



ANNUAL REPORT

1st November 2024 – 31st October 2025

The charity was established in 2018 following the tragic suicide of Jonathan McCartney. In 2024–2025 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 we are dependent on donations for our sustainability.

During 2025 Penelope Aspinall, mental health consultant, retired and we were pleased to appoint Donna Smith, below centre, as Training and Development lead. We also welcomed Lisa Whittleton and Gemma Fieldsend as associate trainers. The charity is supported by an Advisory Board who were joined this year by Jane Wainwright, below right, Zachary Pallier and Callum Watson. Our work would not be possible without the hard work, enthusiasm and commitment of the team at Jonathan's Voice.



Improving mental health in workplaces

Publications, talks, videos and related activities

Our goal continues to be improving mental health in the workplace by providing high quality talks and webinars supported by evidence based resources that are specific to the intellectual property community. We regularly add to this bank. All training is bespoke, based on the specific needs of the organisation. There has been a particular focus on training for those at the early stages of their careers and also for line managers.

A major project for this year was to develop and launch a new resource, an **online library of short self-help videos**. These short, high quality videos, created specially for the intellectual property community, are delivered by experts in their field. They are readily accessed from the Home page of our website. Tracking of website traffic indicates that these videos are being well used.

We work in partnership with the **Chartered Institute of Patent Attorneys (CIPA)** and the **Chartered Institute of Trade Mark Attorneys (CITMA)** and are regularly invited to have exhibitor stands at their conferences. Through these activities we have reached some **500 delegates** this year.

"Your resources resonated with me."

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 the community more inclusive, diverse, open and fair. We collaborate closely, particularly in the delivery of **regular joint webinars**. They focus on supporting mental health and wellbeing within the intellectual property profession. This year we delivered **six joint webinars with an average attendance of 50**. The one held to mark World Suicide Prevention Day was particularly well-attended.

"Presenter engaging, knowledgeable and likeable."



One of our key objectives is to support men's mental health in the work place. In collaboration with IP Inclusive, we organized a highly successful in-person men's mental health event "**Men and Suicide**" with guest speaker, **Dr Susie Bennett**.

As part of our focus on early career professionals we gave a presentation to a group of students at **Queen Mary University London** who were enrolled on intellectual property law postgraduate courses.

"Tools and techniques to take away and use."



Raising awareness of mental health issues

Newsletters, community activities

Our reach on LinkedIn has increased by 25% to 1010. It has been used extensively to successfully promote our new self help videos. The website continues to expand. It hosts recordings of our webinars, our podcasts, our four mental health guides, the Newsletters and our self-help videos. **Our regular Newsletters reached an audience of over 400 subscribers.**

Blogs are regularly published on a range of topics, including alerting followers to our webinars, reflecting themes in the mental health calendar and content relevant to a high pressure work environment. This year **40 blogs were published with more than 3500 views, an increase of 79%.** Those with the highest number of visits were **“The Power of Kindness” (1240)** and **Penelope Aspinall’s personal reflection on her retirement (1654 views).** We are pleased that articles written by our experts in mental health and wellbeing have been published in leading professional journals.

“The Newsletter and posts have been fantastic.”

It was an honour for the charity that our mental health consultant was invited to speak at the **Norwegian Association of Intellectual Property Administrators Annual Conference in Oslo.** Over 90 delegates from across Europe attended.

In October, we were delighted to be invited by **Appleyard Lees** to present the Jonathan’s Voice mental health and wellbeing award in recognition of our work at their Awards event.



Supporting dissemination of research

Dr S Bennett



During the year, Dr Bennett spoke with **over 400 people** – including health professionals, policymakers, and charity workers – at knowledge-sharing events in **Cardiff, Newcastle,**

Liverpool, Manchester, and Chelmsford. These events provided valuable opportunities to share in depth the findings that support from Jonathan’s Voice has enabled her to establish. Interest in the work continues to grow across diverse audiences.

She has also been invited to deliver **seminars** for a wide range of organisations, including several local councils and mental health teams. Dr Bennett continues to work on new **research papers.**

We are proud to note that the funding from Jonathan’s Voice **over a period of 4 years of approximately £20,000** is now having a very significant impact on men’s mental health.

Fundraising

Jonathan's Voice is doing vital work reducing mental health stigma and creating supportive workplaces within the intellectual property sector. By providing evidence-informed workshops, training, and resources, **we empower individuals to speak up and help organisations build mentally healthy cultures.** While the charity is thriving and in high demand, we depend on donations to keep the services free at the point of delivery. Sustained funding is crucial to continue this impactful work and expand our reach in promoting well-being.

We are very grateful for legacies, fundraising, individual donations and a corporate donation from **Mewburn Ellis**. Thank you to **Eccora** and **Gill Jennings & Every (GJE)** for their continuing support. GJE held a sponsored workout on World Suicide Prevention Day. 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.

Thank you to all those who have supported Jonathan's Voice throughout the year.

More about our Trustees, Advisory Board and all the resources, training and webinars that are referenced in this report can be accessed on our website www.jonathansvoice.org.uk.



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