

**Mind Yourself! And Foyle Advocates**

**Accounts**

**for the year ended 31 March 2025**

# Mind Yourself! And Foyle Advocates

## Contents

	<b>Page</b>
Information	<b>1</b>
Committee Report	<b>2 - 4</b>
Independent Examiner's Report	<b>5</b>
Statement of Financial Activities	<b>6</b>
Balance sheet	<b>7</b>
Notes to the accounts	<b>8 - 12</b>

## Mind Yourself! And Foyle Advocates

### Information

<b>Accountants</b>	McGroarty McCafferty & Company Ltd Accountants & Tax Consultants 2 Carlisle Terrace Derry BT48 6JX														
<b>Business address</b>	26-28 Bishop Street Derry BT48 6PP														
<b>Bankers</b>	Bank of Ireland 27 Culmore Rd Derry BT48 8JB														
<b>Committee Members</b>	<table><tr><td>Martha McClelland</td><td>President/Committee Member</td></tr><tr><td>Barry McElhinney</td><td>Chairperson</td></tr><tr><td>Keith McElhinney</td><td>Treasurer</td></tr><tr><td>John Breslin</td><td>Secretary</td></tr><tr><td>Declan Heaney</td><td>Committee Member</td></tr><tr><td>Gail Heaney</td><td>Committee Member</td></tr><tr><td>Carmel McElhinney</td><td>Committee Member</td></tr></table>	Martha McClelland	President/Committee Member	Barry McElhinney	Chairperson	Keith McElhinney	Treasurer	John Breslin	Secretary	Declan Heaney	Committee Member	Gail Heaney	Committee Member	Carmel McElhinney	Committee Member
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Carmel McElhinney	Committee Member														
<b>Charity No:</b>	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 2025.

#### **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:

Martha McClelland	President /Committee Member
Barry McElhinney	Chairperson
Keith McElhinney	Treasurer
John Breslin	Secretary
Declan Heaney	Committee Member
Gail Heaney	Committee Member
Carmel 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.

**Report of The Management Committee  
for the year year ended 31 March 2025**

(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 £50,553. 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.

**Report of The Management Committee  
for the year year ended 31 March 2025**

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 prosed 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 \_\_\_\_\_

Committee Member  \_\_\_\_\_

**Date: 22 January 2026**

## **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 2025, 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.

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

DATE:22 January 2026

**Mind Yourself! And Foyle Advocates**

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

		Unrestricted Funds £	Restricted Funds £	2025 £	2024 £
<b>Income and Expenditure</b>					
<b>Incoming Resources</b>					
Grants Received		-	36,446	36,446	38,157
Sundry Income & Donations		652	-	652	363
<b>Total Incoming Resources</b>	<b>4.</b>	<u>652</u>	<u>36,446</u>	<u>37,098</u>	<u>38,520</u>
<b>Resources Expended</b>					
Direct Charitable Expenditure		-	18,981	18,981	20,566
Management & Administration		-	22,019	22,019	22,109
<b>Total Resources Expended</b>	<b>5.</b>	<u>-</u>	<u>41,000</u>	<u>41,000</u>	<u>42,675</u>
<b>Net Incoming / (Outgoing) Resources</b>	<b>9.</b>	652	(4,554)	(3,902)	(4,155)
Transfer		(4,228)	4,228	-	-
Balances brought forward 1 April 2024		<u>54,129</u>	<u>326</u>	<u>54,455</u>	<u>58,610</u>
Balances carried forward 31 March 2025		<u>50,553</u>	<u>-</u>	<u>50,553</u>	<u>54,455</u>

The above amounts relate to continuing operations of the association.

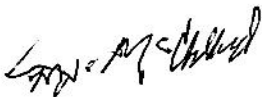
The association has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost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

**Mind Yourself! And Foyle Advocates**

**Balance sheet  
as at 31 March 2025**

	Notes	2025		2024	
		£	£	£	£
<b>Current assets</b>					
Debtors	7	579		1,358	
Cash at bank and in hand		51,102		54,225	
		<u>51,681</u>		<u>55,583</u>	
<b>Current liabilities</b>					
Accruals	8	<u>1,128</u>		<u>1,128</u>	
<b>Net current assets</b>			<u>50,553</u>		<u>54,455</u>
<b>Total assets less current liabilities</b>			<u><u>50,553</u></u>		<u><u>54,455</u></u>
<b>Capital account</b>					
Restricted fund			-		326
Unrestricted fund			<u>50,553</u>		<u>54,129</u>
	9		<u><u>50,553</u></u>		<u><u>54,455</u></u>

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



**Committee Member**

**Date: 22nd January 2026**



**Committee Member**

**Date: 22 January 2026**

**Mind Yourself! And Foyle Advocates**  
**Notes to the accounts**  
**for the year ended 31 March 2025**

**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).

Plant and machinery	-	20% Straight Line
Equipment	-	25% Straight Line
Office Equipment	-	20% Straight Line

**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.

**Mind Yourself! And Foyle Advocates**  
**Notes to the accounts**  
**for the year ended 31 March 2025**

**4. Income**

	2025	2024
	£	£
<b><u>Restricted Income</u></b>		
Western Health & Social Care Trust	36,446	33,981
Clear project	-	4,176
	36,446	38,157
<b><u>Unrestricted Income</u></b>		
Other income	200	-
Bank interest received	452	363
	652	363
<b>Total Income</b>	<b>37,098</b>	<b>38,520</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 association in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

**Mind Yourself! And Foyle Advocates**  
**Notes to the accounts**  
**for the year ended 31 March 2025**

**5. Resources Expended**

	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total 2025 £</b>	<b>Total 2024 £</b>
<b>Direct Charitable Expenditure</b>				
Wages & Salaries	-	11,573	11,573	11,300
Volunteer Expenses	-	7,408	7,408	9,266
	<u>-</u>	<u>18,981</u>	<u>18,981</u>	<u>20,566</u>
<b>Management &amp; Administration</b>				
Postage, printing & stationery	-	167	167	99
Clear Expenses	-	-	-	2,960
Advertising	-	907	907	-
Telephone & Internet	-	2,203	2,203	1,949
Heat & Light	-	1,494	1,494	1,113
Accountancy Fees	-	1,128	1,128	1,128
Repairs & Maintenance	-	152	152	250
Bank Fees & Interest	-	126	126	142
Rent	-	13,800	13,800	12,300
Subscriptions	-	200	200	200
Catering & hospitality	-	571	571	-
Insurance	-	1,122	1,122	1,026
Travel	-	36	36	-
Sundries	-	113	113	595
Depreciation on fixt & fittings	-	-	-	347
	<u>-</u>	<u>22,019</u>	<u>22,019</u>	<u>22,109</u>
<b>Total Resources Expended</b>	<u>-</u>	<u>41,000</u>	<u>41,000</u>	<u>42,675</u>

**Mind Yourself! And Foyle Advocates**  
**Notes to the accounts**  
**for the year ended 31 March 2025**

**6. Tangible assets**

	<b>Plant and machinery</b>	<b>Equipment</b>	<b>Office Equipment</b>	<b>Total</b>
	£	£	£	£
<b>Cost</b>				
At 1 April 2024	2,604	5,338	8,978	16,920
At 31 March 2025	<u>2,604</u>	<u>5,338</u>	<u>8,978</u>	<u>16,920</u>
<b>Depreciation</b>				
At 1 April 2024	2,604	5,338	8,978	16,920
At 31 March 2025	<u>2,604</u>	<u>5,338</u>	<u>8,978</u>	<u>16,920</u>
<b>Net book values</b>				
At 31 March 2025	<u><u>-</u></u>	<u><u>-</u></u>	<u><u>-</u></u>	<u><u>-</u></u>

**7. Debtors**

	<b>2025</b>	<b>2024</b>
	£	£
Other debtors	-	835
Prepayments	579	523
	<u>579</u>	<u>1,358</u>
	<u><u>579</u></u>	<u><u>1,358</u></u>

**8. Current liabilities**

	<b>2025</b>	<b>2024</b>
	£	£
Accruals	1,128	1,128
	<u>1,128</u>	<u>1,128</u>
	<u><u>1,128</u></u>	<u><u>1,128</u></u>

**Mind Yourself! And Foyle Advocates**  
**Notes to the accounts**  
**for the year ended 31 March 2025**

9. <b>Movements in Funds</b>	<b>At</b>	<b>Incoming</b>	<b>Outgoing</b>	<b>Transfers</b>	<b>At</b>
	<b>1 April</b>	<b>resources</b>	<b>resources</b>		<b>31 March</b>
	<b>2024</b>	<b>resources</b>	<b>resources</b>		<b>2025</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Restricted funds:</b>	326	36,446	(41,000)	4,228	-
Total restricted funds	<u>326</u>	<u>36,446</u>	<u>(41,000)</u>	<u>4,228</u>	<u>-</u>
<b>Unrestricted funds:</b>					
General funds	54,129	652	-	(4,228)	50,553
Total unrestricted funds	<u>54,129</u>	<u>652</u>	<u>-</u>	<u>(4,228)</u>	<u>50,553</u>
	<u>54,455</u>	<u>37,098</u>	<u>(41,000)</u>	<u>-</u>	<u>50,553</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.