

for the year ended 31 March 2023

Accounts

(A company limited by guarantee)

Cunamh

Company Registration No: NI039355

Cunamh
(A company limited by guarantee)

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Information

Directors

Charles Colm McMenamin
Niall O Somachain
Patricia Anne Murphy
Harry Anthony Crossan
Seamus Soal

Anne Patricia McMonagle (Resigned 6th April 2023)
Anthony Brown (Appointed 6th April 2023)

Secretary

Charles Colm McMenamin

Accountants

McGrouarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX

Registered office

171 Sunbeam Terrace
Bishop Street
Derry
N Ireland
BT48 6UJ

Bankers

Bank of Ireland
27 Culmore Road
Derry
BT48 8JB

Report of The Management Committee

Cunamh

(A company limited by guarantee)

Cunamh

The management Committee present their report and the financial statements for the year ended 31 March 2023.

Principal activity

Cunamh was established in 1997 as a community led mental health project. The organisation emerged from the opportunity created in 1994 as a result of the IRA ceasefire and subsequent political and social developments. This created a new environment and space in which for the first time individuals could commence a process of reflection, exploration and community growth.

The rationale underpinning the development of the project was that the peace building process needed to cater for the emotional and psychological impact, which the conflict had upon people's health and well being.

Cunamh provides a number of services and projects including: Supportive Listening, Counselling, Advocacy, Relaxation and Stress Elimination, Creative Remembering, Drama Therapy and Essential Living Skills Training.

Company Number

NI039355

Charity Number

XR25406
NIC101682

Objectives and activities

The charity aims to undertake and develop research in past traumatic stress and provide information and training to local communities, families and individuals on the effects of such stress.

The charity also provides individuals with space to explore and understand their feelings in relation to past traumatic experiences.

The charity also provides individuals with a supportive and safe environment in which they can maximise and actively negotiate various routes for change in the development of their lives and community.

Management Committee

The directors of the charity for the purposes of charity law and throughout this report are collectively referred to as the directors.

The directors serving during the year and since the year end were as follows:

Niall O'Somachain

Patricia Anne Murphy

Charles Colm Mc Menamin (Secretary)

Harry Anthony Crossan

Seamus Soal

Anne Patricia McMonagle (Resigned 6th April 2023)

Anthony Brown (Appointed 6th April 2023)

Risk Management

Henry Conran
Director

Charlie McCleave
Director

The Financial Statements were approved and authorised for issue by the Board on and signed on its behalf by:

Accountants
A resolution proposing McGroarty McCafferty & Company Ltd be re-appointed as accountants of the company will be put to the annual general meeting.

This report is prepared in accordance with special provisions of part 15 of the Companies Act 2006 relating to small companies.

The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors will continue in business.

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements
- make judgements and estimates that are reasonable and prudent;
- observe the methods and principles in the Charities SORP (FRS102)
- select suitable accounting policies and apply them consistently;

so the directors are required to:
The directors are required to prepare financial statements for that give a true and fair view of the state of the affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing

Directors Responsibilities

The Company plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Plans for Future Periods

The financial performance is summarised in the enclosed accounts.

Financial Review

The directors have assessed the major risks to which the company is exposed, in particular those related to the operations and finances of the company, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Cunamh
(A company limited by guarantee)

Cunamh
(A company limited by guarantee)
Independent examiner's report on the unaudited financial statements to the directors of
Cunamh

We report on the accounts of the company for the year ended 31 March 2023, which are set out on pages 5 to 12.

Respective responsibilities of charity directors and examiner;

As the charity directors you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006. Having satisfied ourselves that the charity is not subject to audit under company law, and is eligible for independent examination, it is our responsibility to:

- examine the accounts under section 65 of the Charities Act 2008;
- follow the procedures laid down in the general directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act 2008.
- state whether particular matters have come to our attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general directions given by the Charity Commission for Northern Ireland under Section 65(9)(b) of the Charities Act. The examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included a consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity directors concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:
- that accounting records were not kept in accordance with section 386 of the Companies Act 2006;
- that the accounts do not accord with those accounting records;

- that the accounts do not comply with the accounting requirements of the Section 396 of the Companies Act 2006 and the methods and principles of the Charities Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland;

- that there is further information needed for proper understanding.

Independent examiner's statement

We have completed our examination and have no concerns in respect of the matters listed above and, in connection with following the directions of the Charity Commission for Northern Ireland, we have found no matters that require drawing to your attention.

McGroarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX
Date:

Cunamh

(A company limited by guarantee)

Statement of Financial Activities

for the year ended 31 March 2023

	Unrestricted Funds	Restricted Funds	2023	2022
	£	£	£	£
Income and Expenditure				
Incoming Resources				
Grants Received	-	248,433	248,433	372,220
Sundry Income & Donations	775	-	775	1,610
Total Incoming Resources	775	248,433	249,208	373,830
Resources Expended				
Direct Charitable Expenditure	-	232,515	232,515	308,755
Management & Administration	311	20,216	20,527	54,985
Total Resources Expended	311	252,731	253,042	363,740
Net Incoming / (Outgoing) Resources	464	(4,298)	(3,834)	10,090
Balances brought forward 1 April 2022	19,609	11,265	30,874	20,784
Balances carried forward 31 March 2023	20,073	6,967	27,040	30,874

The above amounts relate to continuing operations of the company.

The company has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Cunamh
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Balance sheet
as at 31 March 2023

	31/03/23	31/03/22
	£	£
Fixed assets		
Tangible assets	9,379	10,352
Current assets		
Debtors	3,006	10,211
Cash at bank and in hand	31,124	22,272
	<u>34,130</u>	<u>32,483</u>
Current liabilities (note 10)		
Other creditors	1,738	1,872
Other creditors	4,816	-
Accruals and deferrals	9,915	10,089
	<u>16,469</u>	<u>11,961</u>
Net current assets	17,661	20,522
Total assets less current liabilities	27,040	30,874
Income Funds		
Brought forward at 1 April 2022	11	19,609
Unrestricted	11	20,073
Restricted	11	6,967
		<u>27,040</u>
		<u>30,874</u>

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The Financial Statements were approved and authorised for issue by the Board on and signed on its behalf by

Date: 26 July 2023
Director: Harry Cannon

Date: 26/07/2023
Director: Christie McManus

1. General information
 The company is a private company limited by guarantee, registered in Northern Ireland. The address of the registered office is 171 Sunbeam Terrace, Bishop Street, Derry, BT48 6UJ.

1.1. Statement of compliance
 The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland Charities SORP 2019 (FRS 102), and the Companies Act 2006.

1.2. Tangible fixed assets and depreciation
 Tangible fixed assets are stated at cost less depreciation.
 Depreciation is provided at rates calculated to write off the cost or valuation less residual value of each asset over its expected useful life, as follows:

Equipment	-	15% Straight Line
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2. Income
(i) Grants
 Grants represents all amounts received and receivable during the year.
 Capital grants are released to the profit and loss account in the year in which they are received in line with the SORP 2019 (FRS 102).
 Revenue grants are credited to the Statement of Financial Activities in the year they are received.
(ii) Donations & administration income.
 This comprises amounts received during the year.

3. Expenditure
(i) Direct Charitable Expenditure
 This represents all expenditure directly attributable to charitable causes.
(ii) Management & Administration
 This includes all other expenditure not directly allocated above and a portion of the overhead costs attributable to management and administration.

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Notes to the accounts
for the year ended 31 March 2023

4. Income

2023	2022	
£	£	
		Restricted Income
		Peace IV
30,995	43,854	HSE
		Clear Small Grant
-	1,512	Victims & Survivors Service NI
184,715	269,176	Big Lottery Fund
-	9,960	WHSC - HUB
19,031	39,696	Children In Need
10,722	8,022	
<u>248,433</u>	<u>372,220</u>	Unrestricted Income
		Other income
775	1,610	
<u>775</u>	<u>1,610</u>	
<u>249,208</u>	<u>373,830</u>	Total Income

(i)

Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii)

Unrestricted Funds

Funds which are expendable at the discretion of the company in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

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Notes to the accounts
for the year ended 31 March 2023

5.

Resources Expended

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Direct Charitable Expenditure				
Salaries & Pension Costs	-	182,388	182,388	230,544
Complementary Therapists	-	12,397	12,397	13,540
Counselling Fees	-	2,693	2,693	13,139
Clinical Supervisor	-	1,360	1,360	2,250
Travel & Subsistence	-	1,462	1,462	2,421
Programme Costs	-	32,215	32,215	46,861
	-	232,515	232,515	308,755
Management & Administration				
Rent & Service Charges	-	4,400	4,400	7,200
Post, Print & Stationery	-	997	997	2,807
Telephone & Internet	-	1,813	1,813	3,390
Heat & Light	-	2,563	2,563	2,193
Rates & Water	-	485	485	2,512
Accountancy Fees	-	1,584	1,584	1,813
Repairs, Maintenance & Cleaning	-	1,061	1,061	11,837
Insurance	-	1,263	1,263	1,657
Bank Fees & Interest	-	480	480	266
COVID-19 Expenses	-	-	-	16,925
Computer costs	-	3,154	3,154	1,917
Sundries	311	-	311	243
Depreciation	-	2,416	2,416	2,225
	311	20,216	20,527	54,985
Total Expenditure	311	252,731	253,042	363,740
Net Incoming Resources				
			£	£
			2023	2022
Net incoming resources has been arrived at after charging:			2,416	2,225
Depreciation			2,416	2,225

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Notes to the accounts
for the year ended 31 March 2023

6. Employees

Salaries and pensions

2023	2022
£ 182,388	£ 230,544
<u>182,388</u>	<u>230,544</u>

The average monthly numbers of employees during the year, calculated on the basis of full time equivalents, was as follows:

2023	2022
Number 10	Number 7
<u>10</u>	<u>7</u>

7. Taxation

Cunamh is exempt from tax as it has charitable status.

8. Tangible assets

Cost	Equipment
At 1 April 2022	18,072
Additions	1,443
At 31 March 2023	<u>19,515</u>
Depreciation	Total
At 1 April 2022	£
Charge for the year	7,720
At 31 March 2023	2,416
At 31 March 2023	<u>10,136</u>
Net book values	Equipment
At 31 March 2023	9,379
At 31 March 2022	<u>10,352</u>
At 31 March 2022	<u>9,379</u>
<u>10,352</u>	<u>10,352</u>

There are no material related party transactions in the year under review.

Cunamh (A company limited by guarantee) Notes to the accounts for the year ended 31 March 2023	
2022	2023
£	£
10,211	3,006
9. Debtors	
Other debtors	
10. Creditors: amounts falling due within one year	
Other creditors	
Taxes and social security creditor	
Accruals and deferred income	
1,872	1,738
-	4,816
10,089	9,915
11,961	16,469
11. Movements in Funds	
At 1 October 2022	
£	
At 31 March 2023	
£	
Restricted funds:	
Restricted funds	
11,265	248,433
(252,731)	(252,731)
6,967	6,967
Total restricted funds	
Unrestricted funds:	
General funds	
19,609	775
(311)	(311)
20,073	20,073
Total unrestricted funds	
30,874	249,208
(253,042)	(253,042)
27,040	27,040
12. Related Party Transactions	

The company is limited by guarantee and does not have a share capital.

13. Limited by Guarantee

Cunamh
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Notes to the accounts
for the year ended 31 March 2023