

COMPANY REGISTRATION NUMBER 05552172

CHARITY NUMBER 1119652

**MENTAL HEALTH NORTH EAST
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**



MENTAL HEALTH NORTH EAST
FINANCIAL STATEMENTS
YEAR END 31 MARCH 2023

CONTENTS	PAGE
Members of the board and professional advisers	1
Trustees' annual report	2 - 4
Statement of financial activities	5
Balance sheet	6 - 7
Note to the financial statements	8 - 10

MENTAL HEALTH NORTH EAST
MEMBERS OF THE BOARD AND PROFESSIONAL ADVISERS

Trustees	Lyn Boyd Alisdair Cameron
Company number	05552172
Charity number	1119652
Registered office	Birtley CDC Drum Park Drum Industrial Estate Chester-le-Street County Durham DH2 1AE
Accountants	Rona Kerr Accountants Tanfield Lea Business Centre Tanfield Lea North Industrial Estate Stanley County Durham DH9 9DB
Bankers	The Co-Operative P.L.C. P.O. Box 101 1 Balloon Street Manchester M60 4EP

**MENTAL HEALTH NORTH EAST
COMPANY LIMITED BY GUARANTEE**

TRUSTEES ANNUAL REPORT

YEAR END 31 MARCH 2023

The trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the financial statements of the charity for the year ended 31 March 2023.

Introduction

The following information about the financial year 2022/23 is presented in the format required by the Charity Commission.

Objectives and Activities

MHNE's key function is to support and strengthen our membership (Not for Profit/Voluntary and Community Sector organisations) in the planning, design and deliver of high-quality services that improve the mental health, economic and social wellbeing of the north east region.

MHNE is the regional infrastructure organisation whose members is open to all third sector agencies with an interest in Mental Health and Well Being and sign the MHNE Charter outlining member standards.

MHNE:

- Is able to provide representation at a regional level
- Provides a regional voice for small, medium and large organisations
- Enables dialogue between small and large statutory and non-statutory organisations.
- Enables collaboration that improves Mental Health and Well Being for the mental health service users and the general population.
- Will be the first point of contact for statutory commissioners and providers in relation to the third sector and Mental Health at both local and regional levels.
- Will provide a 'sounding board' and 'critical friend' function for:
 - Central, regional and local government
 - Central, regional and local health agencies
 - Our own member/sector
- Will provide a resource for information
- Will provide support to and work in liaison with User groups and Carer groups.
- Will lobby and campaign on behalf of our member groups.

Public Benefit

The trustees are satisfied that they have complied with the duty in section 17 of the Charities Act 2011 to have due regards to public benefit guidance published by the Charity Commission.

**MENTAL HEALTH NORTH EAST
COMPANY LIMITED BY GUARANTEE**

TRUSTEES ANNUAL REPORT (*continued*)

YEAR END 31 MARCH 2023

Achievements and performance

MHNE has continued to campaign for improved mental health services via our social media platforms. We have produced a monthly bulletin which has been circulated to over 5,000 people on a regular basis. We have recruited new friends to our facebook page and use this to update people throughout the north of England. Our twitter account has now reached nearly 10,000 followers. In addition we have continued to give support to voluntary organisations with an interest in mental health and have also supported many individuals with mental health issues in the north of England. MHNE produced the 100 years of Progress? Conference report and circulated it to all members, attendees, funders and all other interested parties.

Financial review

Income for the year is £10,972 – all unrestricted , compared to £7,847 last year.

Outgoings for the year is £12,546 – all unrestricted, compared to £16,877 last year.

Deficit for the year is £1,574 compared to a deficit of £8,853 last year.

The balance of funds is £12,135 - all unrestricted.

Plans for future period

Due to the unfortunate death of our chairperson and illness amongst other prominent directors/trustees, MHNE will be closing its doors at the end of December 2023. The December bulletin plus health guide to people in distress over Christmas will be completed as normal. Information about our successor – North East Together – will be featured in the December 2023 bulletin.

Structure, governance and management

The Charity's full name is Mental Health North East ("MHNE")

MHNE is a company limited by guarantee number 05552172 incorporated on 2 September 2005 and is governed by its article and memorandum. It is a registered charity, number 1119652.

Reference and administrative details

Reference and administrative details are shown in the schedule of members of the board and professional advisers on page 1 of the financial statements.

Statement of trustee's responsibilities

The trustees (who are also the directors of Mental Health North East for the purposes of company law) are responsible for preparing the Trustees' Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law required 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 of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

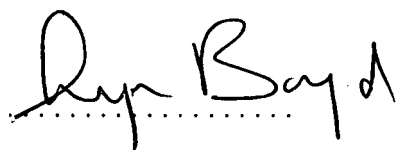
In preparing these financial statements, the trustees are required to:

- 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 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 charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with the reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. The trustees 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.

Approval

This report was approved by the trustees on19/12/23..... and signed on their behalf by :



Lyn Boyd

Trustee

**MENTAL HEALTH NORTH EAST
COMPANY LIMITED BY GUARANTEE**

STATEMENT OF FINANCIAL ACTIVITIES

YEAR END 31 MARCH 2023

	Note	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
INCOME AND EXPENDITURE					
INCOME RESOURCES					
Income resources from Voluntary income	2	<u>10,972</u>	<u>-</u>	<u>10,972</u>	<u>8,024</u>
Total incoming resources		<u>10,972</u>	<u>-</u>	<u>10,972</u>	<u>8,024</u>
RESOURCES EXPENDED					
Charitable activities		6,241	-	6,241	12,148
Indirect costs	3	<u>6,305</u>	<u>-</u>	<u>6,305</u>	<u>4,729</u>
Total resources expended		<u>12,546</u>	<u>-</u>	<u>12,546</u>	<u>16,877</u>
Net Incoming/(Outgoing) Resources for the year		(1,574)	-	(1,574)	(8,853)
Gross transfers between funds		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Gross movement in funds		(1,574)	-	(1,574)	(8,853)
Balances brought forward		<u>13,709</u>	<u>-</u>	<u>13,709</u>	<u>22,562</u>
Balances carried forward		<u>12,135</u>	<u>-</u>	<u>12,135</u>	<u>13,709</u>

The charity has no recognised gains or losses other than the results for the year as set out above.

All the activities of the charity are classed as continuing.

**MENTAL HEALTH NORTH EAST
COMPANY LIMITED BY GUARANTEE**

BALANCE SHEET

YEAR END 31 MARCH 2023

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Current Assets				
Cash at Bank and in Hand	14,636	-	14,636	15,595
	<u>14,636</u>	<u>-</u>	<u>14,636</u>	<u>15,595</u>
Creditors				
Amounts falling due within one year	2,501	-	2,501	1,886
	<u>2,501</u>	<u>-</u>	<u>2,501</u>	<u>1,886</u>
Net Current Assets	<u>12,135</u>	<u>-</u>	<u>12,135</u>	<u>13,709</u>
Total Assets less Current Liabilities	<u>12,135</u>	<u>-</u>	<u>12,135</u>	<u>13,709</u>
Funds				
Restricted			-	-
Unrestricted			12,135	13,709
Total Funds			<u>12,135</u>	<u>13,709</u>

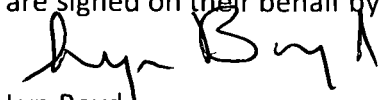
The trustees are satisfied that the company is entitled to exemptions from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477 and that no member of members have requested an audit pursuant to section 476 of the Act.

The trustees acknowledge their responsibilities for:

- (i) Ensuring that the company keeps proper accounting records which comply with section 386 of the Act, and
- (ii) Preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 394 and 395 and which otherwise comply with the requirements of the Act relating to the financial statements, so far as applicable to the company.

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006

These financial statements were approved by the trustees on the 19/12/23 and are signed on their behalf by:

A handwritten signature in black ink, appearing to read 'Lyn Boyd', is written over the text 'are signed on their behalf by:'.

Lyn Boyd
Trustee

The notes on pages 8 to 10 form part of these financial statements.

**MENTAL HEALTH NORTH EAST
COMPANY LIMITED BY GUARANTEE**

NOTES FOR THE FINANCIAL STATEMENTS

YEAR END 31 MARCH 2023

1. ACCOUNTING POLICIES

Basis of accounting

The financial statements have been prepared under the historic cost convention in accordance with the 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)) and the Charities Act 2011.

Income

Income is recognised in the period in which the charitable company is entitled to receipt and the amount can be measured with reasonable certainty. Income is deferred only when the charity must fulfil conditions before becoming entitled to it, or where the donor specifies that it is to be expended in a future period.

Donations and grants

Income from donations and grants, including capital grants, is included in incoming resources when these are receivable, except as follows:

- When the donors specify that donations and grants given to the charity must be used in future accounting periods, the income is deferred until those periods.
- When the donors impose conditions, which must be fulfilled before the charity becomes entitled to use such income, the income is deferred and not included in incoming resources until the pre-conditions for use have been met.

When donors specify that donations and grants, including capital grants, are for particular restricted purposes, which do not amount to pre-conditions regarding entitlement, this income is included in incoming resources of restricted funds when receivable.

Cash flow statement

The trustees have taken advantage of the exemption in Financial Reporting Standard No 1 (revised) from including a cash flow statement in the financial statements on the grounds that the charity is small.

Voluntary income

Voluntary income received by way of donations and gifts to the charity are included in full in the statement of financial activities when received.

Charitable activities

Mental Health North East has taken advantage of the exemption provided by the Charities SORP, not to use the expenditure headings and sub-headings as defined by the SORP.

**MENTAL HEALTH NORTH EAST
COMPANY LIMITED BY GUARANTEE**

NOTES FOR THE FINANCIAL STATEMENTS

YEAR END 31 MARCH 2023

1 ACCOUNTING POLICIES *(continued)*

Resources expended

Resources expended are included in the Statement of Financial Activities on an accrual basis, inclusive of any VAT, which cannot be recovered.

Expenditure is recognised when a liability is incurred:

Fund accounting

Funds held by the charity are either:

- Unrestricted general funds, these are funds which can be used in accordance with the charitable objects at the discretion of the trustees.
- Restricted funds – these are funds that can only be used for particular restricted purpose within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

2 Voluntary Income	2023	2022
	£	£
Donations	10,972	8,024
	<u>10,972</u>	<u>8,024</u>

3 Employee Information

Staff Costs	2023	2022
	£	£
Wages & Salaries	-	-
Social Security costs	-	-
	<u>-</u>	<u>-</u>

Average number of staff employed	2023	2022
Management and administration of staff	<u>0</u>	<u>0</u>

No member of staff earned above £60,000 during the year.

**MENTAL HEALTH NORTH EAST
COMPANY LIMITED BY GUARANTEE**

NOTES FOR THE FINANCIAL STATEMENTS

YEAR END 31 MARCH 2023

Trustee's Expenses

There were no trustee's remunerations or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' Expenses		2023	2022
		£	£
Lyn Boyd		1,419	75
		<u>1,419</u>	<u>75</u>
4	Creditors: Amounts falling due within One Year	2023	2022
		£	£
	Accruals	<u>2,501</u>	<u>1,886</u>

5	Movement in Funds	As at 01/04/22	Income	Expenditure	Transfer Between Funds	As at 31/03/23
	Restricted Funds	£	£	£	£	£
	Greening the Gap	-	-	-	-	-
	North Durham Women's Centre	-	-	-	-	-
	Planting for the Future	-	-	-	-	-
	Total Restricted Funds	-	-	-	-	-
	Unrestricted Funds	13,709	10,972	12,546	-	12,135
	Total Funds	<u>13,709</u>	<u>10,972</u>	<u>12,546</u>	-	<u>12,135</u>

6 Control

The ultimate control of the charity rests with the Board of Trustees.