



# ANNUAL REPORT

1<sup>st</sup> November 2022 – 31<sup>st</sup> October 2023

The charity was established in 2018 following the tragic suicide of Jonathan McCartney. In 2022–2023 Jonathan's Voice has continued to open up the conversation about mental health in the workplace and to provide resources to organisations and individuals in order to support good mental health. We aim to make a positive impact by working in partnership with businesses and other groups to develop a mentally healthy environment where all may thrive. We provide all activities and materials free at the point of delivery but donations are encouraged. We have also continued to part-fund a research project into male suicide at the University of Glasgow.

We are very grateful for individual and corporate donations, organised fund raising activities and legacies. Governance is overseen by a Board of Trustees which this year was joined by Keven Bader, CEO of the Chartered Institute of Trade Mark Attorneys (CITMA). The charity is supported by an Advisory Board drawn from members of the Intellectual Property (IP) profession and beyond.



Our  
mental health-  
related webinars with  
Jonathan's Voice have proved  
particularly popular  
IP Inclusive

## Improving mental health in workplaces

*Publications, talks and related activities*

**Our main goal over the year was to provide high-quality talks and webinars, supported by evidence-based resources.** These talks and webinars are designed to help individuals to better look after their mental health and wellbeing and to equip organisations to provide the necessary support structures. We have expanded our training and consultation offer. All training is bespoke, based on the specific needs of the organisation. **Over the course of the year, the charity has delivered 10 talks including to organisations in Australia and the USA. Line Manger training** has been delivered over several sessions to specific firms. This was highly regarded.

Training was also provided to a regulatory body on **the impact of the disciplinary process on people's mental health.** A workshop talking about mental health for a group of patent attorneys within a government department was delivered. Both received excellent feedback. In 2022/2023, we released our **first fully digital resource** on our website entitled, *"Looking after your mental wellbeing at work - A guide for paralegals, business support staff in the Intellectual Property profession."* This has many innovative features and was created with the support of volunteers from the IP profession.

We work in partnership with the **Chartered Institute of Patent Attorneys** and the **Chartered Institute of Trade Mark Attorneys** and are regularly invited to speak or have exhibitor stalls at their conferences.

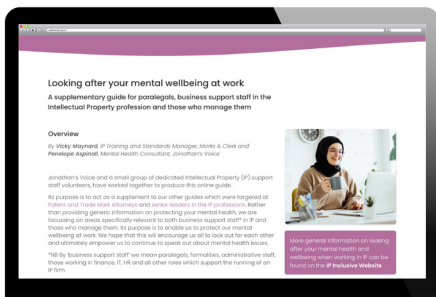


Jonathan's Voice is recognised by **IP Inclusive** as the mental health partner of the organisation. IP Inclusive is an initiative across the IP sector to make community more inclusive, diverse, open and fair.

We collaborate closely, particularly in the delivery of joint webinars, of which **this year there were 5 with average audiences of approximately 55.** We have also worked with IP Inclusive to update the material for their **on-line mental health hub.** We have a close connection with the IPO (Intellectual Property Office), a government agency for whom we deliver online webinars/workshops.

We also engaged with students at **Queen Mary University London** and at **Bournemouth University** who were enrolled on intellectual property law postgraduate courses.

In addition we respond to other invitations, e.g., **Oxford University Mathematical Physical and Life Sciences Division** for a presentation during Mental Health Awareness Week.



## Raising awareness of mental health issues

### Newsletters, community activities

In the past year, we have reviewed our social media strategy to focus on X (formerly Twitter) and LinkedIn. Both have seen an increase in the number of followers, **Twitter by 10%** (now 520) and **LinkedIn by 40%** (now 680). Our website continues to expand, for example our **podcasts** are now available to download. It also hosts our **four mental health guides** and our **quarterly Newsletters**. The audience for the Newsletters, distributed electronically and downloadable via LinkedIn, has **grown by around 20%** over the year. We have had a short article published in the **CITMA Review** and given brief interviews to two journals related to the Intellectual Property sector.

Each month around **two or three blogs** are posted on our website. The content range is wide, from general mental health awareness to information about research and publicising forthcoming webinars. Over the year we had **more than 16,000 visits** to our blog posts, on **average 530 visits to each**. The posts with the highest number of visits (**960** and **1200**) focussed on the Mental



“Two IPs in a Pod” featuring Penelope Aspinall from Jonathan’s Voice and trainee patent attorneys Elisabeth Pauli and Callum Watson.

Health Awareness Week theme of “Anxiety” and introduced our webinar to be delivered during the week entitled, “An experiential introduction to mindfulness at work.”

The charity continues to engage with community groups to raise awareness by providing speakers.

## Supporting research

### Suicidal Behaviour Research Laboratory, University of Glasgow



In 2022 – 2023, Jonathan’s Voice has continued its support for a research project at the **Suicidal Behaviour Research Laboratory (SBRL), University of Glasgow**.

The SBRL, led by Professor R O’Connor, is one of the leading suicide and self-harm research groups internationally. The PhD research project is being undertaken by **Ms Susie Bennett** and explores male suicide, specifically the

cultural and social factors that put men at risk of suicidal despair and the factors that can aid men to recover a meaningful life. Two papers were published in international peer-reviewed journals. One of these papers, in a highly esteemed journal was described by the managing editor as **“a masterpiece.”** Two further papers were completed and submitted to academic journals for peer-review. In 2024 Ms Bennett will turn her research outcomes into practical resources.

## Fundraising

Jonathan's Voice relies on the generous support it receives in donations from individuals, businesses, organised funding raising events and from our corporate partners, **Mewburn Ellis** and **Haseltine Lake Kempner (HLK)**.

Among the fundraising events were a Charity Ball at Trevelyan College, Durham where Jonathan studied, a sponsored workout at the IP firm Gill Jennings Every (GJE) and fundraising events throughout the year at HLK. A team from HLK took part in the Bristol 10k and Bristol Half Marathon and raised **£991**. Mapperley Golf Club chose Jonathan's Voice as their charity of the year and raised a total of **£5,945**. Ladies captain, Katie White (centre), is pictured with club members.



September saw supporters running in the Nottingham Robin Hood Half Marathon, the Oxford Half Marathon and the Great South Run. Rachel Culverwell is pictured as she finished The Great South Run. All runners exceeded their fundraising targets and raised a total of **£1,650**.



Such events are an important means of fund raising but also raise awareness in the general public about mental health issues and the stark statistics about suicide.

