

Company Number:NI039355
Charity Number:NIC101682

Cunamh
(A company limited by guarantee)
Accounts
for the year ended 31 March 2025

Cunamh
(A company limited by guarantee)

Contents

	Page
Information	1
Directors Report	2 - 3
Independent Examiner's Report	4
Statement of Financial Activities	5
Balance sheet	6
Notes to the accounts	7 - 12

Cunamh
(A company limited by guarantee)

Information

Directors	Charles Colm McMenamin Niall O Somachain Patricia Anne Murphy Harry Anthony Crossan Seamus Soal Anthony Brown Michael Dennis Doyle
Secretary	Charles Colm McMenamin
Company Number:	NI039355
Charity Number:	NIC101682
Accountants	McGroarty 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

Cunamh
(A company limited by guarantee)

Cunamh
Report of The Management Committee

The management Committee present their report and the financial statements for the year ended 31 March 2025.

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

Anthony Brown

Michael Dennis Doyle

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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 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 2 July 2025 and signed on its behalf by:

Director

Director

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 2025, 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: 2 July 2025

Cunamh
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Statement of Financial Activities
for the year ended 31 March 2025

	Unrestricted Funds £	Restricted Funds £	Designated Funds £	2025 £	2024 £
Income and Expenditure					
Incoming Resources					
Grants Received	76,650	280,296	-	356,946	296,653
Sundry Income & Donations	5,177	-	-	5,177	2,965
Total Incoming Resources	4. <u>81,827</u>	<u>280,296</u>	<u>-</u>	<u>362,123</u>	<u>299,618</u>
Resources Expended					
Direct Charitable Expenditure	43,450	251,518	-	294,968	263,149
Management & Administration	610	24,767	-	25,377	25,560
Total Resources Expended	5. <u>44,060</u>	<u>276,285</u>	<u>-</u>	<u>320,345</u>	<u>288,709</u>
Net Incoming / (Outgoing) Resources	37,767	4,011	-	41,778	10,909
Transfer	(30,000)		30,000	-	-
Balances brought forward 1 April 2024	<u>33,350</u>	<u>4,599</u>	<u>-</u>	<u>37,949</u>	<u>27,040</u>
Balances carried forward 31 March 2025	12. <u>41,117</u>	<u>8,610</u>	<u>30,000</u>	<u>79,727</u>	<u>37,949</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
(A company limited by guarantee)

Balance sheet
as at 31 March 2025

		2025		2024	
Notes	£	£	£	£	£
Fixed assets					
Tangible assets	8.		8,669		8,158
Current assets					
Debtors	9.	14,779		15,256	
Cash at bank and in hand		81,045		31,053	
		95,824		46,309	
Current liabilities					
Creditors		3,850		881	
Other creditors		6,271		5,859	
Accruals and deferrals		14,645		9,778	
	10.	24,766		16,518	
Net current assets			71,058		29,791
Total assets less current liabilities			79,727		37,949
Income Funds					
Unrestricted			41,117		33,350
Restricted			8,610		4,599
Designated Funds	11.		30,000		-
	12.		79,727		37,949

In approving these financial statements as directors of the company we hereby confirm:

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Charities SORP 2019 (FRS 102).

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.

The Financial Statements were approved and authorised for issue by the Board on 2 July 2025 and signed on its behalf by

Director _____

Director _____

Date: 2nd July 2025

Date: 2nd July 2025

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

4. Income

	2025	2024
	£	£
<u>Restricted Income</u>		
VSS Gap Funding	7,347	34,657
VSS Social Isolation	-	2,635
VSS -TPDPS	9,512	2,540
Peace Plus 2024	31,534	-
Victims & Survivors Service NI	229,274	195,344
Children In Need	2,629	9,678
	280,296	244,854
<u>Unrestricted Income</u>		
Donations	3,040	480
Other income	2,137	2,485
HSE	41,462	30,802
WHSCT	35,188	20,997
	81,827	54,764
Total Income	362,123	299,618

(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.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

5. Resources Expended

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Direct Charitable Expenditure				
Salaries & Pension Costs	30,116	232,249	262,365	232,510
Complementary Therapists	-	13,575	13,575	13,590
Counselling Fees	5,720	-	5,720	6,835
Clinical Supervisor	197	2,773	2,970	2,110
Travel & Subsistence	1,697	2,296	3,993	2,770
Programme Costs	-	625	625	5,334
	<u>37,730</u>	<u>251,518</u>	<u>289,248</u>	<u>263,149</u>
Management & Administration				
Rent & Service Charges	-	6,085	6,085	4,800
Post, Print & Stationery	474	1,615	2,089	2,770
Telephone & Internet	230	1,939	2,169	3,050
Heat & Light	-	1,629	1,629	1,656
Rates & Water	-	565	565	561
Accountancy Fees	-	1,642	1,642	1,645
Repairs, Maintenance & Cleaning	43	1,445	1,488	453
Insurance	-	1,202	1,202	1,710
Bank Fees & Interest	162	129	291	253
Subscriptions	55	1,101	1,156	1,964
Computer costs	118	4,648	4,766	3,491
Sundries	5,248	-	5,248	700
Depreciation	-	2,767	2,767	2,507
	<u>6,330</u>	<u>24,767</u>	<u>31,097</u>	<u>25,560</u>
Total Expenditure	<u>44,060</u>	<u>276,285</u>	<u>320,345</u>	<u>288,709</u>

Net Incoming Resources	2025	2024
	£	£

Net incoming resources has been arrived at after charging.

Depreciation	<u>2,767</u>	<u>2,507</u>
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Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

6. Employees

	2025	2024
	£	£
Salaries and pensions	<u>262,365</u>	<u>232,510</u>

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

	2025	2024
	Number	Number
	<u>9</u>	<u>10</u>

No employee received emoluments of more than £60,000 (2024:Nil)

7. Taxation

Cunamh is exempt from tax as it has charitable status.

8. Tangible assets

	Equipment	Total
	£	£
Cost		
At 1 April 2024	20,801	20,801
Additions	<u>3,277</u>	<u>3,277</u>
At 31 March 2025	<u>24,078</u>	<u>24,078</u>
Depreciation		
At 1 April 2024	12,642	12,642
Charge for the year	<u>2,767</u>	<u>2,767</u>
At 31 March 2025	<u>15,409</u>	<u>15,409</u>
Net book values		
At 31 March 2025	<u>8,669</u>	<u>8,669</u>
At 31 March 2024	<u>8,158</u>	<u>8,158</u>

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

9. Debtors	2025	2024
	£	£
Other debtors	14,779	15,256
	<u>14,779</u>	<u>15,256</u>
10. Creditors: amounts falling due within one year	2025	2024
	£	£
Other creditors	3,850	881
Taxes and social security creditor	6,271	5,859
Accruals and deferred income	14,645	9,778
	<u>24,766</u>	<u>16,518</u>

11. Designated Funds

The designated fund of £30,000 has been agreed by the directors to ensure that there are adequate funds to cover operating costs.

Cunamh
(A company limited by guarantee)
Notes to the accounts
for the year ended 31 March 2025

12. Movements in Funds

	At 1 April 2024 £	Incoming resources £	Outgoing resources £	Transfers £	At 31 March 2025 £
Restricted funds:					
Restricted funds	4,599	280,296	(276,285)		8,610
Total restricted funds	<u>4,599</u>	<u>280,296</u>	<u>(276,285)</u>	<u>-</u>	<u>8,610</u>
Unrestricted funds:					
General funds	33,350	81,827	(44,060)	(30,000)	41,117
Total unrestricted funds	<u>33,350</u>	<u>81,827</u>	<u>(44,060)</u>	<u>(30,000)</u>	<u>41,117</u>
Designated Funds					
	<u>37,949</u>	<u>362,123</u>	<u>(320,345)</u>	<u>30,000</u>	<u>79,727</u>

13. Related Party Transactions

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

14. Limited by Guarantee

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