

**Company Registration No:NI039355**

**Cunamh**  
**(A company limited by guarantee)**

**Accounts**

**for the year ended 31 March 2024**

**Cunamh**  
**(A company limited by guarantee)**

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**Cunamh**  
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**Information**

<b>Directors</b>	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) Michael Dennis Doyle (Appointed 26th July 2023)
<b>Secretary</b>	Charles Colm McMenamin
<b>Accountants</b>	McGroarty McCafferty & Company Ltd Accountants & Tax Consultants 2 Carlisle Terrace Derry BT48 6JX
<b>Registered office</b>	171 Sunbeam Terrace Bishop Street Derry N Ireland BT48 6UJ
<b>Bankers</b>	Bank of Ireland 27 Culmore Road Derry BT48 8JB

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**Cunamh**  
**Report of The Management Committee**

The management Committee present their report and the financial statements for the year ended 31 March 2024.

**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, Adcocacy, Relaxation and Stress Elimination, Creative Remembering, Drama Theraphy 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)

Michael Dennis Doyle (Appointed 26th July 2023)

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**Risk Management**

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.

**Financial Review**

The financial performance is summarised in the enclosed accounts.

**Plans for Future Periods**

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

**Directors Responsibilities**

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 so the directors are required to:

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

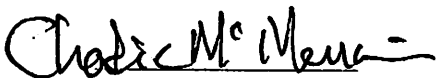
The directors are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding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

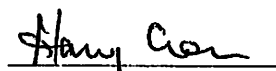
This report is prepared in accordance with special provisions of part 15 of the Companies Act 2006 relating to small companies.

**Accountants**

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

The Financial Statements were approved and authorised for issue by the Board on 14 May 2024 and signed on its behalf by:

  
Director

  
Director

**Cunamh**  
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**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 2024, 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*

**McGroarty McCafferty & Company Ltd**

**Accountants & Tax Consultants**

**2 Carlisle Terrace**

**Derry**

**BT48 6JX**

**Date: 14 May 2024**

**Cunamh**  
(A company limited by guarantee)

**Statement of Financial Activities**  
for the year ended 31 March 2024

	Unrestricted	Restricted	2024	2023
<b>Income and Expenditure</b>	<b>Funds</b>	<b>Funds</b>	<b>£</b>	<b>£</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Incoming Resources</b>				
Grants Received	51,799	244,854	296,653	248,433
Sundry Income & Donations	2,965	-	2,965	775
<b>Total Incoming Resources</b>	<b>4.</b> <u>54,764</u>	<u>244,854</u>	<u>299,618</u>	<u>249,208</u>
<b>Resources Expended</b>				
Direct Charitable Expenditure	40,787	222,362	263,149	232,515
Management & Administration	700	24,860	25,560	20,527
<b>Total Resources Expended</b>	<b>5.</b> <u>41,487</u>	<u>247,222</u>	<u>288,709</u>	<u>253,042</u>
<b>Net Incoming / (Outgoing) Resources</b>	13,277	(2,368)	10,909	(3,834)
Balances brought forward 1 April 2023	<u>20,073</u>	<u>6,967</u>	<u>27,040</u>	<u>30,874</u>
Balances carried forward 31 March 2024	<b>11.</b> <u>33,350</u>	<u>4,599</u>	<u>37,949</u>	<u>27,040</u>

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 2024

		2024		2023	
Notes	£	£	£	£	£
<b>Fixed assets</b>					
Tangible assets	8.		8,158		9,379
<b>Current assets</b>					
Debtors	9.	15,256		3,006	
Cash at bank and in hand		31,053		31,124	
		46,309		34,130	
<b>Current liabilities</b>					
Creditors		881		1,738	
Other creditors		5,859		4,816	
Accruals and deferrals		9,778		9,915	
	10.	16,518		16,469	
<b>Net current assets</b>			29,791		17,661
<b>Total assets less current liabilities</b>			37,949		27,040
<b>Income Funds</b>					
Unrestricted			33,350		20,073
Restricted			4,599		6,967
	11.		37,949		27,040

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 14 May 2024 and signed on its behalf by

Director Charlie McMeur

Director Harry Cron

Date: 14th May 2024

Date: 14th May 2024



**Cunamh**  
**(A company limited by guarantee)**  
**Notes to the accounts**  
**for the year ended 31 March 2024**

**4. Income**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b><u>Restricted Income</u></b>		
VSS Gap Funding	34,657	30,995
VSS Social Isolation	2,635	-
VSS -TPDPS	2,540	-
Victims & Survivors Service NI	195,344	184,715
Children In Need	9,678	10,722
HSE	-	19,031
WH SCT	-	2,970
	<b>244,854</b>	<b>248,433</b>
<b><u>Unrestricted Income</u></b>		
Donations	480	-
Other income	2,485	775
HSE	30,802	-
WH SCT	20,997	-
	<b>54,764</b>	<b>775</b>
<b>Total Income</b>	<b>299,618</b>	<b>249,208</b>

**(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 2024**

**5. Resources Expended**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total 2024 £</b>	<b>Total 2023 £</b>
<b>Direct Charitable Expenditure</b>				
Salaries & Pension Costs	31,798	200,712	232,510	182,388
Complementary Therapists	-	13,590	13,590	12,397
Counselling Fees	6,835	-	6,835	2,693
Clinical Supervisor	-	2,110	2,110	1,360
Travel & Subsistence	-	2,770	2,770	1,462
Programme Costs	2,154	3,180	5,334	32,215
	<u>40,787</u>	<u>222,362</u>	<u>263,149</u>	<u>232,515</u>
<b>Management &amp; Administration</b>				
Rent & Service Charges	-	4,800	4,800	4,400
Post, Print & Stationery	-	2,770	2,770	997
Telephone & Internet	-	3,050	3,050	1,813
Heat & Light	-	1,656	1,656	2,563
Rates & Water	-	561	561	485
Accountancy Fees	-	1,645	1,645	1,584
Repairs, Maintenance & Cleaning	-	453	453	1,061
Insurance	-	1,710	1,710	1,263
Bank Fees & Interest	-	253	253	480
Subscriptions	-	1,964	1,964	-
Computer costs	-	3,491	3,491	3,154
Sundries	700	-	700	311
Depreciation	-	2,507	2,507	2,416
	<u>700</u>	<u>24,860</u>	<u>25,560</u>	<u>20,527</u>
<b>Total Expenditure</b>	<u><u>41,487</u></u>	<u><u>247,222</u></u>	<u><u>288,709</u></u>	<u><u>253,042</u></u>
<b>Net Incoming Resources</b>			<b>2024</b>	<b>2023</b>
			£	£
Net incoming resources has been arrived at after charging.				
Depreciation			<u>2,507</u>	<u>2,416</u>

**Cunamh**  
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**Notes to the accounts**  
**for the year ended 31 March 2024**

**6. Employees**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Salaries and pensions	<u>232,510</u>	<u>182,388</u>

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

	<b>2024</b>	<b>2023</b>
	<b>Number</b>	<b>Number</b>
	<u>9</u>	<u>10</u>

**7. Taxation**

Cunamh is exempt from tax as it has charitable status.

**8. Tangible assets**

	<b>Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
<b>Cost</b>		
At 1 April 2023	19,515	19,515
Additions	<u>1,286</u>	<u>1,286</u>
At 31 March 2024	<u>20,801</u>	<u>20,801</u>
<b>Depreciation</b>		
At 1 April 2023	10,136	10,136
Charge for the year	<u>2,507</u>	<u>2,507</u>
At 31 March 2024	<u>12,643</u>	<u>12,643</u>
<b>Net book values</b>		
At 31 March 2024	<u>8,158</u>	<u>8,158</u>
At 31 March 2023	<u>9,379</u>	<u>9,379</u>

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**Notes to the accounts**  
**for the year ended 31 March 2024**

<b>9.</b>	<b>Debtors</b>	<b>2024</b>	<b>2023</b>
		£	£
	Other debtors	15,256	3,006
<b>10.</b>	<b>Creditors: amounts falling due within one year</b>	<b>2024</b>	<b>2023</b>
		£	£
	Other creditors	881	1,738
	Taxes and social security creditor	5,859	4,816
	Accruals and deferred income	9,778	9,915
		16,518	16,469

**11. Movements in Funds**

	At 1 April 2023 £	Incoming resources £	Outgoing resources £	At 31 March 2024 £
<b>Restricted funds:</b>				
Restricted funds	6,967	244,854	(247,222)	4,599
Total restricted funds	6,967	244,854	(247,222)	4,599
<b>Unrestricted funds:</b>				
General funds	20,073	54,764	(41,487)	33,350
Total unrestricted funds	20,073	54,764	(41,487)	33,350
	27,040	299,618	(288,709)	37,949

**12. Related Party Transactions**

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

**Cunamh**  
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**Notes to the accounts**  
**for the year ended 31 March 2024**

**13. Limited by Guarantee**

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