

COMPANY REGISTRATION NUMBER: 02594511
CHARITY REGISTRATION NUMBER: 1003117

Shropshire Mental Health Support Limited
Company Limited by Guarantee
Financial Statements
31 March 2023

INDEPENDENT AUDITORS LLP

Chartered Accountants
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2023

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Shropshire Mental Health Support Limited
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2023

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

Reference and administrative details

Registered charity name Shropshire Mental Health Support Limited

Charity registration number 1003117

Company registration number 02594511

Principal office and registered office Suite 3 + 4 Observer House
Hollywell Street
Shrewsbury
SY2 6BL

The trustees C T Ireland
R Minton
L M Deane
A Althorp (Resigned 1 July 2022)
E Bates
A Edwards
K Trotter

Independent examiner Jonathon Dale BA(Hons) FCA
Independent Auditors LLP
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Structure, governance and management

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report and accounts for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

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 Standard for Smaller Entities.

Governing document

The organisation was formed in 1974 and registered as a charity with the Charity Commissioners for England & Wales under registration number 1003117. It was constituted as a charitable company limited by guarantee, Company registration number 2594511, in 1991. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C T Ireland
R Munton
L Deane
E Bates
T Edwards
K Trotter

Recruitment and appointment of Board of Trustees

The directors of the company are also charity trustees for the purposes of charity law and are known as members of the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

The charity works to inform and educate the public in emotional literacy, understanding how we deal and cope with the events that surround our lives. Prevention has become a key area of work, as well as the prime aim to support those who are enduring mental distress, and the Board of Trustees seeks to ensure that the needs of people who have experienced mental distress are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity actively encourages people who use their services to become members, moving on to become volunteers and use their own experience to support and guide the charity.

Organisational structure

Shropshire MHS has a Board of Trustees of up to 12 members who meet every 4 to 8 weeks. The board is responsible for formulating the strategic direction and policies of the charity, whilst providing key governance and oversight.

Shropshire Mental Health Support Limited

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The board is responsible for ensuring through governance and policies that a safe environment is provided, which also safeguards all adults accessing the service. The board of trustees currently has 6 members, who are all from a diverse background, including volunteers, service users and business leaders, giving the charity a diverse board with experience complimenting the needs of the charity.

The Officers' Committee consists of the Chair, the Vice Chair, the Treasurer, and the CEO. The Officers' committee has delegated authority.

A scheme of delegation is in place, with the board being responsible for strategic business planning and maintenance of the charity. The CEO is responsible for the day to day running of Shropshire MHS, allowing key decisions to be made without the continual approval by the board. Authority from the board is required for larger purchases and for any proposed changes to the business delivery. The responsibility for the premises, support services and Health and Safety is also delegated to the CEO.

Related parties

The charity is guided by National Policy and Legislation providing services within the key frameworks laid out. The Integrated Services Board (ICB) and Local Authority both have policies and procedures, which the charity must adhere to at a local level and within funding agreements. Shropshire MHS employs the services of Aventure HR Consultancy, providing key HR, Legislation, and support with policies that the charity adheres to. All the charities policies and procedures are fully adherent to current legislation, being reviewed on a regular basis.

The charity provides a local and national voice for the people of Shropshire, Telford and Wrekin and Powys, championing the issues facing this rural county on the national stage where relevant. Maintaining a high community profile is key to the charity, allowing it to be more accessible, whilst also reducing the stigma surrounding mental health issues.

Shropshire Mental Health Support Limited

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Objectives and activities

The charity's main objective is to provide key mental health services that support both prevention and recovery through the following:

- Advocacy
- Peer support
- Direct interventions
- Teaching and supporting people to understand techniques that support their own wellbeing
- Signposting to appropriate services
- Working in direct partnerships within Shropshire, Telford and Wrekin and Powys
- Safeguarding all vulnerable people from abuse
- Listening services
- Effectively supporting the local community, lowering the stigma surrounding mental health, through education and training.
- Outreach.
- Calmer Cafés.
- Telephone support services.
- Bereavement support.
- Trauma Resilience (DNA TRiM)
- Emergency Department mental health support.
- Dual Diagnosis discharge outreach.
- IAPT support line.
- Shropshire Sanctuary.
- Reconnect Groups.
- Wellbeing Vehicle providing mobile delivery of services across the whole of Shropshire and Telford and Wrekin.

Values and beliefs

Shropshire MHS's values are at the heart of everything we do.

- Open - We actively reach out to anyone who needs us
- Together - We're stronger with our partners
- Responsive - We listen, we act, we support, we advocate
- Independent - We speak out and support responsive service provisions
- Unstoppable - We will never stop supporting people

These beliefs and values are mirrored in the service provided.

- Ensuring the services, we provide reflects the needs of the local community.
- Respecting the dignity and rights of any person using our services.
- Services are appropriate, safe and acceptable to everyone.
- The environment is welcoming to everyone, with a zero tolerance to discriminatory behaviour.
- Offer choices and promote independence where practicable.
- Raise awareness of stress and burn out, how it can be managed and warning signs.
- Value its staff and volunteers as a good employer, holding the values of Investors in Volunteers.
- Incorporate joint working and liaison with other relevant agencies.
- Accountability within the principles of corporate governance, with total transparency.

Shropshire Mental Health Support Limited

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Achievements and performance

Throughout this financial year the charity has continued to deliver its key projects, whilst also seeking new partnership/alliances with local charities with the same key values. During 2022/23 reporting period, the charity supported over 12,000 people, the growth in numbers seeking support and guidance has put strain on some areas within the charity, but operational stability and integrity has been maintained throughout, which is a credit to the staff and volunteers.

Shropshire Sanctuary continues to deliver critical interventions from 1700hrs until 0900hrs Monday to Friday and 1500hrs until 1100hrs on Saturday and Sunday. The number of people accessing the service is very high, showing no signs of easing as we enter into 23/24. Shropshire Sanctuary is the S136 aversion service for Shropshire, Telford and Wrekin.

The charity established the 24/7 telephone line in the early parts of the pandemic, it has been running ever since, supporting over 750 people continuously, whilst becoming the cornerstone of service delivery in the county. The rural nature of the county necessitates a service such as this to ensure we can reach every corner of the county.

The Integrated Care Systems (ICS) for Shropshire, Telford and Wrekin (STW) invested in DNA TRiM as a programme headed up by Shropshire MHS in May 2021. DNA TRiM is a trauma resilience programme, designed to support peer networking and de-escalation following any Potentially Traumatic Experiences (PTE). With Shropshire MHS having a 24-hour presence through the call line and Shropshire Sanctuary, the charity was chosen to become the TRiM Hub for the whole of STW. The TRiM project has grown and has delivered support to over 1,500 people, making it the leading provider within the U.K by reach, something we are extremely proud of.

Shropshire MHS has continued to host trainee RMN's, O.T's, Physiotherapists on work placements and Social Workers. The unique environment we have allows professionals to gain critical experience in supporting people with mental health issues.

The soft approach within the charity is a stark contrast to that of statutory sector providers, the contrast between the two approaches allows the trainees to see the effects of both systems at work rather than just on a theoretical basis. Shropshire MHS actively recruits new volunteers, training and supporting them in the provision of the services to those with mental health needs. Many of our volunteers are inspired by the work and go on to seek employment within the professional side of our sector or go on to study a related subject a university level.

Premises - The charity currently occupies two premises, both on lease/rental. In the longer term the charity aims to secure a single premise that is fit for purpose to house the whole charity for the longer term.

Reach - The drop-in centre has opened following its closure due to COVID-19 restrictions. All the groups are beginning to grow as people become more confident, the groups offer a unique face to face support system, creating peer support within the groups that in many cases is fostered outside in the community.

The shop at Redwoods continues to support the charity in its objectives, providing funding from the revenue within the shop, whilst supporting beneficiaries to gain invaluable experience. Key investments have been made in the shop, as well as an expansion of the healthy range and a valuable stock of personal items for staff and patients to purchase.

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Financial review

Reserves policy

The reserves within the charity have grown steadily throughout the year and reflect the key strategic reserves that are needed to ensure stability and fulfil Charity Commission Regulations. Key areas for this success are attributable to the stringent fiscal policy within the charity and steady revenue flow from the Shop in Redwoods and fundraisers who support us. The shop manager has worked tirelessly to improve the margins and the breadth of service delivery. The shop is now a key financial asset to the charity. The aim of the charity is to increase the amount held in reserve, to be above 12 months turnover, with the turnover continually increasing, so the amount held in reserves must increase to secure the stability required by the charity into 2023/24.

Our dedicated Treasurer has enabled the charity to report a balanced account sheet for the past 11 years, the environment remains challenging with very little security in the medium term. Further cuts could still materialise from the statutory sector, so opportunities and calculated risks must be taken as and when required.

Shropshire CCG changed its functionality and title to Integrated Care Board (ICB) with funding and service delivery being assured through 4 quarterly reports that detail all services and outcomes.

Total income generated has increased from £692,751 in 2022 to £835,021 in 2023. No income has been deferred to the 2023 financial year (2022: £59,700).

Expenditure incurred for 2023 was £736,401 compared with £571,246 in the prior year.

The charity made a surplus of £98,620 in 2023 compared with a surplus of £121,505 in 2022.

The closing fund balances were: unrestricted funds £281,948 and restricted funds £429,132.

Principal funding sources

Funding from the charity comes from a variety of different sources, which include the Rose Paterson Trust, ICB, Shropshire Council and a huge amount of people and businesses who spend their time fundraising for the charity, so that we can improve the quality of peoples lives within the county.

The charity has maintained a tight fiscal policy, which is certainly paying off. The Treasurer and CEO are astute in all their financial actions, ensuring the charity is financially sound.

Shropshire MHS works extremely close with partners, some of these partners support the charity in kind, with donations of furniture and other goods, allowing all funding to be utilised on service delivery. Networking in this manner has allowed the charity to significantly cut operating costs, with many more partners being willing to donate goods rather than cash.

Shropshire MHS always fully supports and publicly acknowledges its partners, valuing our key partners in this manner has led to very mutually beneficial relationships, without which Shropshire MHS would find operating more difficult. The nurturing of key relationships is vital to Shropshire MHS now and in the future.

Investment policy

Investments are within the prime bank account, interest rates are giving a modest return from the saver account, covering all account charges.

Shropshire Mental Health Support Limited

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Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Summary

The board has 6 excellent and dedicated trustees, these bring together key skills to enhance future growth and delivery within the charity.

Shropshire MHS continues to work with partners, supporting the delivery of key mental health work across the county. This will continue into 2023 and beyond as the focus remains on joint working and joint outcomes. The landscape for service delivery will change and this will become evident as the ICS works for efficiencies and collaboration as funding becomes extremely strained across the sector, but with far greater emphasis on partnerships across the communities to achieve better outcomes.

Continuing to focus on the following:

- Continued development of alternative funding streams through grant applications, allowing Shropshire MHS to reduce reliance on the statutory sector.
- Review operating processes to ensure optimal use of resources.
- Pursue partnerships with other charities, who share our core values.
- Continue to provide services to the hard to reach within the county.
- Development of trustee's core skills.
- Review memorandum of articles to ensure their continued relevance to the organisations aims, goals and objectives.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 31.10.2023 and signed on behalf of the board of trustees by:



C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Shropshire Mental Health Support Limited

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Shropshire Mental Health Support Limited ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Shropshire Mental Health Support Limited

Company Limited by Guarantee

**Independent Examiner's Report to the Trustees of Shropshire Mental Health
Support Limited *(continued)***

Year ended 31 March 2023

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jonathon Dale

Jonathon Dale BA(Hons) FCA
Independent Examiner

Independent Auditors LLP
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

6 NOVEMBER 2023

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2023

		2023	2023	2022	2022
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	53,291	–	53,291	30,013
Charitable activities	6	101,334	672,803	774,136	658,071
Other trading activities	7	5,000	–	5,000	4,653
Investment income	8	2,594	–	2,594	14
Total income		<u>162,219</u>	<u>672,803</u>	<u>835,021</u>	<u>692,751</u>
Expenditure					
Expenditure on charitable activities	9,10	(148,187)	(588,215)	(736,401)	(571,246)
Total expenditure		<u>148,187</u>	<u>588,215</u>	<u>736,401</u>	<u>571,246</u>
Net income and net movement in funds		<u>14,032</u>	<u>84,588</u>	<u>98,620</u>	<u>121,505</u>
Reconciliation of funds					
Total funds brought forward		267,916	344,544	612,460	490,955
Total funds carried forward		<u>281,948</u>	<u>429,132</u>	<u>711,080</u>	<u>612,460</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Position

31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	16	18,554	21,547
Current assets			
Stocks	17	7,540	3,662
Debtors	18	24,171	4,216
Cash at bank and in hand		667,783	650,878
		<u>699,494</u>	<u>658,756</u>
Creditors: amounts falling due within one year	19	<u>6,968</u>	<u>67,843</u>
Net current assets		<u>692,526</u>	<u>590,913</u>
Total assets less current liabilities		<u>711,080</u>	<u>612,460</u>
Net assets		<u>711,080</u>	<u>612,460</u>
Funds of the charity			
Restricted funds		429,132	344,544
Unrestricted funds		281,948	267,916
Total charity funds	22	<u>711,080</u>	<u>612,460</u>

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements 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 financial statements.

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

These financial statements were approved by the board of trustees and authorised for issue on 31.10.2023, and are signed on behalf of the board by:



C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2023

	2023 £	2022 £
Cash flows from operating activities		
Net income	98,620	121,505
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	5,305	1,589
Other interest receivable and similar income	(2,594)	(14)
Interest payable and similar charges	759	214
Accrued Income	(17,380)	(1,536)
<i>Changes in:</i>		
Stocks	(3,878)	304
Trade and other debtors	(2,544)	56,797
Trade and other creditors	(60,906)	59,988
Cash generated from operations	17,382	238,847
Interest paid	(759)	(214)
Interest received	2,594	14
Net cash from operating activities	<u>19,217</u>	<u>238,647</u>
Cash flows from investing activities		
Purchase of tangible assets	(2,312)	(19,229)
Net cash used in investing activities	<u>(2,312)</u>	<u>(19,229)</u>
Net increase in cash and cash equivalents	16,905	219,418
Cash and cash equivalents at beginning of year	650,878	431,460
Cash and cash equivalents at end of year	<u>667,783</u>	<u>650,878</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2023

1. General Information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Suite 3 + 4 Observer House, Hollywell Street, Shrewsbury, SY2 6BL.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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 Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Shropshire Mental Health Support Limited

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Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Shropshire Mental Health Support Limited

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Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	-	10% reducing balance
Motor vehicles	-	25% reducing balance
Equipment	-	25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial Instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Financial Instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The charity is a company limited by guarantee. In the event of winding up each member agrees to contribute an amount not exceeding £1 to the charity's assets.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Donations				
Donations and legacies	53,291	53,291	30,013	30,013

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Shop income	60,748	–	60,748
Grant income	40,000	667,649	707,649
Sundry income	586	5,154	5,739
	<u>101,334</u>	<u>672,803</u>	<u>774,136</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Shop income	49,236	–	49,236
Grant income	67,469	536,475	603,944
Sundry income	4,891	–	4,891
	<u>121,596</u>	<u>536,475</u>	<u>658,071</u>

7. Other trading activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Sponsorships	3,418	3,418	2,146	2,146
Fundraising events	1,582	1,582	2,507	2,507
	<u>5,000</u>	<u>5,000</u>	<u>4,653</u>	<u>4,653</u>

8. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	2,594	2,594	14	14

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Main costs	55,475	521,651	577,127
Shop costs	59,156	–	59,154
Support costs	33,556	66,564	100,120
	<u>148,187</u>	<u>588,215</u>	<u>736,401</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Main costs	1,135	441,268	442,402
Shop costs	50,995	–	50,997
Support costs	52,844	25,004	77,847
	<u>104,974</u>	<u>466,272</u>	<u>571,246</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2023 £	Total fund 2022 £
Main costs	577,127	100,120	677,247	520,249
Shop costs	59,154	–	59,154	50,997
	<u>636,281</u>	<u>100,120</u>	<u>736,401</u>	<u>571,246</u>

11. Analysis of support costs

	Main costs £	Total 2023 £	Total 2022 £
Motor expenses	5,415	5,415	–
Rent and rates	46,090	46,090	41,144
Advertising and website costs	6,211	6,211	2,249
Light & heat	11,985	11,985	8,968
Cleaning, equipment and repairs	8,137	8,137	9,210
Insurance	4,230	4,230	2,823
Postage, stationery and photocopier	3,006	3,006	4,334
Legal and professional fees	4,945	4,945	4,460
Accountancy and payroll costs	4,037	4,037	2,856
Bank charges	759	759	214
Depreciation and impairment	5,305	5,305	1,589
	<u>100,120</u>	<u>100,120</u>	<u>77,847</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

12. Net income

Net income is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	<u>5,305</u>	<u>1,589</u>

13. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,800</u>	<u>1,800</u>

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	503,792	398,357
Social security costs	32,886	24,538
Employer contributions to pension plans	6,916	5,411
	<u>543,594</u>	<u>428,306</u>

The average head count of employees during the year was 39 (2022: 36). The average number of full-time equivalent employees during the year is analysed as follows:

	2023	2022
	No.	No.
Admin staff	<u>39</u>	<u>36</u>

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

15. Trustee remuneration and expenses

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

16. Tangible fixed assets

	Fixtures and fittings £	Motor vehicles £	Equipment £	Total £
Cost				
At 1 April 2022	6,769	12,995	11,684	31,448
Additions	358	300	1,654	2,312
At 31 March 2023	<u>7,127</u>	<u>13,295</u>	<u>13,338</u>	<u>33,760</u>
Depreciation				
At 1 April 2022	4,451	89	5,361	9,901
Charge for the year	246	3,302	1,757	5,305
At 31 March 2023	<u>4,697</u>	<u>3,391</u>	<u>7,118</u>	<u>15,206</u>
Carrying amount				
At 31 March 2023	<u>2,430</u>	<u>9,904</u>	<u>6,220</u>	<u>18,554</u>
At 31 March 2022	<u>2,318</u>	<u>12,906</u>	<u>6,323</u>	<u>21,547</u>

17. Stocks

	2023 £	2022 £
Raw materials and consumables	<u>7,540</u>	<u>3,662</u>

18. Debtors

	2023 £	2022 £
Prepayments and accrued income	23,826	4,089
Other debtors	345	127
	<u>24,171</u>	<u>4,216</u>

19. Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	2,191	61,860
Social security and other taxes	3,322	3,260
Other creditors	1,455	2,723
	<u>6,968</u>	<u>67,843</u>

20. Deferred income

	2023 £	2022 £
Amount deferred in year	<u>-</u>	<u>59,700</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

21. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £6,916 (2022: £5,411).

22. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Unrestricted funds	<u>267,916</u>	<u>162,219</u>	<u>(148,187)</u>	<u>281,948</u>

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Unrestricted funds	<u>216,614</u>	<u>156,276</u>	<u>(104,974)</u>	<u>267,916</u>

Restricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Market Drayton Self Help Group	276	–	–	276
Whitchurch Self Help Group	60	–	–	60
Calmer Cafe	6,334	18,498	(17,238)	7,594
Outreach	33,269	42,287	(36,900)	38,656
Telephone Support	–	31,812	(30,660)	1,152
Covid 19	–	–	–	–
Bereavement Support	13,334	16,345	(22,394)	7,285
Reconnect Project - Berwyn Prison	–	4,361	(4,361)	–
Trauma Resilience Management	25,637	–	(25,637)	–
A & E Support	3,621	29,700	(23,863)	9,458
Sanctuary Funding	180,425	197,400	(226,702)	151,123
TRIM - Co-ordinator	12,063	101,200	(59,062)	54,201
TRIM - Administrator	15,618	–	(15,618)	–
HEP Equalities Oswestry	33,136	27,613	(47,768)	12,981
Outreach Dual Diagnosis	19,799	100,000	(49,017)	70,782
Kickstart	972	5,942	(6,914)	–
Wellbeing Vehicle	–	20,000	(839)	19,161
IAPT Telephone	–	30,000	(7,188)	22,812
Reconnect Chuch Stretton	–	793	(793)	–
Winter Support	–	11,143	(4,561)	6,582
Training	–	25,254	(8,700)	16,554
Peer Support	–	10,455	–	10,455
	<u>344,544</u>	<u>672,803</u>	<u>(588,215)</u>	<u>429,132</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Market Drayton Self Help Group	276	–	–	276
Whitchurch Self Help Group	60	–	–	60
Calmer Cafe	6,918	18,985	(19,569)	6,334
Outreach	19,664	42,286	(28,681)	33,269
Telephone Support	8,590	22,379	(30,969)	–
Covid 19	1,501	2,000	(3,501)	–
Bereavement Support	1,668	29,521	(17,855)	13,334
Reconnect Project - Berwyn Prison	–	1,200	(1,200)	–
Trauma Resilience Management	46,460	–	(20,823)	25,637
A & E Support	606	24,750	(21,735)	3,621
Sanctuary Funding	188,598	245,204	(253,377)	180,425
TRIM - Co-ordinator	–	35,000	(22,937)	12,063
TRIM - Administrator	–	20,001	(4,383)	15,618
HEP Equalities Oswestry	–	65,000	(31,864)	33,136
Outreach Dual Diagnosis	–	25,000	(5,201)	19,799
Kickstart	–	5,149	(4,177)	972
	<u>274,341</u>	<u>536,475</u>	<u>(466,272)</u>	<u>344,544</u>

The restricted fund balance of £429,132 as at 31 March 2023 consists of the following sub-funds:

Market Drayton Self Help Group

Located within the North Shropshire Town, the Market Drayton Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Whitchurch Self Help Group

Located within the North Shropshire Town, the Whitchurch Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Calmer Cafe

Calmer Cafe is a crisis cafe model, this allows a drop-in service and instant de-escalation of crisis, with support tailored around the person. The atmosphere is that of a coffee shop, with a host of beverages being served free of charge to those with support needs. The service is commissioned initially for 3 years, from March 2020 until March 2023.

Outreach

Assertive outreach enables the service provision of 2 key workers, who in coordination with the Crisis team and CMHT, provide support to the person within their own home and environment, allowing a stabilising and empowering effect. The outreach is short and targeted over approximately 6 weeks.

Bereavement Support

The Bereavement support service is to support people who have been bereaved by suicide or sudden or unexplained death.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

TRIM - Co-ordinator

The TRIM Co-ordinator co-ordinates the service, which provides structured support for people who have been affected by trauma, its aim is to provide bespoke support for people experiencing trauma which enables them to continue to work. It supports the three hospitals and the council. The co-ordinator will ensure that the process is followed once a referral comes through and will often visit the place of work to carry out support sessions and/or arrange for other practitioners to attend alongside.

A & E Support

A & E Outreach service was started to support people who may present to A & E to seek support with their mental health, so rather than be in the A & E environment, people can be referred to us for support.

Sanctuary Funding

The Sanctuary is commissioned by Shropshire CCG to provide an alternative to S136 of the MHA, acting as a prime suicide prevention service that is assertive in its actions. The service is open from 1700hrs until 0900hrs every day of the year, with service extensions on Saturday and Sunday. Sanctuary is commissioned on a 1 year contract each year by the CCG, upon review of key performance indicators.

HEP Equalities Oswestry

HEP Oswestry funding is aimed at reducing the health inequalities in areas that are more prone to people being disadvantaged, so our commissioned work for HEP is to provide 2 days in Oswestry for people who may have addiction and or mental health needs, and we provide our Reconnect programme there on Tuesdays and Fridays along with a 'drop-in' session.

Wellbeing Vehicle

The Wellbeing Vehicle was purchased in April 2022, this is a pilot project to prove the concept of the mobile delivery service across the county, ensuring we take the service to the people who need it. The public transport sector is extremely limited within the county and the board agreed this concept would be worth an investment, hoping to improve access to services. The service has been a resounding success, with early planning, already underway to replace it with a new vehicle.

IAPT Telephone/Talking Therapies

The IAPT project was designed to alleviate the long waiting list within the mental health trust for talking therapies. This service has reduced the waiting list by 125 people within its first year of operating, making a significant improvement for access times and the quality of service being received by the person. Continuation will depend upon repeat funding.

Winter Support

The Winter support programme was designed to provide key outreach support to the most vulnerable during the bleakest of months. The feedback from those experiencing the support provided was of such a nature that the project has been commissioned for 23/24 as the standard service being funded by the local authority.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

Training

Training of the staff and volunteers is of utmost importance, ensuring all of the skill sets are maintained to the highest levels. Supporting someone in crisis is unpredictable and demanding, thus our skills must match the high demands being placed upon our staff. The training is monitored by the ICB to ensure we meet the standards for commissioning.

Peer Support

Peer support is the cornerstone of the charity and how it empowers people to live well with their mental health, the key project that brings this to the fore is the Reconnect programme. It has been delivered within 12a at Oswestry as well as at Berwyn Prison, where it has been in demand for over 5 years to date.

23. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	18,553	–	18,553
Current assets	270,362	429,132	699,494
Creditors less than 1 year	(6,967)	–	(6,967)
Net assets	281,948	429,132	711,080

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	21,547	–	21,547
Current assets	314,212	344,544	658,756
Creditors less than 1 year	(67,843)	–	(67,843)
Net assets	267,916	344,544	612,460

24. Analysis of changes in net debt

	At 1 Apr 2022 £	Cash flows £	At 31 Mar 2023 £
Cash at bank and in hand	650,878	16,905	667,783

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Management Information

Year ended 31 March 2023

The following pages do not form part of the financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2023

	2023 £	2022 £
Income and endowments		
Donations and legacies		
Donations and legacies	53,291	30,013
Charitable activities		
Shop income	60,748	49,236
Grant income	707,649	603,944
Sundry income	5,739	4,891
	<u>774,136</u>	<u>658,071</u>
Other trading activities		
Sponsorships	3,418	2,146
Fundraising events	1,582	2,507
	<u>5,000</u>	<u>4,653</u>
Investment income		
Bank interest receivable	2,594	14
Total income	<u><u>835,021</u></u>	<u><u>692,751</u></u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2023

	2023 £	2022 £
Expenditure on charitable activities		
Main costs		
Activities undertaken directly		
Wages and social security	(488,816)	(381,109)
Employer's NIC	(32,032)	(23,792)
Pension costs	(6,654)	(5,171)
Travel and volunteer expenses	(17,856)	(7,011)
Telephone	(5,985)	(3,842)
Sundries	(11,078)	(15,302)
Groups and activities	(14,135)	(3,312)
Subscriptions	(571)	(2,863)
	<u>(577,127)</u>	<u>(442,402)</u>
Support costs		
Rent and rates	(46,090)	(41,144)
Advertising	(2,575)	(1,153)
Light & heat	(11,985)	(8,968)
Equipment and repairs	(3,661)	(3,156)
Insurance	(4,230)	(2,823)
Postage, stationery and photocopier	(3,006)	(4,334)
Legal and professional fees	(4,945)	(4,460)
Accountancy and payroll costs	(4,037)	(2,856)
Website costs	(3,636)	(1,096)
Depreciation and impairment	(5,305)	(1,589)
Bank charges	(759)	(214)
Cleaning	(4,476)	(6,054)
Motor expenses	(5,415)	-
	<u>(100,120)</u>	<u>(77,847)</u>
Shop costs		
Activities undertaken directly		
Opening stock	(3,662)	(3,966)
Purchases	(46,342)	(32,459)
Closing stock	7,540	3,662
Wages and social security	(14,976)	(17,248)
Employer's NIC	(854)	(746)
Pension costs	(262)	(240)
Travel and volunteer expenses	(120)	-
Sundries	(478)	-
	<u>(59,154)</u>	<u>(50,997)</u>
Expenditure on charitable activities	<u><u>(736,401)</u></u>	<u><u>(571,246)</u></u>