

MAAN Somali Mental Health Sheffield

(Registered charity. Number 1125763)

(Company Ltd by Guarantee No. 06639255)

Financial statements

for the year ended 31 March 2019

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MAAN Somali Mental Health Sheffield

Legal and administrative information

Trustees

Dr Ogo Osammor	Chair
Janice Marks	Treasurer
Kokila Patel	Secretary
Mariame Anthony	

Registered Charity number

1125763

Company Ltd by Guarantee number

06639255

Principal Address

8 Paradise Street
Sheffield
S1 2DF

Independent Examiner

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

Bank

Co-operative Bank plc
78/82 Pinstone Street
Sheffield
S1 2PH

MAAN Somali Mental Health Sheffield

Trustee's report

The Trustees present their annual report and financial statements for the year ended 31 March 2019 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards for Smaller Entities.

Structure, governance and management

The charity is governed by its memorandum and articles of association incorporated , on 7 July 2008 and was entered on the Register of Charities effective from 8 September 2008.

The organisation's finances and policies are administered by an Executive Committee made up of elected members and nominated non-voting members.

Both paid staff and volunteers are involved in the day to day running of the project.

The trustees who served during the year are listed on page 2 on the report.

Information for potential Trustees is made available before each A.G.M and new Trustees are voted on at the Annual General Meeting.

Objectives and activities

The Objects of the organisation include:

- ☐ To relieve poverty, sickness and the distress arising therefrom of Somali persons living in Sheffield and districts. Who are suffering from mental illness or mental incapacity, by assisting such persons to obtain full rights and privileges as citizens
- ☐ to provide facilities for counselling and support and leisure activities for Somali people who are suffering from mental illness or mental incapacity in the area of benefit in the interests of social welfare and the object of improving their conditions of life
- ☐ to advance the education of the public in all matters of health issues for Somali people who are suffering from mental illness or mental incapacity in the area of benefit.

Financial Review

Income for the year is shown at £64,415 (2018: £74,007) and this is mostly from grant funding which is listed on the notes to the accounts. Expenditure is shown at £80,075 (2018: £80,900) with a year end carried forward of unrestricted funds balance of £34,641 (2018: £50,301)

Reserves policy

The reserves are needed to ensure that Maan can continue its services in times when the funding received does not cover the costs of the provision of services. It is vital that Maan find ways of both increasing the income which covers the core costs of the organisation, and finds new sources of funding in order to expand our services to address the ever growing needs of the Somali community in Sheffield. Our aim is to achieve reserves equal to six months running costs.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Public benefit statement

Maan Somali Mental Health Sheffield addresses the needs of members of the Somali Community experiencing severe enduring mental health problems and supporting Sheffield NHS and other statutory provider agencies in order to contribute to a more effective delivery of mainstream services.

Achievements and performance

Access to Health Care services and one to one support

During May 2018 to April 2019 we have supported 53 service users and helped them live independently. We supported each person in identifying and developing their recovery journey.

We provide appropriate, timely, culturally sensitive one to one support as early as possible, and for as long as needed, enabling (acting as a bridge) the individual to access and benefit from mainstream mental health services, and providing person centred support through first steps/diagnosis, treatment and recovery and prevention of relapse. We adapted Maan's "8 ways to well-being" as our framework for supporting our service users and carers and community members around mental health issues.

"They (Maan) were the only organisations that built my confidence. I suffer depression and anxiety and I do not like to mix to the community. Through Maan's support and encouragement I am feeling better and can express my ideas confidently. I felt surprised that I was mixing with people i.e. staff, volunteers. I do now volunteer with Maan 3 hours each week. This makes possible to be confident and be part of the team. I returned to study and enrolled in a course at Sheffield College. I am able to succeed in my study because of the support I received"

Quote from one of our service users.

'I like the support and help from Maan because the workers, Susi, Basra and Riyale treat me with respect. My mental health and physical disability issues mean I am isolated and experience anxiety, worry and stress. I am supported to meet other women, do gentle physical exercise and be more confident in looking after myself. Sometimes getting one to one support time makes a big difference to me.'

Quote from one of our service users.

Training service providers

We have delivered two workshops for Health and Social Care Providers, exploring approaches to engaging the Somali community in work around mental health. At each workshop we included participation from community members interested in engaging in planning, deliver and decision-making processes around mental health and the Somali community. 26 people attended the two workshops representing 14 organisations.

We have delivered on site workshops for Burbage Ward members of staff, within the Michael Carlisle unit at Nether Edge Hospital, and Endcliffe Psychiatric Ward, at Northern General Hospital. Each of these initial workshops gave participants a chance to identify what they needed to know about what Maan's current work. Each group also identified ways in which they would like Maan to engage with current patients using new schedules on a monthly basis. We will continue to respond to crisis cases /situations to support service users in units.

MAAN Somali Mental Health Sheffield

Trustee's report continued

We have engaged with the following organisations, who sent staff, volunteers to take part in our Health & Social Care providers workshops:

- Sheffield Health & Social Care NHS Foundation Trust
- Transcultural Team
- Early Intervention Service
- Michael Carlisle Ward, Nether Edge Hospital
- Endcliffe ward, Northern General
- Refugee Council
- Mind
- Environmental Services, Sheffield City Council
- Sheffield Hallam University
- SACHMA
- Adira
- Holistic social care
- GP Neighbourhoods –North 2 and SAPA-City partnership.
- Hanover and Devonshire Green G.P. health centres

Training Somali organisations and city-wide community workshops

Maan successfully delivered 'Exploring Mental Health' workshop sessions to 11 Somali community organisations and groups. As part of these informal learning gatherings discussions looking at personal and wider community perceptions of mental health across the Somali community. 332 Somali community members attended these events. Some of these participants have lived experiences of dealing with mental health issues.

Somali Community Organisations taking part in these workshops included groups in Burngreave such as Mothers of Burngreave, Reach , Women's Carers Group, Restore Hope, Greater Somali Community Organisation, Al Taqwa mosque, Somali Professionals SPA. In the Broomhall/ Sharrow areas we worked with Israac Community Cultural Organisation, Huda Mosque and the Somali Society (University of Sheffield). In Darnall with Darnall Somali Development. We used participatory group work, presentations and wider group discussions to explore the theme of mental health with the participants. We used visual evaluation for each session.

We developed a publication entitled '8 Steps to Look after You Mental Health and Well-being' and Mental Health perceptions in the Somali Community: Some guidelines for mental health professionals. We have begun to distribute the '8 Steps' publication during all community focussed workshops.

Somali Community Carers Project (Carers in Sheffield)

Maan has always supported carers and has been working with Somali men and women carers in specific projects over many years. This work has involved discussions, physical and well-being activities for Somali women who are carers. For men we have found that drop in social cafe sessions work.

Information, guidance and training is provided for both men and women. We have used informal learning, storytelling and participatory activities, in order to listen and learn from Somali carers about their concerns, aspirations and ideas for individual and collective positive change.

We have previously received funding for this work from Sheffield City Council, Yorkshire Sports Foundation and Awards for All. Our ability to try new ways to encourage service users, carers and community members to increase their physical activity while reflecting on the benefits to their mental and physical well-being was very valuable.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Women and men taking part in our initiatives have been involved in long-term care of family members or friends with physical or mental ill-health or disability or problems related to old age. Through our wider community development initiatives, we were able to raise the awareness of community members around their role and responsibilities as part of the growing population of people who are carers.

A key message from existing carers we work with is that it is important to share their lessons and experiences with others who face this role with little support or knowledge. Our current contact base also highlighted the need to reach more carers across the community who are unaware of support, rights and options open to carers.

We are proud to be the only organisation providing culturally appropriate services for carers within the Somali community. Working with women and men from the Somali Community and other BME communities we have been able to design culturally sensitive activities which have been shaped by the insights and ideas identified by carers as they participated in the project. All Maan's projects are designed and delivered by our service users, volunteers and Carers.

Active with Maan campaign

Maan has taken a lead role to promote being active and inspired across different generations of the Somali community as part of Active Burngreave. Maan volunteers and staff started campaigning to promote wellbeing and the importance of physical exercise. This cycling campaign attracted many young and elder of Somalia community as many elders have never cycled.

Maan continues to encourage community members to be physically active which included promoting and supporting walking groups led by Maan volunteers and cycling group for men. Maan also influenced mothers in Burngreave to start walking to reduce isolation and improve their wellbeing. Maan Active mothers' groups started walking after taking their children to school. The mothers have taken part in local walks to promote the importance of physical exercise to physical and mental well-being. The experiences and shared stories of feeling more energised and being fitter attracted more young mothers to join Maan Active mothers.

Maan , the future and the challenges

Maan continues to serve as the strong bridge and facilitator between the Somali community and individuals facing mental ill health and the health and social care providers. Our unique position allows Maan to work with the community in a compassionate, culturally appropriate, effective and holistic manner to respond to health and social needs.

The quality, depth and scope of our work continues to develop. We are proud of what Maan, working in partnership with the Somali community, has been able to achieve. The power of the taboo around mental ill health is weakening. The Somali community is increasingly confident about talking about the issue, and individuals and their carers are more willing to ask for help. The Maan workers are stopped on the street by people asking for help themselves or reporting somebody who is in need.

Maan is now in our third year of funding the vital one to one support work from our reserves. By April 2020 these will be almost exhausted. We need to secure funding for this work. The preventative and educative community development work that we are commissioned to do by Sheffield City Council and the one to one support work strengthen each other and benefit from each other. Maan has now been doing this work for 25 years. Unfortunately, the need is not diminishing. The mental health issues within the Somali community in Sheffield, and in Somali communities worldwide, are ongoing and complex. Maan hopes to continue to play a positive role in supporting individuals who are struggling with mental ill health and in changing the attitudes and breaking down the taboo within the Somali community.

Trustee's report continued

Trustees responsibilities for the financial statements

Company and charity law requires the trustees to prepare financial statements for each financial period which show the state of affairs of the charity and of net income or expenditure of the charity for that period. In preparing those financial statements, the Trustees are required to:

- ☐ select suitable accounting policies and apply them consistently;
- ☐ make judgements and estimates that are reasonable and prudent.
- ☐ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.
- ☐ state whether applicable accounting standards of recommended practice have been followed subject to any departures disclosed and explained in the financial statements.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable the Trustees to prepare financial statements. The Trustees are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

This report was approved by the Trustees on 14/11/19 and is signed on their behalf by:



Dr Ogo Osammor
Chair

MAAN Somali Mental Health Sheffield

Independent Examiner's report on the Accounts of MAAN Somali Mental Health Sheffield for the year ended 31 March 2019

I report on the accounts of the company for the year ended 31 March 2019, which are set out on pages 9 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- ☐ examine the accounts under section 145 of the 2011 Act;
- ☐ to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- ☐ to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: _____

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatia
CA7 2EL

Date: _____

MAAN Somali Mental Health Sheffield

Balance Sheet as at 31 March 2019

Company number: 06639255	2019	2018
Notes	£	£
Current Assets		
Debtors 2	-	-
Balance at Bank	34,839	50,756
Cash in Hand	257	-
Total Current Assets	35,096	50,756
Creditors: amounts falling due within one year 3	(455)	(455)
Net current assets/(liabilities)	34,641	50,301
Total assets less current liabilities	34,641	50,301
Creditors: amounts falling due after one year	-	-
Net Assets	34,641	50,301
Represented By		
Restricted funds - Awards for All	8,502	4,504
Unrestricted income fund	26,139	45,797
	34,641	50,301

For the year ending 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

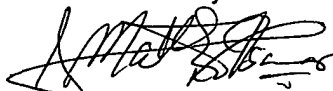
Director's responsibilities;

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,

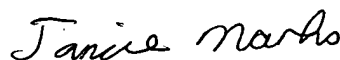
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements are approved by the Trustees on 14/11/19 and signed on its behalf by:



Dr Ogo Osammor
Chair



Janice Marks
Treasurer

MAAN Somali Mental Health Sheffield

Statement of financial activities for the year ended 31 March 2019

	Notes	Total 2019 £	Total 2018 £
Income for			
Income from Charitable activities			
Grants and contracts	4	64,265	71,788
Income from generated funds			
Other income		150	2,219
Investment income		-	-
Total incoming resources		64,415	74,007
Resources expended			
Charitable activities:			
Wages, NI and payroll service	5	56,684	56,971
Staff travel expenses		1,682	1,083
Insurance		1,792	1,930
Premises costs		10,571	10,310
Printing, stationery and publications		844	465
Telephone and postage		1,807	1,745
Equipment		1,596	3,442
Membership and Registration Fees		53	48
Volunteer expenses		40	-
Training and conference		97	89
Refreshments		507	184
Project events and activities		3,245	2,690
Accountancy & independent examination		455	544
AGM expenses		658	1,060
Other expenses		44	339
Total resources expended		80,075	80,900
Net Incoming/(outgoing) resources for the year		(15,660)	(6,894)
Total funds brought forward		50,301	57,195
Total funds carried forward		34,641	50,301

MAAN Somali Mental Health Sheffield

Notes to the Accounts

for the year ended 31 March 2019

1 Accounting Policies

(a) Basis of preparation

The Financial Statements have been prepared in accordance with the Companies Act 2006 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective from January 2015 and updated with effect from January 2016) - (the Charities SORP (FRS102)), as modified for smaller charities.

The Charity meets the definition of a public benefit entity as defined under FRS102.

(b) Income

Income from 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.

(c) Restricted Funds

Restricted funds are used for specific purposes as laid down by the donor. Expenditure which meets the criteria is identified to the fund together with a fair allocation of management and support costs.

(d) General Funds

Unrestricted Funds are other income received or generated for the objects of the charity without further specified purpose and are available as general funds.

Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose

(e) Resources expended

MAAN Somali Mental Health Sheffield is not VAT registered.

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.

(f) Tangible Fixed Assets and Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost of each asset over its useful life.

(g) Fund Accounting

Funds held by the charity are either restricted funds or unrestricted general funds. Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees. Restricted funds that can only be used for a particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

(h) Creditors and provisions

Creditors and provisions are recognised where there is 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.

(i) Pensions

MAAN Somali Mental Health Sheffield are contracted to NEST to provide their workplace pension scheme.

NEST is a multi-employer, defined contribution occupational pension scheme that has master trust status.

MAAN Somali Mental Health Sheffield

Notes to the financial statements for the year ended 31 March 2019

2 Debtors	Total 2019 £	Total 2018 £
Trade Debtors	-	-

3 Creditors: amounts falling due within one year

These are amounts owed by the group but not paid during the accounting period.

They are in respect of:

	Total 2019 £	Total 2018 £
Trade creditors	455	455
	455	455

4 Grants and contracts:

	Total 2019 £	Total 2018 £
Contracts:		
Sheffield City Council	50,000	56,083
Grants:		
Awards for All	9,997	-
SACMHA	1,543	1,725
Sheffield Health and Social Care (SHSC)	-	6,000
Sheffield Mind	2,725	1,680
Yorkshire Sport Foundation	-	6,300
	64,265	71,788

5 Salaries and trustee remuneration:

	Total 2019 £	Total 2018 £
Salaries:-		
Gross salaries	48,228	41,627
Social security costs	2,316	2,187
Pension costs	2,527	656
Redundancy	-	10,000
Associate fees	3,300	2,208
Payroll charges	313	293
	56,684	56,971

Trustees received no reimbursement for out-of-pocket expenses nor any remuneration during the year.