

MAAN Somali Mental Health Sheffield

(Registered charity. Number 1125763)

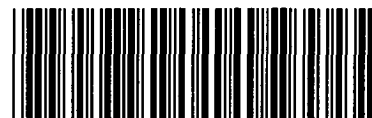
(Company Ltd by Guarantee No. 06639255)

Financial statements

for the year ended 31 March 2018

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COMPANIES HOUSE

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
Castlemere
Castle Lane
Penistone
S36 6AN

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 2018 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 £74,007 (2017: £99,535) and this is mostly from grant funding which is listed on the notes to the accounts. Expenditure is shown at £80,900 (2017: £95,089) with a year end carried forward of unrestricted funds balance of £45,797 (2017: £57,195)

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

Changes in Maan's core funding contract

The Sheffield Somali Mental Health Project (later renamed Maan) was established in 1992 to provide one to one support to Somali people experiencing severe mental health issues, and to their families and carers. This has been the key aim and core work of Maan from the beginning. In the 26 years since then Maan has also developed and delivered many other initiatives and projects, but the one to one support to individuals has always been at the centre of everything we do.

Since May 2017 our core contract has not funded this work. However, the need for Maan's skilled, compassionate and culturally sensitive support to individuals facing serious mental ill health, whether in secure units or in the community, has not diminished. Neither have the weekly, if not daily, requests for help and support from Sheffield Health and Social Care Trust and other health and social care professionals. In 2017 – 2018 Maan funded this work, necessarily reduced, from our modest reserves. Obviously, this is not sustainable for the future.

Mental Health and Well-being

Maan's new service has focussed on making more visible our 'preventative approach' by describing our methodology while educating both the Somali community and service deliverers to try and improve the well-being of the Somali community. Working with the Somali community we have begun to explore new challenges and opportunities facing our work to reduce the myths and stigma about mental ill health, improve understanding around mental health issues, and encourage better use and better provision of mainstream mental health and other relevant services, both statutory and voluntary. Maan has always done this work alongside our core one to one support work; sometimes invisibly as integral to our one to one support work, sometimes as funded projects, often in partnership with various mental health and black and minority led organisations. Our historical work in raising awareness and supporting people affected by Khat misuse is one example of our early intervention and community led strategy.

Between May 2017 and April 2018 we have supported 51 service users. Each person was supported in understanding and managing their mental health and well-being. We supported each person to identify and develop their personal recovery journey.

During the year Maan has delivered 7 workshops for community members, 3 events for health and social care providers. Across our workshops, between May 2017 and April 2018, 315 have attended and contributed to the discussions and debates around mental health and the Somali community.

Themes and issues raised during our events include language barriers, mental health and young people, the need for more knowledge about what support is available and how the UK health and social care systems work. Service providers have worked with Maan to begin exploring ways to improve the cultural competence and awareness which will improve early intervention across all sectors.

Community based events have taken place at Mosques; Somali led community venues and embedded as workshops with wider events held by other organisations. Volunteers and Maan team members have worked hard to sensitively make use of Face book to raise awareness of mental health and well-being. During this year we have Reached 1,041 people through 21 posts including two live events of community based workshops.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Somali Community Carers Project

Maan has always supported carers, and has been working with Somali men and women carers in specific projects for the last five 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 and Comic Relief (the last two were as part of the Active Burngreave 2017 -18 initiative involving community based organisations in one neighbourhood).

Women and men taking part in our initiatives have been involved in long-term care of family members or friends with physical, 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 have gathered a broad evidence base demonstrating a wide range of carers, who are supporting the health and social care needs of family members and friends.

We are proud to be the only organisation providing culturally appropriate services for carers within the Somali community in Sheffield. 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.

Community Development Work

We have worked with small community led organisations, the Sheffield Somali Forum and Sheffield's main Mosques supporting the spiritual needs of the Somali community. We continue to support the capacity building of emerging groups such as the Mothers of Burngreave. This role involves supporting groups to understand the importance of managing the well-being and sustainability of all community members across generations. When bringing together different parts of the Somali community we begin such gatherings by listening to and learning from the lived experiences and insights. This has led to great discourse across generations and genders. Using outreach and focussed development work we take our work to where the communities are. This could be on Spital Hill shopping area, at a Mosque or in a local café frequented by Somali men. We work in settings across Sheffield defined by Somali community members as familiar and safe.

Maan continues to serve as the strong bridge and facilitator between service user and health and social care providers. Our unique position allows Maan to work with the community in a realistic and holistic manner in response to health and social needs. We take a preventative approach, which is underpinned by community development.

Volunteering

During the past year we have reshaped our volunteer offer. This was done in conjunction with past and current volunteers who helped us to review how we included the role of volunteers in some aspects of the work carried out by Maan.

Volunteers have often played an important role in the work delivered by Maan.

We now embrace the title 'Health and Well-being Campaigners' for our volunteers. Maan volunteers do not currently provide one to one support or engage directly with our individual service users.

MAAN Somali Mental Health Sheffield

Trustee's report continued

We have now identified the following role areas for Health and Well-being Campaigners' volunteers:

1. Community development / engagement
2. Admin and communication
3. Social media
4. Research and development
5. Befriending (still seeking funding for this role)

For each role area we have generated a range of skill, knowledge and experience areas which we are able to support.

Volunteers are also one of the most valuable assets we tap into when working with the community.

The future and the challenges

While we continue to respond to the ongoing high level of individual need, we are now reflecting and communicating about all areas of our work which links into and feeds on from the work with individuals and their families. Through using community development approaches we listen to the insights and concerns from the Somali community. We name different methods used in our preventative work, as part of the improved dialogue with Somali community members and groups. This improves the partnership and co-creating aspects of our work with the community.

Our current core contract, with Sheffield City Council offers the opportunity to evaluate how we do one to one, preventative, community engagement, capacity building and service delivery work. We are now able to celebrate, promote and improve all areas of our work. Making all facets of our work more visible will be an important part of our way forward. This means bringing together evidence of need, impact and change.

We continue to build the asset of the community. Facilitated community led approach in order to raise awareness around intervening at early stages. Mapping the range and type of Somali community gatherings and organisations has given us the space to engage with small informal groups, more established groups and the main Mosques used by the community. We continue to learn from and find value from all types of Somali group organisations.

Maan's biggest challenge is to secure funding to continue the one to one work with individuals experiencing serious mental ill health. Maan's modest reserves, currently funding this work, will run out in 2018 – 2019. Without providing the one to one support work, Maan would not be fulfilling its own key aim and charitable purpose

Maan Somali Mental Health Sheffield has worked in partnership with/supported:

- Amaal Eritrean Women's Group
- Building Together – Somali Young People's Group
- Bumgreave Women's Carers Support Group
- Bumgreave Women's Network
- Isaac Somali Community & Cultural Association
- Mothers of Bumgreave
- Refugee Council
- SACMHA
- Sheffield Flourish
- Sheffield Carers Centre
- Sheffield City Council
- Sheffield Hallam University
- Sheffield Health & Social Care Foundation Trust:
- Argyll House
- Endcliffe Ward, Northern General Hospital
- Forest Close and Forest Lodge
- Limbrick Centre
- Maple and Rowan Ward, Northern General Hospital
- Michael Carlisle Centre, Nether Edge Hospital
- Northland Community Mental Health Team
- Sheffield Somali Forum
- SMHS (Somaliland Mental health Support Cardiff)
- Yorkshire Sports (lead organisation for Active Bumgreave)
- The Netherlands' Benevolent Society
- University of Sheffield
- Wathwood Hospital, Rotherham

Trustee's report continued

Trustees responsibilities for the financial statements

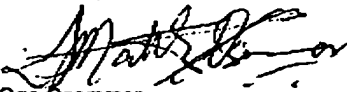
Company and charity law requires the trustees to prepare financial statements for each financial period which show the state of affairs of the charity and of net income or expenditure of the charity for that period. In preparing those financial statements, the Trustees are required to:

- ☐ 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 23/10/18 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 2018**

I report on the accounts of the company for the year ended 31 March 2018, 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
Castlemere
Castle Lane
Penistone
S36 6AN

Date: _____

MAAN Somali Mental Health Sheffield

Balance Sheet as at 31 March 2018

Company number: 06639255	2018	2017
Notes	£	£
Current Assets		
Debtors 2	-	6,083
Balance at Bank	50,756	51,510
Cash in Hand	-	41
Total Current Assets	50,756	57,635
Creditors: amounts falling due within one year 3	(455)	(440)
Net current assets/(liabilities)	50,301	57,195
Total assets less current liabilities	50,301	57,195
Creditors: amounts falling due after one year	-	-
Net Assets	50,301	57,195
Represented By		
Restricted funds - Yorkshire Sports	4,504	-
Unrestricted income fund	45,797	57,195
	50,301	57,195

For the year ending 31 March 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

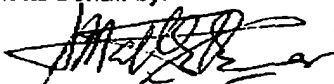
Director's responsibilities;


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 23/10/18 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 2018

	Notes	Total 2018 £	Total 2017 £
Income for			
Income from Charitable activities			
Grants and contracts	4	71,788	99,022
Income from generated funds			
Other income		2,219	495
Investment income		-	18
Total incoming resources		74,007	99,535
Resources expended			
Charitable activities:			
Wages, NI and payroll service	5	56,971	69,161
Staff travel expenses		1,083	1,189
Insurance		1,930	1,938
Premises costs		10,310	11,191
Printing, stationery and publications		465	1,646
Telephone and postage		1,745	2,898
Equipment		3,442	3,006
Membership and Registration Fees		48	35
Volunteer expenses		-	129
Training and conference		89	131
Refreshments		184	773
Project events and activities		2,690	2,412
Accountancy & independent examination		544	580
AGM expenses		1,060	-
Other expenses		339	-
Total resources expended		80,900	95,089
Net Incoming/(outgoing) resources for the year		(6,894)	4,446
Total funds brought forward		57,195	52,749
Total funds carried forward		50,301	57,195

MAAN Somali Mental Health Sheffield

Notes to the Accounts

for the year ended 31 March 2018

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 2018

2 Debtors

	Total 2018	Total 2017
	£	£
Trade Debtors	-	6,083

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 2018	Total 2017
	£	£
Trade creditors	455	440
	455	440

4 Grants and contracts:

	Total 2018	Total 2017
	£	£
Contracts:		
Sheffield City Council	56,083	72,997
Grants:		
Darnall Wellbeing	-	633
FCDL	-	2,062
ROSHNI (Muslim Elders Project)	-	3,793
SACMHA	1,725	2,614
Sheffield Health and Social Care (SHSC)	6,000	6,000
Sheffield Mind	1,680	2,590
Sheffield Cubed (Wellbeing Consortium)	-	8,333
Yorkshire Sport Foundation	6,300	-
	71,788	99,022

5 Salaries and trustee remuneration:

	Total 2018	Total 2017
	£	£
Salaries:-		
Gross salaries	41,627	53,325
Social security costs	2,187	2,187
Pension costs	656	212
Redundancy	10,000	13,161
Associate fees	2,208	-
Payroll charges	293	276
	56,971	69,161

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