

Mind Yourself! And Foyle Advocates

Accounts

for the year ended 31 March 2024

Mind Yourself! And Foyle Advocates

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Mind Yourself! And Foyle Advocates

Information

Accountants	McGroarty McCafferty & Company Ltd Accountants & Tax Consultants 2 Carlisle Terrace Derry BT48 6JX	
Business address	26-28 Bishop Street Derry BT48 6PP	
Bankers	Bank of Ireland 27 Culmore Rd Derry BT48 8JB	
Committee Members	Claire Jasinska Martha McClelland Barry McElhinney Carmel McElhinney John Breslin Keith McElhinney	Chairperson President and Committee Member Treasurer Secretary Committee Member Committee Member
Charity No:	XR15408 NIC103800	

Mind Yourself! And Foyle Advocates

Report of The Management Committee

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

Objectives and activities

Mind Yourself are a self help organisation run by and for people who have experienced mental health difficulties. Our aim is empowerment- enabling people to take control of their lives.

Our objectives are:

-to provide a voice for people using the mental health services through user involvement in the planning and delivery of these services.

-to speak up for ourselves through our special project, Foyle Advocates, a wholly user led and run independent and confidential peer advocacy service for people experiencing mental health difficulties. Foyle Advocates operate both in hospitals and in the community.

-to provide a forum for discussion on mental health issues, to educate the public and challenge the stigma of mental illness. -to share our experiences with each other in a confidential and supportive environment.

-we educate professionals and students who are training to be mental health professionals through sharing our first-hand experiences of mental ill health.

Management Committee

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

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

Claire Jasinska	Chairperson
Martha McClelland	President and Committee Member
Barry McElhinney	Treasurer
Carmel McElhinney	Secretary
John Breslin	Committee Member
Keith McElhinney	Committee Member

Public benefit

The purposes of Mind Yourself are the advancement of education and the relief of those suffering from the effects of mental illness in Northern Ireland (the 'area of benefit') by means of:

(A) acting as an Organisation for users of mental health services to enable them to share and voice their views, experiences and ideas in relation to mental health issues; The direct benefits flowing from this purpose include breaking down isolation and stigma, offering a listening ear service, enhancing the quality of life, empowerment, recovery and self help in a safe, confidential environment for those experiencing mental ill health. These benefits can be demonstrated by the increasing numbers of people using our services and feedback from our clients.

(B) fostering mutual support among people suffering from the effects of mental illness; The direct benefits flowing from this purpose include increased confidence and empowerment in a safe and confidential environment and providing both group and one to one support when needed. These benefits can be demonstrated by written and verbal feedback from our clients and also statistics detailing the number of clients who have entered into voluntary and paid work and further education after completing our Peer Advocacy Training in Mental Health.

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Report of The Management Committee for the year year ended 31 March 2024

(C) promoting understanding of mental illness and discouraging prejudice against those who have experienced or are experiencing any form of mental illness; The direct benefits flowing from this purpose include providing Training in Peer Advocacy for those people affected by mental ill health, increasing confidence and self esteem and increased awareness within the Community and within the Statutory Services to improve the understanding of Mental Health and ultimately reduce the prejudice. These benefits can be demonstrated by feedback from all those who attended our Training Programmes, minutes of meetings with Community Organisations and Statutory Bodies.

(D) advancing education, for the benefit of the general public, about the needs, experience, (and human rights entitlements) of people suffering the effects of mental illness. The direct benefits flowing from this purpose include promotion and understanding of mental health services by attending workshops, conferences, meetings and participation in decision – making committees in the local community and also throughout Northern Ireland. These benefits can be demonstrated by feedback from the general public and Statutory Bodies who attended the workshops, meetings etc.

The purposes of our charity will not lead to any harm. The charity's beneficiaries are members of the public who are experiencing mental ill health.

Risk Management

The members have assessed the major risks to which the association is exposed, in particular those related to the operations and finances of the association, 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 association plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Reserves Policy

Mind Yourself has accumulated unrestricted funds of £54,129. This reserve fund has been designated to future needs of the charity in the event of gap funding.

Members Responsibilities In Relation To The Financial Statements

The members are responsible for preparing the annual report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The law applicable to charities in Northern Ireland requires the members 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 members are required to:

- select suitable accounting policies and apply them consistently;
- observe methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

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**Report of The Management Committee
for the year year ended 31 March 2024**

The members 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 Charities Act (Northern Ireland) 2008. The members 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.

A resolution will be proposed at the Annual General Meeting that McGroarty McCafferty & Company Ltd be re-appointed as accountants for the charity for the ensuing year.

By Order of the Management Committee:

Committee Member C.A. Jozinski

Committee Member J.P. Bue

Date: 28.1.25

Mind Yourself! And Foyle Advocates

**Independent Examiner's report to the charity committee members of
Mind Yourself! And Foyle Advocates**

We report on the accounts of the charity for the year ended 31 March 2024, which are set out on pages 6 - 12.

Respective responsibilities of charity committee members and examiner

As the charity's members you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is our responsibility to:

- examine the accounts under Section 65 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Commission under Section 65(9) (b) of the Charities Act;
- 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.

Our 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 considerations of any unusual items or disclosures in the accounts, and seeking explanation from you as charity members concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with Section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

We have completed our examination and have no concerns in respect of the matters 1 - 4 listed above and, in connection with the following Directions of the Charity Commission Northern Ireland; we have found no matters that require drawing to your attention.

H. Groarty McCafferty & Co Ltd
McGroarty McCafferty & Company Ltd
Accountants and Tax Consultants
2 Carlisle Terrace
Derry
N Ireland
BT48 6JX

DATE:

Mind Yourself! And Foyle Advocates

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

		Unrestricted Funds	Restricted Funds	2024	2023
		£	£	£	£
Income and Expenditure					
Incoming Resources					
Grants Received		-	38,157	38,157	37,177
Sundry Income & Donations		363	-	363	52
Total Incoming Resources	4.	<u>363</u>	<u>38,157</u>	<u>38,520</u>	<u>37,229</u>
Resources Expended					
Direct Charitable Expenditure		-	20,566	20,566	17,481
Management & Administration		-	22,109	22,109	22,025
Total Resources Expended	5.	<u>-</u>	<u>42,675</u>	<u>42,675</u>	<u>39,506</u>
Net Incoming / (Outgoing) Resources	9.	363	(4,518)	(4,155)	(2,277)
Transfer		(4,500)	4,500	-	-
Balances brought forward 1 April 2023		<u>58,266</u>	<u>344</u>	<u>58,610</u>	<u>60,887</u>
Balances carried forward 31 March 2024		<u>54,129</u>	<u>326</u>	<u>54,455</u>	<u>58,610</u>

The above amounts relate to continuing operations of the association.

The association 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.

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Balance sheet
as at 31 March 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	6		-		347
Current assets					
Debtors	7	1,358		1,374	
Cash at bank and in hand		54,225		58,042	
		<u>55,583</u>		<u>59,416</u>	
Current liabilities					
Accruals	8	1,128		1,153	
Net current assets			<u>54,455</u>		<u>58,263</u>
Total assets less current liabilities			<u>54,455</u>		<u>58,610</u>
Capital account					
Restricted fund			326		344
Unrestricted fund			54,129		58,266
	9		<u>54,455</u>		<u>58,610</u>

We approve these accounts and confirm that we have made available all relevant records and information for their preparation.

Committee Member *C.A. Jasinska*
Date: 28.1.25

Committee Member *J.H. Foyle*
Date: 28.1.25

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2024

1. Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

1.1. Accounting convention

The accounts are prepared under the historical cost convention modified when necessary, and in compliance with the Charities SORP (FRS 102).

1.2. Tangible fixed assets and 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:

Fixtures, fittings and equipment	-	20% 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 Statement of Financial Activities in the year in which they are received in line with the Charities SORP (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 2024

4. Income

	2024	2023
	£	£
<u>Restricted Income</u>		
Western Health & Social Care Trust	33,981	32,820
Clear project	4,176	4,357
	38,157	37,177
<u>Unrestricted Income</u>		
Bank interest received	363	52
	363	52
Total Income	38,520	37,229

(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 association 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

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Direct Charitable Expenditure				
Wages & Salaries	-	11,300	11,300	9,934
Volunteer Expenses	-	9,266	9,266	7,547
	<u>-</u>	<u>20,566</u>	<u>20,566</u>	<u>17,481</u>
Management & Administration				
Postage, printing & stationery	-	99	99	115
Clear Expenses	-	2,960	2,960	3,068
Advertising	-	-	-	-
Telephone & Internet	-	1,949	1,949	1,613
Heat & Light	-	1,113	1,113	1,577
Accountancy Fees	-	1,128	1,128	1,128
Repairs & Maintenance	-	250	250	505
Bank Fees & Interest	-	142	142	153
Rent	-	12,300	12,300	12,000
Subscriptions	-	200	200	200
Insurance	-	1,026	1,026	933
Travel	-	-	-	-
Sundries	-	595	595	383
Depreciation on fixt & fittings	-	347	347	350
	<u>-</u>	<u>22,109</u>	<u>22,109</u>	<u>22,025</u>
Total Resources Expended	<u>-</u>	<u>42,675</u>	<u>42,675</u>	<u>39,506</u>

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Notes to the accounts
for the year ended 31 March 2024

6. Tangible assets	Plant and machinery	Equipment	Office Equipment	Total
	£	£	£	£
Cost				
At 1 April 2023	2,604	5,338	8,978	16,920
At 31 March 2024	<u>2,604</u>	<u>5,338</u>	<u>8,978</u>	<u>16,920</u>
Depreciation				
At 1 April 2023	2,604	4,991	8,978	16,573
Charge for the year	-	347	-	347
At 31 March 2024	<u>2,604</u>	<u>5,338</u>	<u>8,978</u>	<u>16,920</u>
Net book values				
At 31 March 2023	<u>-</u>	<u>347</u>	<u>-</u>	<u>347</u>
7. Debtors			2024	2023
			£	£
Other debtors			835	871
Prepayments			523	503
			<u>1,358</u>	<u>1,374</u>
8. Current liabilities			2024	2023
			£	£
Accruals			1,128	1,153

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Notes to the accounts
for the year ended 31 March 2024

9. Movements in Funds	At				At
	1 April	Incoming	Outgoing	Transfers	31 March
	2023	resources	resources		2024
	£	£	£	£	£
Restricted funds:	344	38,157	(42,675)	4,500	326
Total restricted funds	<u>344</u>	<u>38,157</u>	<u>(42,675)</u>	<u>4,500</u>	<u>326</u>
Unrestricted funds:					
General funds	58,266	363	-	(4,500)	54,129
Total unrestricted funds	<u>58,266</u>	<u>363</u>	<u>-</u>	<u>(4,500)</u>	<u>54,129</u>
	<u>58,610</u>	<u>38,520</u>	<u>(42,675)</u>	<u>-</u>	<u>54,455</u>

Purposes of Restricted Funds

Restricted grants awarded to the charity is provided to cover the core objects as explained in the report to the management committee.