



Maudsley Charity 2024/25 Annual Report

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Cover: Members of the
team at Heather Close
Adult Rehabilitation Unit

CEO & Chair Message

Maudsley Charity's vision is a world where everyone who experiences mental illness, without exception, has the right care and support for them.

We are clear that this vision only becomes possible by working in partnership and enabling others to do the same, so relationships are at the heart of everything we do.



Frances Corner
Chair



Sarah Holloway
CEO

With a new CEO coming into the organisation at the start of April 2025, we reflected on just how much progress has been made over the last year in developing and enabling new, mission-critical relationships, whilst also strengthening the existing partnerships that we need help us to create change.

We are most excited to see the new relationships that have been developed with people from the communities we serve who have lived experience of accessing mental health services or caring for someone who does. They were invited to join us as panel members and advisors; convened to visit and deliberate on which projects are supported under the Living Well with Psychosis programme. We heard from the organisations they visited how refreshing it was to be interviewed by people who had that unique inside perspective, and it's clear to us that their insights will have improved the quality of our decision-making.

More fundamentally though, these new relationships signal our commitment to inclusion and power sharing. We will continue to work in this way – reflecting, learning and adapting in order to improve how we engage and involve people with lived experience of accessing mental health services.

We see Maudsley Charity as being in the privileged position to be able to convene groups of people who share our vision. In doing so we enable others to build new connections and develop new collaborations. In 24/25 the charity played this key role in the space of youth mental

health by organising and hosting a series of four Connection Workshops as part of the launch of our Building Brighter Futures funding programme. We brought together people from the health, education, youth work and community sectors to discuss the challenges around supporting good mental health amongst our young people and to begin to design collective solutions that could be taken forward for funding.

Partnership working is not easy, but we have heard first-hand how the connections formed in those workshops have already unlocked opportunities for young people to get the support that they need in the setting that best suits them. And when our Building Brighter Futures grants are awarded in 25/26 and projects get underway, these new partnerships will really come into their own. We are excited to see the learning and innovation that emerges, and most of all, the impact they will have on the lives of children and young people in south London.

This focus on building relationships, connections, and trust is key to who we are, what we do and how we create a positive change in the level and quality of mental health care and support. We look forward to seeing the fruits of these new and strengthened local relationships as we further scale up our funding in 25/26.

We also look forward to connecting with others beyond south London to ensure we are making the most of opportunities to seed change at a greater scale at a time of such urgent need in mental health.

Who we are

Maudsley Charity is a grant-making charity that advances and accelerates positive change in mental health care in south London, and champions improvement elsewhere in the UK.



The ORTUS building:
Maudsley Charity's
home in Denmark Hill

We fund and support key clinical, academic and community partners so that everyone who experiences mental illness, without exception, can access the care that's right for them, and we believe that effective care needs to reflect a diverse range of perspectives and lived experience.

While our roots are embedded firmly in our local south London community, we also aim to seed positive change in mental health care elsewhere in the UK, by sharing and amplifying the knowledge and evidence that is generated through the work that we fund.



Why we are here

Mental illness can have a profound impact on a person's life – affecting their relationships, education, career, and physical health.

Our approach is led by clear and undeniable evidence that not everyone who experiences mental illness receives the care they need to live as well as possible.

In south London, there are clear differences in the risk of mental illness, and the experience and outcomes from care. The impact of social deprivation and racism are especially stark. We believe that by focussing on those who are currently most failed, and by funding earlier interventions, we can support work that significantly improves their lives, the lives of the people who love and care for them, and of the wider community of people who use mental health services.

[i] McDaid, D., Park, A-L., Davidson, G., John, A., Knifton, L., McDaid, S., Morton, A., Thorpe, L., & Wilson, N. (2022). The economic case for investing in the prevention of mental health conditions in the UK. Mental Health Foundation

[ii] NHS Digital - Mental Health Act Statistics, Annual Figures, 2022-23 [link](#)

[iii] Mind and Body, King's Health Partners [link](#)

[iv] Mental health for all? The final report of the Commission for Equality in Mental Health [link](#)

[v] Adults' Mental Health in Lewisham: Joint Strategic Needs Assessment [link](#)

Mental health

problems currently cost the UK economy at least

£117.9 billion annuallyⁱ

People with severe mental illness have higher rates of physical illness potentially

shortening their life
by up to
20 yearsⁱⁱⁱ

In 2023, about

1 in 5



children and young people aged

8-25 years

had a probable mental disorderⁱⁱ

Men and women from **African-Caribbean communities** in the UK are

3-5 times more likely

to be diagnosed with schizophrenia than any other group^{iv}

121.2
per 100,000 people

45.6
per 100,000 people

Lewisham

England



Lewisham has the highest rate of people subject to the Mental Health Act in all of London at 121.2 per 100,000, more than twice the average for **England** (45.6 per 100,000)^v

How we work

We focus our resources on work that is underpinned by **evidence**, **experience**, and **equity**.

Evidence

Good mental health care is based on reliable knowledge and information. We identify and financially back the most promising solutions that draw on and generate learning and evidence, working alongside South London and Maudsley NHS Foundation Trust and the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London, and groups and organisations from our local community and voluntary sector. We share that learning and encourage others to adopt those solutions in other parts of the country.

Experience

Mental health care is more effective when it is informed by relevant expertise and lived experience. We continually strive to understand the perspectives of people in the communities we serve, and encourage our grant holders to do the same when developing and delivering their work. We bring together people with lived experience of mental illness, their families and carers with clinicians, nurses, researchers and people working in community organizations to identify where our funding programmes can make the biggest difference.

Equity

Many people in our local communities are living against a backdrop of racism, exclusion, and poverty, all of which are proven to lead to more severe mental illness, reduced access to treatment and support, and worse long-term outcomes. We focus our funding on those most failed by services and society, driving improvements that benefit everyone. That's why equity is more than a principle – it is an essential tool for advancing genuine change.



Our partnerships

We work closely with South London and Maudsley NHS Foundation Trust and the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London to develop and support their most promising projects.

We share a campus, historic ties, and an unwavering commitment to improving the mental health of people in our local area. More importantly, both are centres of world-leading expertise and make significant contributions to mental health care delivery in south London and in the country and inform international practice. Together with these two organisations, we have formed the King's Maudsley Partnership to focus on revolutionising mental health care for children and young people.

South London and Maudsley NHS Foundation Trust

Every year, more than 5,000 inpatients and 40,000 outpatients are cared for and treated by South London and Maudsley NHS Foundation Trust, which is the local provider of mental health care for the more than 1 million people who live in Southwark, Lambeth, Lewisham and Croydon. Its dedicated staff work from its four hospitals and more than 100 community sites across the area.

More than
5,000 inpatients
40,000 outpatients are
cared for and treated each year

The Trust also provides the widest range of mental health services in England: more than 50 national and specialist services for adults and children who have particularly complex needs, or for whom treatment has not been successful elsewhere.

The Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King's College London

The Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at King's College London is Europe's largest centre for research and postgraduate education in psychiatry, psychology and clinical neuroscience. World-renowned for the quality of its research, IoPPN is ranked 2nd in the world for psychology and psychiatry and produces more highly cited publications on mental health than any other centre.

Ranked
**second in
the world**
for psychology + psychiatry

Along with South London and Maudsley NHS Foundation Trust, the IoPPN is part of King's Health Partners, an Academic Health Sciences Centre that brings together research, clinical care, and education partners to create world-leading improvements in healthcare.



Our funding approach

Our funding approach is guided by our **partnerships, place, and values**.

A workshop attendee (l) speaks with Georgina Chatfield (r), one of Maudsley Charity's Programme Managers

We are ambitious about the positive legacy we want to create so we focus on the challenges where our funding can make the biggest difference through a series of targeted funding programmes. We believe that developing solutions to complex problems must include everyone with a stake in the system so we seek out diverse perspectives – especially from people with professional expertise and lived experience – to help in our decision making.

We want to make the biggest impact in south London – both one of the most ethnically diverse areas of the UK and a place where rates of serious mental illness are unacceptably high. We pay close attention to the specific needs and context of the people living here, which is why addressing racial equity and other intersecting social inequalities is a key component of our funding programmes.

We aim to be an ethical, flexible, and approachable funder – open to discussion and adaptation to give grant holders the best chance of success. We take calculated risks to support projects that may not otherwise be funded. We are mindful never to create unnecessary burden, and we encourage and support our grant holders to build skills, capacity and the ability to sustain impact beyond the life of our funding.

Our home – ORTUS

Situated at the heart of the shared campus of South London and Maudsley and the IoPPN, we own and operate the ORTUS building which sits at the centre of our mission.

It is a place for people to learn, connect, and exchange ideas on mental health and recovery. During 2024/25 we welcomed more than 50,000 visitors to our meeting rooms and events spaces including service users, local people, researchers, students, clinicians, and third sector organisations.



Attendees at the South London and Maudsley's annual Service User Involvement event



South London and Maudsley regularly uses our building to provide essential clinical training to frontline NHS staff, and for inductions, planning meetings and away days. We also host students from King's College London who attend lectures and tutorials here. Our tenant, Maudsley Learning, delivers high-quality simulation training. We also provide meeting rooms to grant holders as an enhancement to our funding.

ORTUS also houses a vibrant café that has become a beloved community hub, where on any given day we see a diverse cast of regulars: parents and children from the neighbouring primary school, a group of local seniors and people who use our space as a work from home base.

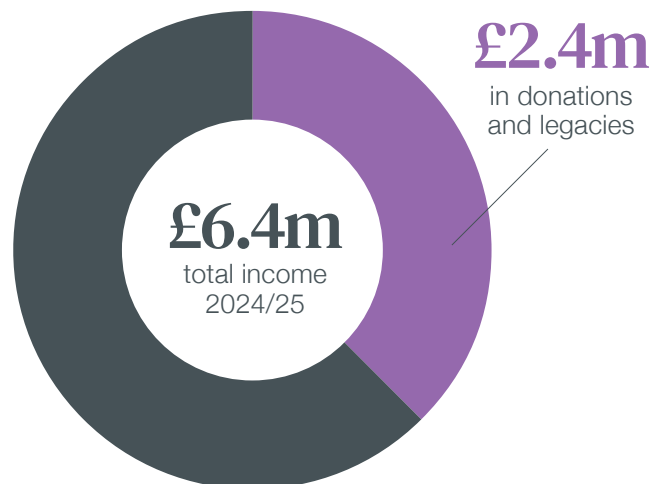
The charity's annual Celebration Event is held at ORTUS

The year in review

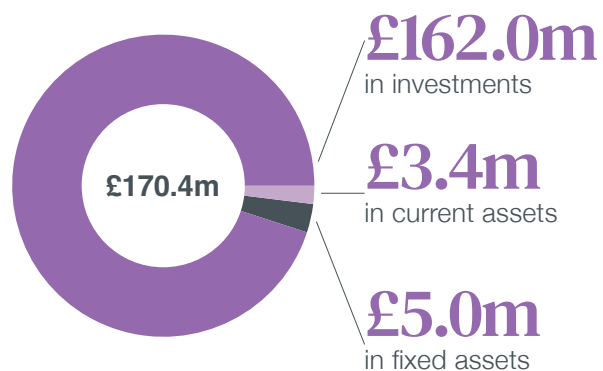
Our year in numbers 2024/25

Our resources

Income



Assets



Investments – cash deposits, stock market investments using our endowment and commercial property held to generate returns to support the Charity's work.

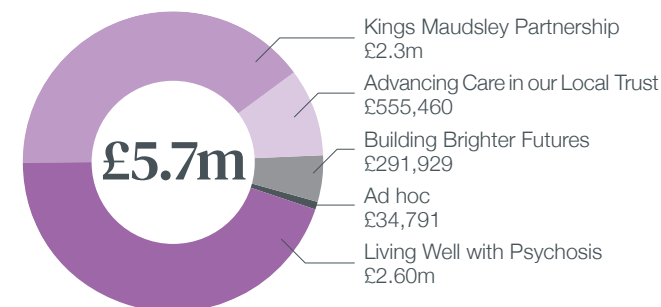
Current assets – Charity resources expected to be used in the short term, including (but not limited to) cash used for grants and outstanding payments to the Charity.

Fixed assets – long-term resources (e.g., property, equipment, software) purchased to support efficient charity operations.

Where our support went in 2024/25

£5.7m total funding given

Funding by programme

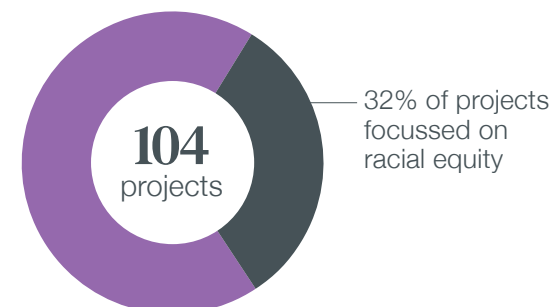


Our grant making

234 applications received

104 projects awarded

Focus on inequalities



Advancing Care in our Local Trust

South London and Maudsley NHS Foundation Trust is the largest NHS mental health care provider in the UK and a key pillar of south London's mental health care system. Supporting the Trust to provide the best care it can is therefore a vital part of achieving our mission.

From small enhancements to big ideas, we support positive change in mental health care at South London and Maudsley NHS Foundation Trust. We've committed a substantial proportion of our funding from 2025-2029 to fund everything from fast-turnaround initiatives that deliver rapid improvements, to long term projects that address complex organisational challenges.

What we are supporting

Transformation

Through our Transformation funding stream, we collaborate with researchers, clinicians and the Trust's senior leadership to develop, test and implement lasting solutions to complex problems. Using the Government's 10 Year Health Plan as our guide we focus on 3 strategic shifts – moving care from hospital to community; sickness to prevention; and analogue to digital.

In 2024/25, the Trust was awarded £2.5m from NHS England to launch one of six 24/7 [neighbourhood centres](#) being piloted for 2 years at selected mental health trusts across the country. This new model has the potential to revolutionise the quality and delivery of mental health care for people in Lewisham by creating a welcoming, community-based, non-institutional hub providing immediate care to people who walk in seeking help. To help bring this truly transformative project to life, we've designated £2.7m in 2024/25 to repurpose an existing building in Lewisham and to fund a top notch evaluation of the pilot's effectiveness.

Lewisham is an ideal place to focus this effort. The borough has some of the highest rates in the country of severe mental illness and of

people detained in hospital against their wishes for their safety or the safety of the community through the use of the Mental Health Act. This pioneering model is aiming to break the cycle of crisis and admission by providing wraparound services – mental health care, housing, benefits, and employment advice – through a partnership between the NHS and a range of voluntary, community, faith, and social enterprise sector organisations, and working closely with families and care givers. It could prove to be a truly revolutionary approach to keeping people well and if successful, would be replicated at more sites across the country.

The Trust developed its successful bid after two years of consultation with service users, carers, clinical leaders, staff, voluntary organisations,

community leaders, councillors and partner organisations, including the charity. We're excited to have been a part of shaping this co-produced vision that will help ensure the centre delivers on its promise of culturally appropriate care that is personalised to the needs of each individual and addresses inequalities experienced by the Black community in the care system.

We continue to support two other major initiatives at the Trust. The [Patient and Carer Race Equality Framework \(PCREF\)](#) is implementing change ideas to address the issue of unequal care experienced by people from Black communities, and the Locating Useful Clinical Information project (LUCI), is revolutionising care through the improved use and sharing of data (see pg 14).

The team at Heather Close Adult Rehabilitation Unit in Lewisham used a Change Makers grant to refurbish a kitchen shared by patients and staff



Everyday Enhancements

Promoting staff learning and excellence

We value the perspectives of staff throughout the Trust, and are particularly keen to support the committed people working in the frontlines of mental health care. While large scale initiatives often grab the headlines, we've seen how small, relatively low-cost interventions can improve everyday care and boost staff wellbeing and morale. Funding a range of interventions is especially important at a time when demand is high and NHS budgets are increasingly stretched.

Through the [Change Makers](#) programme, we partner with the Trust's Listening into Action team to give grants of between £200 to £2,000 for staff

to implement ideas that they feel could rapidly make a real difference. In 2024/25 we awarded £55,919 to 40 projects and increased the total annual funding pot from £100,000 to £125,000 to fund everything from physical improvements to break rooms, gardens and on wards, to therapeutic activities for inpatients and people in the community.

Trust staff are keen to learn from one another and to celebrate and share excellent practice. We support their efforts by sponsoring the annual [Staff Awards Ceremony](#). We sponsor or provide space at ORTUS to a number of staff conferences and events including the annual Nurses Conference and the Anti-Racism and Leadership Development Conference.



self-expression. We support two arts-based independent charities co-funded by the Trust – [Bethlem Gallery](#) and [Bethlem Museum of the Mind](#), both located on the grounds of Bethlem Royal Hospital in Beckenham.

In 2024/25, the Gallery supported over 60 artists, many of whom have lived experience of mental illness, and welcomed just under 9,000 visitors to its exhibitions and 3,400 participants to its workshops and events. The Museum, which houses a rich archive of historical documents and thought-provoking artwork, some from world-renowned artists, was visited by 13,665 people including students of all ages who enjoy its educational programming.

Valuing lived experience

Some of the most inspiring programmes at South London and Maudsley draw on the passion and expertise of people with lived experience. We have made a long-term commitment to co-fund the Trust's [Volunteering Service](#) and [Recovery College](#), providing a total of just over £1.5m over the past 3 years. Service users continually praise the empathy, understanding and examples of meaningful recovery provided by their peers.

In 2024/25 the Volunteering Service deployed over 450 people across the Trust who collectively contributed 26,933 hours of their time to support people in both the community and inpatient services. The majority of volunteers come from racially minoritised backgrounds, reflecting the communities they serve, and almost half are

former or current service users. Whether leading inpatients through creative activities or offering a listening ear through the befriending service, volunteers make a meaningful difference to so many people's lives.

The Recovery College offers an extensive programme of free mental health and wellbeing education, all co-produced by trainers with lived experience working alongside mental health professionals. The College delivered 396 sessions in 2024/25 covering over 100 subjects ranging from understanding common diagnoses and medications to creative writing and comedy improvisation.

Art and creativity have long been recognised as healing practices and avenues for

Maudsley Charity Programme Manager
[Natasha Wright \(I\)](#), listens to members
of the Recovery College team

Spotlight

LUCI – Locating Useful Clinical Information

Funding provided
in 2023/24:
£1.7m

Better use of data is a potential game changer in mental health care. That's why it has been made a key pillar of part of the Government's 10-year plan for the NHS. Behind every conversation about 'the numbers' is an opportunity to improve and tailor care for every individual and, more broadly, to see the bigger picture of trends and challenges for whole populations.

The LUCI clinical team



We're supporting the development of a new digital tool called LUCI – short for Locating Useful Clinical Information – which is providing clinicians with more accurate and timely information. LUCI is a pilot initiative of the Clinical Informatics Service (CIS) set up by South London and

Maudsley NHS Foundation Trust with support from the charity. CIS brings together clinical, technical and research expertise from the Trust, the NIHR Maudsley Biomedical Research Centre and the Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King's College London.

Speed and accuracy

LUCI uses a type of artificial intelligence methodology called Natural Language Processing which can understand and interpret the way human beings speak and write to pull together key details from patients' records – such as health history, medications, housing and employment support needs – and presents them in one clear, easy-to-use screen. This is particularly important in a mental health care system where patients can be seen by multiple professionals in different teams and locations.

Searches which in the past would have taken hours of digging through lengthy paperwork, can now be completed in minutes, allowing a patient's team of psychiatrists, nurses, pharmacists and occupational therapists to quickly see the information needed to make good decisions about treatment, allowing them to spend less time on admin and more time with patients.

LUCI can summarise patient data across cases handled by specific teams and services, highlight patterns, and show where improvements may be needed. It can provide information on key populations, using visuals including graphs, charts and maps, becoming a useful public health tool to help the Trust understand trends – especially those related to equal levels of treatment – and track improvements.

Testing and learning

LUCI builds on previous charity-funded informatics projects – most notably VIEWER, an award-winning proof-of-concept information retrieval system.



The LUCI service user involvement group

The Clinical Informatics Service has taken a user-led design approach, working with health professionals to redesign VIEWER to create LUCI, which is easier to use, even for less data-confident clinicians. The team is constantly developing LUCI to meet new use cases and respond to feedback. LUCI sits on a more stable infrastructure, allowing data to be updated consistently every day, and an operational service ensures support is available to keep it running reliably, so that clinicians can rely on LUCI as part of their daily work.

More than 1,000 clinical staff have already used LUCI across the Trust in a range of pilots including for medication review by pharmacists, management of physical health checks by clinicians, caseload management in over 30 community mental health teams, and monitoring equality of access to psychological therapies in all four boroughs.

LUCI also benefits from a service user involvement group which helped to develop the tool, and there are 50 champions across the Trust who are helping to embed new practices. Funding from the charity will allow the team to

fully roll out LUCI across the Trust over the next two years, engage frontline users to ensure the dashboards are user friendly; improve the underlying data models; and create new ways of displaying information guided by the needs of clinicians and services.

How LUCI is already making a difference to care

“I work at Bethlem Royal Hospital and I use LUCI on a daily basis. During ward rounds, I use LUCI to provide a snapshot of the patient’s medication history and service use. It provides a complete list of medications that I can go through systematically. Some of our patients have been with the Trust for many years and, without a tool like LUCI, I would sometimes need to manually review 20 years of medication notes. The way we did

this before could take days to complete but now can be done within a few hours.”

Maariya Din, Clinical Pharmacist



“I use LUCI to monitor the six core physical health checks for older adults with serious mental illness (SMI). We found it really helpful for care coordinators, and I think it could make work processes more efficient. Older adult patients with SMI may struggle to access support and present with greater physical health needs by the time they access mental health services. I hope staff can use LUCI to prevent physical health deterioration and provide timely intervention.”

Carla Vidale, Community Matron



“I use LUCI almost every morning for zoning meetings. Now we have LUCI, meetings run more smoothly with fewer people searching the patient record at the same time. I was involved in the user-centred design process, and the LUCI team did a great job incorporating my feedback. I’m really pleased with how it turned out and I think it’s a great addition to the current system.”

Benjamin Quinn, Advanced Practitioner





Making new connections
at a Building Brighter
Futures workshop

Building Brighter Futures is a £10m funding programme for work to improve the mental health of children and young people aged 10-19 years old who are living in the most challenging circumstances and who face complex difficulties including deprivation, vulnerable family circumstances, racism and discrimination, neurodiversity or learning disabilities, and substance use.

Building Brighter Futures

Funding provided
in 2024/25:
£291,929

At a time when increasing numbers of children and young people are reporting difficulties with their mental health, there are unacceptably long delays for NHS assessments and treatment. Though the NHS has a vital role to play, many of these young people be helped by other providers, particularly trusted voluntary and community sector organisations who are embedded in their communities.

The programme encourages collaboration between the NHS, trusted community organisations and researchers to develop, deliver and evaluate ambitious solutions that will go further in preventing and treating mental health conditions in young people. The programme echoes the model of partnership and community care that led to the formation of Integrated Care Systems and is reinforced in the draft NHS 10 year Plan.



Workshop attendees shared challenges and ideas

to young people, finding the common ground needed to harness their collective experience and effort. They were encouraged to create partnerships to develop ambitious proposals through a two-stage process. The first was the submission of an Expression of Interest to a funded development period of up to 6 months to co-produce their project idea with young people and their families. The teams could then follow up with a full application for a project grant. (Read more about the Development Phase on page 18)

Though not everyone who attended the workshops went on to apply to the programme, it was a valuable opportunity to break down unhelpful silos and to harness the energy of everyone who is committed to improving mental health care and support for some of the youngest and most vulnerable in the communities we serve. Learn more about the projects funded by the Building Brighter Futures programme on our website.

What we are supporting

In 2023, we tested a limited version of this joined-up approach by giving approximately £75,000 each to three organisations – Croydon Drop-in, Mulberry Hub GP Clinic in Lewisham and Lambeth Mental Health Teams in Schools – to individually partner with Child and Adolescent Mental Health Services at South London and Maudsley. Those projects have now been successfully delivered and are being evaluated, and served to reinforce our belief about the value of partnership.

The rollout of the full Building Brighter Futures programme in June 2024 was specifically

designed to be a catalyst for collaboration. Approximately 191 people from 113 organisations across Southwark, Lambeth, Lewisham and Croydon attended four borough-specific Connection Workshops. The charity invested significant time in research and outreach to local GPs, freelance creative practitioners and lower profile organisations and provided funding for travel and attendance.

Co-facilitated by the [Institute for Voluntary Action Research](#) (IVAR) the workshops brought attendees together – many of whom were meeting for the first time – to share their perspectives on the challenges to providing mental health care

Spotlight

Building Brighter Futures Development Phase

Funding provided
in 2024/25:
£291,929

We strongly believe that young people's voices need to be heard to fully understand and address their needs. But for people on the frontline of this crisis, whether in clinical settings or in the community, there simply isn't enough time or resources to dedicate to co-producing solutions. This knowledge was the impetus behind the inclusion of a funded 'development phase' in the design of the Building Brighter Futures programme.

Applicants who filled out an Expression of Interest with a project idea we thought was worth exploring, were given an optional grant of up to £15,000 and 6 months to develop that idea into a fully-fledged project proposal. All but 2 of the 24 applicants requested funding to support their development work; and the average grant was £13,900. The money, which was awarded in October 2024, was used to pay for staff time, travel and refreshments for young people and their families, room hire and materials for activities.

We also offered a series of activities, some delivered by us and some by our support partner, the [Institute for Voluntary Action Research \(IVAR\)](#). We helped 20 organisations develop their first Theory of Change, a roadmap to help them see how their proposed intervention would contribute to making real change for young people.

IVAR conducted two drop-in sessions on collaboration and on co-production and involving those with lived experience, as well as one-to-one sessions with projects teams to explore topics that were specific to their applications. Full applications were submitted for 22 projects and will be assessed by a panel that includes young people with lived experience facilitated by our young people engagement partner, [Leaders Unlocked](#).

This was a new approach for us and one that most applicants told us worked well. Young people and their families engaged enthusiastically with the co-production activities and organisations

Theory of Change workshop
led by the Charity at ORTUS



felt that they developed better ideas as a result. However, bringing organisations of different sizes and operating practices together to collaborate is not without its challenges and the process wasn't as successful for everyone. As we test and learn alongside our applicants and grantees, we're committed to continuous improvement of the programme and are looking forward to the positive impact this first round of projects will make in the lives of the young people they serve.

"It has been a rewarding, energising experience. The development phase helped us ensure that what we propose is truly grounded in the voices of those we aim to serve. We are truly appreciative of the Maudsley Charity for granting the development phase funding." BBF applicant

Rachel's Story

Rachel Nelken is CEO of Raw Material Music and Media, a community music and creative arts centre in Brixton.



"How often in the current climate do organisations get the chance to truly experiment? As a 'social prescribing' organisation working with people referred to our activities by NHS mental health services, Raw Material has worked in this field for years, but when we joined Maudsley Charity's Connection Workshop in Lambeth, this was the first time we had received an invitation to sit across a table from our healthcare colleagues. We hoped to learn more about how the NHS functions in youth mental health."

"Out of that meeting we formed a small consortium that includes practitioner and highly respected cultural producer Tony Cealy; specialist teams within South London and Maudsley - Empowering Parents, Empowering Communities (EPEC), a peer-led model, involving parenting groups led by parents with lived experience and DISCOVER, a team of clinical psychologists delivering evidence-based therapies to young people in schools."

"With King's College as a research partner and London Arts and Health on board to help

with strategic planning and bid writing, we have collectively explored what a combination of all our

services could look like. How

can we provide inclusive, welcoming and engaging options to young people and their families who feel let down by traditional healthcare services in which systemic racism and inequality are institutionally endemic?"

"Our key moment in the development phase was four co-production sessions including young people aged 11-19 and their parents from the diverse communities of South London. We worked with 50 people across the generations, to do focus groups and test 'taster experiences' of sessions that we might put in place longer term, including theatre, music production, open musical improvisation and talking therapies/ group discussion and sharing led by DISCOVER and EPEC teams."

"What was really noticeable (perhaps unsurprisingly) was how much more engaged and collaborative the groups were after taking part in the creative aspect of the session – demonstrating the power of creativity in action!"

"We learned a lot and backed up our own assumptions - that there is a better, more collaborative way to support young people's mental health than what's currently on offer."



Living Well with Psychosis

Funding provided
in 2022/23:
£89,177

Psychosis can affect anyone but in the UK, people from Black communities are six to nine times more likely to be diagnosed with psychosis than their white counterparts. It's a complex picture, one in which social deprivation, discrimination and racial trauma are all linked to that increased likelihood – challenging circumstances that we see play out in south London, where rates of psychosis are some of the highest in Europe.

The Black Men's Social Space helped to build trust between psychologists and service users

Living Well with Psychosis is a £14m funding programme for initiatives and research to improve the treatment and support the recovery of people affected by psychosis. It also funds work that supports families and carers and addresses inequalities in the experiences of racialised communities with mental health services. The programme has two funding strands – one for clinical research and services and another to support community organisations providing much-needed services for people who are hesitant to access NHS care.



Dr Marta di Forti leads a workshop about her Cannabis Clinic project

completed including a project led by Dr Craig Morgan at King's College London to help people with psychosis learn important life skills like how to find work or housing, handle a budget and engage with education, and research by Dr Juliana Onwumere, a clinician and researcher into the support needs of Black carers for people living with psychosis. (See page 22 for more).

In 2024/25, we've worked to include more people with lived experience in our decision-making, partnering with the [McPin Foundation](#) to create a lived experience panel to review Research and Services applications. [Croydon BME Forum](#) helped us meaningfully involve people with lived experience in our first community funding round who reviewed applications, went on site visits and helped select the funded projects at a joint meeting with charity staff and consultants.

"I am proud to be a part of this project. This project has proper co-production. It's good to use assessors, I feel it was really impressive. It's something that should be considered on a regular basis."

Lived experience assessor, LWWP Community fund

What we are supporting

In 2024/25, we awarded a grant of £1.3m to the [Helping Families Team](#) at South London and Maudsley to run a 3-year project delivering a specialist 10-week parenting group to help mothers and fathers living with mental illness to create trusting and consistent relationships with their children, including when their mental health fluctuates.

We're also supporting a set of small-scale, exploratory projects focusing on psychosis and substance use. The [Cannabis Clinic](#), devised by Dr Marta di Forti at King's College London, is evaluating its approach to helping high-intensity users of cannabis who experience psychosis to reduce their use and alleviate their

mental health symptoms. A second project from the team at King's and led by Dr Edward Chesney is working with people at the point of crisis in A&E to understand whether there is a link between psychosis and withdrawal from cannabis. People who use methamphetamines and experience psychosis are especially vulnerable and their mental health care needs have not been specifically addressed. A third initiative from a clinical team at South London and Maudsley is treating a cohort of mainly young men who have sex with men in Lambeth and experience psychosis while using meth. Learning from this project could inform work with similar communities around the country.

Several of the projects funded in earlier rounds of Research and Services have been successfully

Project spotlight

Supporting Black Carers

Funding provided
in 2023/24:
£100,000

Family carers of Black people with psychosis are essential to their wellbeing but often face challenges themselves related to high levels of stigma, and a lack of information and community support. And with their loved ones 40% more likely to access mental health services via police and court involvement, they have well-founded fears of harsh and unequal treatment.

We funded a research project into the needs of Black carers led by Dr Juliana Onwumere, clinical psychologist at King's College London. It aims to improve health outcomes for Black people living with psychosis by designing support for the people who look after them – often Black women who are wrongly assumed to be especially resilient and to benefit from wider family and community support.

The project team created an advisory group of passionate community members to help shape their engagement. They met people where they were most comfortable, mostly in the evenings, flexing around jobs and caring commitments, using accessible language and giving them the

time and space to express their views. Crucially, they reached beyond carers already engaged with the NHS Trust, and beyond them to backup carers for family members with primary responsibility.

Carers expressed how unheard, isolated and disrespected they felt by the systems that are supposed to provide care and act as their safety net, and based on their suggestions, the project team extended invitations to their loved ones who experience psychosis, health care professionals, police, and representatives of faith organisations.

Key insights emerging from the project indicate that the lack of accurate information about mental illness and the mental health care system is one

of the biggest challenges carers face. Given that the first onset of psychosis often occurs in adolescence and young adulthood, families grieve a perceived loss of future work and life prospects. A programme of education about the symptoms and treatment of psychosis would go a long way to alleviate their fear and confusion.

Faith can play a big role in Black communities, and carers may use the lens of religious practice to come to terms with their loved ones' symptoms. These practices can be wrongly seen as incompatible with modern medical approaches, so carers felt it important that their perspectives are not dismissed by clinical staff just because of the language they use or the beliefs they hold.

One welcome but unexpected result of the project came out of the attendance of a representative of the Metropolitan Police at a feedback session in September 2024. Taking on board the expressed lack of trust that Black communities have in the Force and the concerns and suggestions of the group, they are now developing a training module as part of their anti-racist work with the Trust and are in dialogue with Dr Onwumere about how best to deal with Black families and carers. The project team and participants also shared their reflections on the project in a podcast, and at the 2024 Anti-Racism in Healthcare Conference at the University of Sussex.

Dr Onwumere has progressed to developing a protocol for Black carers based on everything she learned during the project which she hopes to be able to trial in a further phase.

Angela's Story

Angela is a carer for her parents, both of whom use mental health services.

I've been a carer for 16 years now, since I was 17 years old. For the first few years, all I knew was that something was wrong, but didn't know where to get help. I was at university when my mother was first sectioned and got the official diagnosis.

It's always been difficult to navigate the mental health system but for carers my age we're going through big life transitions and working full time but still caring and managing crises. For the last two years the point of entry has been the Accident and Emergency department. There's a lot of waiting around with other unwell people. It's just not an inviting place. If I need to leave I have to keep calling for updates. When she's finally been given a bed, they let me know and I have to drop whatever I'm doing to take her toiletries and clothing.

In the Ghanaian and wider Black community, we mostly deal with it in secret. There's a lot of stigmatising or alienating the individual that is ill. Religion plays a huge part in whether they see the person as possessed and wicked. That was some of the language family members used. But I'm lucky. My



church family is my extended family and one of my pastors is a mental health nurse who helps me ask specific questions to get the right answers.

I've learned to open up slowly. I've started a group for female carers. We meet every six weeks to talk, get advice and make the load much easier.

What would help carers would be to have an understanding of the diagnosis from the beginning, sitting with a doctor or nurse to talk about symptoms, medication, care plans. That's literally the most basic thing that can happen. And communication – don't leave messages about incidents and induce fear. It would also be great to have family therapy and a family liaison to help us navigate the system.

Light and bright
spaces at
Pears Maudsley
Centre, designed
in consultation
with young
service users



King's Maudsley Partnership & Pears Maudsley Centre

No one organisation can solve the issue of children's mental health on its own. That's why we are the charity partner in a groundbreaking collaboration between South London and Maudsley NHS Foundation Trust and King's College London's Institute of Psychiatry, Psychology and Neuroscience (IoPPN) since 2018.

Established in 2023/24 the [King's Maudsley Partnership for Children and Young People](#) (KMP), brings clinicians and researchers together to work on new ways to predict, prevent and treat mental health conditions in children and young

people. For young people, recovery from mental illness is urgent. Interruptions to education, social lives, and personal development can negatively impact their futures so we want to speed up the time it takes for new research and evidence to make a real impact on the lives of young people in south London, the UK and beyond.

This partnership will soon have a new home in the purpose-built Pears Maudsley Centre due to open at the end of 2025 thanks to the philanthropic support of a number of donors. KMP's mission goes beyond what happens in the building. Work has already started on bringing together clinicians and academics and it's already delivering insights and solutions, and nurturing the networks that will be the hallmarks of its operations.



Thoughtfully laid-out
In-patient rooms



Dr Bruce Clark, Clinical
Director of the King's
Maudsley Partnership



Communities of Practice explore
solutions to young people's
mental health challenges

KMP has also committed itself to engaging the diverse local community in research and will be using data to ensure participation is representative of the communities we all serve.

In 2024/25 the partnership launched two new Communities of Practice – informal groups bringing together clinicians, academics, and community partners to exchange knowledge, explore challenges, and develop innovative solutions on specific mental health issues affecting children and young people. These are spaces for learning and development and for building professional networks who may go on to collaborate on future funding applications or research opportunities.

One Community of Practice was formed to

address [neurodevelopmental conditions](#) amid the growing awareness of neurodiversity, and another to focus on [affective disorders](#), common conditions like depression, obsessive compulsive disorder and generalised anxiety disorder which impact mood.

The partnership is already making a difference to young people in school settings through several initiatives. The [DISCOVER programme](#), a schools-based programme for 16–18-year olds aimed at reducing symptoms of depression and anxiety, was rolled out to more schools through the Trust's Mental Health Support Teams. DISCOVER's development has been backed by the charity since 2011 and last year a [clinical trial](#) among 900 students in the four regions proved that it was

effective in reducing symptoms of depression and anxiety.

In 2024, KMP also launched the Schools' Mental Health Innovation Network, a more clearly defined offer around schools' mental health. The Network aims to equip schools with tailored, evidence-based and accessible interventions and resources that address the specific mental health and wellbeing concerns in their school communities (read more on page 26).

In our role as charity partner, we continue to be inspired by the generosity of individuals, corporate and philanthropic donors who share the partnership's commitment to creating a better future for young lives affected by mental illness.

Project spotlight

School Resilience Project

Schools are important spaces for reaching diverse groups of children and young people experiencing emerging mental health challenges. Teachers and staff are often well placed to notice subtle changes in mood and behaviour, and children and young people should be able to access support in a trusted environment.

Whilst it is positive that Mental Health Support Teams (MHSTs) in schools are being expanded across the country, not every school can access this support and these teams are often overwhelmed by the scale of the need.

Funding provided
in 2022/23:
£100,000

What we are supporting

Using a £100,000 donation, we joined with South London and Maudsley NHS Foundation Trust to co-fund the School Resilience Project. Initially piloted in schools from the Haberdashers' network, and now expanded to three multi-academy trusts in south London, the project aims to help schools understand where the mental health needs are in their school communities and provide them with tools to address them.

The project collects key information from pupils and their families about their mental health and wellbeing needs through MyJournE, an online survey developed at King's College London and co-designed with young people. This survey measures indicators of mood, anxiety, wellbeing and school life, and is complemented with focus group discussions with parents, students and school staff to understand the circumstances at school, home and the community behind those needs.

A crucial element of this initiative is the team's community engagement efforts – attending assemblies, parent evenings and career events



A student filling out a wellbeing survey

– to ensure that parents, students and staff are at the centre of the project. This included strategies tailored to reach diverse communities, e.g. producing Spanish materials for schools with a predominantly Spanish-speaking community, to facilitate their participation.

Student survey responses have been over 90% in primary schools, and over 50% in secondary. Parent participation rates have averaged around 40%, with higher rates observed when the team implemented engagement strategies. Results from the survey and focus groups allow schools to identify underlying issues and set priorities for change, which would then be implemented by nominated teaching staff, external organisations or local MHSTs, depending on schools' preference and capacity.

Staff have found the initiative helpful both at the school- and wider Trust-level, as it is a useful barometer of what they already are doing well,

and what they need to improve. By working with multiple schools in a Trust, the data allows Trust leaders to compare schools, and see how student needs can vary across different school communities/demographics.

We are also supporting the development of the School Mental Health Innovation Network (SMHIN) in collaboration with the King's Maudsley Partnership for Children and Young People, and the Economic and Social Research Council (ESRC) Centre for Society and Mental Health.

This network brings together researchers, clinicians, teachers, young people, parents and policymakers to co-develop relevant resources and interventions that will be accessible to schools. With the aim of reaching all schools in south London, this exciting initiative will ensure that children and young people have access to resources at school that are tailored to their needs and are designed specifically by and for their community.

Maudsley Charity hosted the launch of the network with an event at ORTUS in December 2024 attended by over 100 researchers, clinicians, policymakers, school leaders and young people, who expressed enthusiasm, gratitude and excitement about future opportunities to learn and collaborate.



The launch of the network at ORTUS

Maya's Story

Maya is an 18-year-old aspiring psychiatrist and a School Resilience Project student ambassador

I saw involvement in the project as a good opportunity. At our ambassador meetings we spoke about what changes we want to see in our school, the relationship between students and teachers, and having easier and better access to support. We also felt that students might have underlying issues as to why they may not be attending school or why their grades may be dropping. The way teachers would approach that in our school wasn't the most empathetic or the most open minded.



I think the school welcomed the survey and some things have been set up. We have a dedicated welfare member of staff specifically for the sixth form and a lot more sixth formers were reaching out for support. There were also quite a few PHSE (Personal, Social, Health, and Economic education) workshops on things like sex education and substance abuse. Different organizations came into the school to speak about mental health, with younger people sharing their personal experiences rather than just doing an assembly about the different websites that you can go to find help.

I was also invited to attend several events. I learned about mental health clinics which offer walk-in and telephone consultations for young people. It's more empowering to have that control over what you're saying and who you're speaking to. My own experiences using CAMHS (Child and Adolescent Mental Health Services) highlighted the issues that arise when different mental health professionals provide support, each translating my words to one another.

At another event there were clinicians who were all very eager to hear the voices of young people. I really appreciated that we were able to speak to them, not just about the project, but how we feel about mental health in schools. It showed how much they care and how fervent they are about finding solutions.



Pears Maudsley Centre

Major Donors

We are hugely grateful to the individuals, foundations, trusts and corporations who have supported us with gifts during the year to improve the mental health of those most affected by serious mental illness in south London and across the UK.

Donations and legacies in 2024/25 totalled £2.4m. Of this, £2.2m was raised for the Pears Maudsley Centre and the King's Maudsley Partnership through our fundraising collaboration with King's College London. The funds raised complement our own £10.3 million contribution towards the Centre.

Since the start our fundraising campaign for the Centre in 2019, we have been privileged to have the support of a range of donors. Their extraordinary gifts will help us to change the future of mental health, not only in south London but throughout the entire UK and beyond. Special thanks to:

- Pears Foundation
- The Rayne Foundation
- The Charles Wolfson Charitable Trust
- The Wolfson Foundation
- Garfield Weston Foundation
- The Kuok Group
- The Dorset Foundation in memory of Harry M Weinrebe
- Elizabeth and Daniel Peltz OBE
- Dove Self Esteem Project
- Stephen Riady Foundation

Monday Charitable Trust – £150,000

Monday Charitable Trust (MCT) continued their generous support of the [CUES](#) whole-class programme in primary schools, developed by clinicians at South London and Maudsley NHS Foundation Trust to teach key emotional wellbeing knowledge and skills using Cognitive Behaviour Therapy. Their three-year grant will help build a social investment model of delivery and development for wider implementation. MCT's trustees have provided valuable resources, time, insight, and guidance to help CUES develop in the most effective ways and provide young children with accessible and engaging mental health resources in the all-important school setting.



The CUES whole-class programme in primary schools

Thank you to supporters



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