250	513,574	278,873	1,585,697

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

	General unrestricted	Designated	Restricted	Total funds
	£	£	£	£
Tangible/Intangible fixed assets	-	26,302	-	26,302
Investments	-	573,736	-	573,736
Net current assets	812,300	55,455	138,113	1,005,869
Net assets at 31 March 2024	812,300	655,493	138,113	1,605,907

18a Movements in funds (current year)

	At 1 April 2024	Income & gains	Expenditure & losses	Transfers	At 31 March 2025
	£	£	£	£	£
RESTRICTED FUNDS:					
Peer Support Service	-	10,000	(11,850)	3,183	1,333
Peer Support Groups	90,733	477,463	(450,203)	(3,183)	114,810
Awareness Raising	47,380	81,500	(11,646)	-	117,234
Research	-	91,844	(46,348)	-	45,496
Total restricted funds	138,113	660,807	(520,047)	-	278,873
UNRESTRICTED FUNDS:					
Designated Funds:					
Bipolar Commission	358,391	-	(120,544)	-	237,847
Fundraising Review	-	-	(16,804)	20,000	3,196
Service Expansion	277,000	-	(50,073)	-	226,927
Website Re-Build Reserve	14,596	-	(23,118)	50,000	41,478
Self Help Groups	5,515	-	(1,389)	-	4,126
Total designated funds	655,502	-	(211,928)	70,000	513,574
General funds	812,292	895,281	(844,323)	(70,000)	793,250
Total unrestricted funds	1,467,794	895,281	(1,056,251)	-	1,306,824
Total funds	1,605,907	1,556,088	(1,576,298)	-	1,585,697

The narrative to explain the purpose of each fund is given at the foot of the note below.

Notes to the financial statements

For the year ended 31 March 2025

18b Movements in funds (prior year)

	At 1 April 2023	Income & gains	Expenditure & losses	Transfers	At 31 March 2024
	£	£	£	£	£
RESTRICTED FUNDS:					
Peer Support Service	3,504	-	-	(3,504)	-
Peer Support Groups	27,651	359,913	(300,335)	3,504	90,733
Awareness Raising	59,858	26,952	(22,976)	(16,454)	47,380
Research		25,038	(41,492)	16,454	-
Total restricted funds	91,013	411,903	(364,803)	-	138,113
UNRESTRICTED FUNDS:					
Designated funds:					
Bipolar Commission	482,127	-	(123,736)	-	358,391
Service Expansion	-	-	-	277,000	277,000
Website Re-Build Reserve	-	-	(23,404)	38,000	14,596
Self Help Groups	7,997	-	-	(2,482)	5,515
Total designated funds	490,124	-	-	312,518	655,502
General funds	707,022	1,320,187	(902,399)	(312,518)	812,292
Total unrestricted funds	1,197,146	1,320,187	(1,049,539)	-	1,467,794
Total funds	1,288,159	1,732,090	(1,414,342)	-	1,605,907

Purposes of restricted funds

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

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

Awareness Raising - Updating website content, social media including facilitating regular Facebook 'live' sessions, developing e-learning packages, mobile phone mood tracking application and Broadcast and Print media.

Research - research partnerships with academic institutions to improve outcomes for people affected by Bipolar.

Purposes of designated funds

i) Bank balances held by Self Help Support Groups to meet local expenditure £4,126 (2024: £5,515)

ii) The Trustees have deliberated to set aside £500,000 as designated funds to implement the recommendations of the Bipolar Commission report over the next three to five years

iii) Fundraising review to improve our Fundraising department to increase income so we can provide more services to people with bipolar.

iv) Website re-build to upgrade our website so that people can get the information that they need to manage and understand Bipolar.

v) To grow and improve our services so that we can help more people affected by Bipolar

19 Operating lease commitments payable as a lessee

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

	Equipment 2025	2024
	£	£
Less than one year	1,535	18,420
	1,535	18,420

20 Legal status of the charity

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

Notes to the financial statements

For the year ended 31 March 2025

21 Prior year adjustment

Prior year adjustment figures have been amended due to the restrictions identified for some Research grants. These funds were fully spend in the year, therefore there was no impact on the reserves position.

Reserves Position	Unrestricted	Restricted	Total
	£	£	£
Total funds at 31 March 2024 as previously stated	1,467,794	138,113	1,605,907
Adjustment to reserves	-	-	-
Total funds at 31 March 2024 as restated	1,467,794	138,113	1,605,907

Impact on income 2024	Unrestricted	Restricted	Total
	£	£	£
Income as previously reported	1,320,187	386,865	1,707,052
Adjustment for income designation	25,038	(25,038)	-
New income figure	1,295,149	411,903	1,707,052

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

Thank you very much to each and every one of you. We could not do what we do without you. Because of you, we have improved the lives of tens of thousands of people affected by bipolar.

www.bipolaruk.org



You gave me some support on phone when I was unwell and recovering both from a bipolar period and my fears from an abusive experience. I just wanted to say thank you. I found our conversation at the time very helpful and reassuring.