

TACKLING AWARENESS OF MENTAL HEALTH ISSUES

(Private company limited by guarantee without share capital)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2023

Trustees' Annual Report (Incorporating the Director's Report)

STRUCTURE, GOVERNANCE AND MANAGEMENT

The charity is controlled by its governing document, a Memorandum and Articles of Association, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006. The company was incorporated on 22 July 2015 and registered with the Charity Commission for Northern Ireland on 23 December 2015.

REFERENCE AND ADMINISTRATIVE DETAILS

Other Names

Tackling Awareness of Mental Health Issues is also known as TAMHI.

Registered Company number

NI632577

Registered Charity number

NIC104363

Registered office

3 Hillview Road
Belfast
Northern Ireland
BT14 7BT

CHAIRPERSON

Neil Privilage

TRUSTEES

Anne Marie McGrade

Chris McArdle

Emma Bohill

Jean McLaughlin

Michael Reddington

Neil Privilage

Patrick Doyle

Roma Doherty Appointed on 27 July 2023

Michael Bannon Appointed on 27 June 2023

Paul Stephenson Resigned 27 June 2023

INDEPENDENT EXAMINER

Tony Clarke FCPA

Certified Public Accountant
53 Andersontown Road
Belfast
BT11 9AG

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FOR THE YEAR ENDED 31 MARCH 2023

Trustees' Annual Report (Incorporating the Director's Report)

The Trustees present their annual report together with the financial statements of the company for the 01 April 2022 to 31 March 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the company's governing document, the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practices applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (as amended for accounting periods commencing from 1 January 2016)

Structure, Governance and Trustees

Tackling Awareness of Mental Health Issues ("TAMHI") which is registered as a charity with the Charity Commission for Northern Ireland, was incorporated as a company limited by guarantee in Northern Ireland, registration number NI632577, with the objective of undertaking charitable activities for the benefit of the inhabitants of Northern Ireland.

Objectives and Activities

The Charities objectives are to promote mental health and saving lives by:

- I. Providing or assisting in providing support, information, referral, signposting and other appropriate services to sports clubs/youth service providers that use sport to reduce incidence of suicide and self-harm.
- II. Raising awareness of the causes and effects of suicide and self-harm and other matters relating to poor mental health among sports clubs / youth service providers/ young people and staff.
- III. Promoting positive attitudes to mental health and helping improve the emotional wellbeing of people residing in the Greater Belfast area (the area of benefit).

Committee appointment

Trustees are appointed on a voluntary basis based on skill sets that can add value to the TAMHI board.

Annual Report

This has been another challenging year for the charity. The continued political instability, cost of living crisis and the legacy of COVID where we lost several corporate sponsors which have not returned. We have also been impacted by the lack of grant funds available. However, we have been resilient and focused on our charitable outcomes as well as exploring fundraising with the planning of the Manchester United Legends Game in the 2023/24 financial-year around June and working within our means to generate income. Our main funder Lottery closes in March 2023, and we will be using unrestricted funds to cover CEO post. We also gained funding from UK Youth that will cover the costs of our Youth Officer and will contribute to this post. Our work more than ever has been needed with mental health challenges and service demand increasing due to current environmental circumstances. Like each year we have operated in key action areas.

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i. Action Area 1. Core Community

Our school's programme has stepped up with the development of Mindful play a fun interactive programme in primary schools. Our evidence has showed that we 99% of 752 who took part in our North Belfast programme enjoyed the programme, and 86% learnt the key mental health messages. This has proven to be one of our best programmes to date with great engagement and feedback. We have also continued to deliver our post primary programme and are currently reviewing the format with aspirations to roll out in 2023/24 academic year. Feedback has been positive in terms of our contribution to good relations and advancement of wellbeing in all settings. We are making a positive difference to the amazing 22 young people who are part of our Resilient Active Youth programme, over Christmas they raised funds and gave out over 2000 selection boxes. Our work within North Belfast based on our evidenced is helping us achieve our advancement of health and education in context.

ii. Action Area 2: Change Makers

Our programme came to a conclusion in terms of funding; however, the programme is still operational. This programme works with clubs with 129 clubs benefiting from information and resources. The programme report presented to National Lottery showcases that we achieved more than we set out to achieve and we have established a network across the UK through Sport in Mind and the ROI through the Mental Health Commission ROI where we are sharing practice and the model developed. The programme will expand to December 2023 as Ulster University have to carry out a final evaluation which will provide the framework for TAMHI hopefully scaling up across UK and Ireland and putting measures in place for long terms sustainability. Clubs are approaching TAMHI and rolling out more robust programmes rather than one off campaign which shows the growth of the work and the approach using games-based drills.

iii. Action Area 3: TAMHI Training & Development

TAMHI training included updated safeguarding and gambling awareness this year. Due to budget constraints, we have not invested in any non-essential personal development.

iv. TAMHI Development

TAMHI has a new app, new webpage and new strategy 2023-2026 now we are operating without the COVID restraints. We have agreed to focus on our games-based approach and when UU carry out their evaluation the project that is co-designed will be implemented across all schools, youth clubs and sports programmes. We have also identified ways we can start to explore increasing corporate sponsorship and increase fundraising opportunities.

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Future Planning

We have comfortable reserves to get through the political instability and the lack of opportunities to apply for grant aid and funding. We believe with PhD research from UU that we will position ourselves to better pitch for projects and funding as we have more robust evaluation framework. Our aim is to grow to over 200 clubs this year and work with them to support their mental health efforts and work with them to raise funds for mental health awareness.

Going Concern

After making appropriate enquiries, the trustees have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. For this reason they continue to adopt the going concern basis in preparing the financial statements. Further details regarding the adoption of the going concern basis can be found in the Accounting Policies.

Financial Review

The results for the year ended 31 March 2023 are set out on pages 8 and 9 of the financial statements.

The total income for the year ended 31 March 2023 amounted to £295,195 (2022:£282,305).

The total expenditure was £247,931 (2022:£260,519)

The Trustees consider that the unrestricted funds of the charity is sufficient and adequate to fulfil their obligations. The charity held £205,038 in reserves at the year end (2022:£115,664).

Reserves Policy

The income of the Company is considered adequate and the risks associated with any significant reduction in income is regarded as unlikely. The Trustees are satisfied with the current level of reserves at the present time. The Trustees are reviewing the Reserves Policy in the current year.

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Trustees' responsibilities statement

The Trustees (who are also directors of TAMHI for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standard (United Kingdom Generally Accepted Accounting Practice)

Company law requires the trustees to prepare financial statements for each financial year. Under company law the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the income resources and application of resources, including the income and expenditure of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP;
- Make judgments and accounting estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transaction and disclose with reasonable accuracy at any time the financial position of the charitable company and the enable them to ensure that the financial statements comply with the Companies Act 2016. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

TAMHI is a company limited by guarantee by its Memorandum and Articles of Association. Each members liability is limited to an amount not exceeding £1.

This report was approved by the Trustees, on 20 Dec 2023 and signed on behalf by:



Chris McArdle
Trustee