

Annual Report & Report on Public Benefit

Me You and Them (MYAT)

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Registered with the Charity Commission for Northern Ireland NIC107984

Registered January 2020

REPORTING PERIOD

1 April 2023 - 31 March 2024

TRUSTEES

Glena McDowell-Khan
Catherine Mullin
Theo Galhos Cardoso
Moira Harvey
Carolina Limo
Keelin Garland
Ann McGlone
Jane Abernethy

Chairperson
Vice Chairperson
Secretary & Company Secretary Appointed: 11/08/2023
Treasurer

Deceased

PURPOSES

- (a) Promote the fostering of positive mental health and to improve the emotional wellbeing of people residing in the area of benefit.
- (b) Alleviate distress in the area of benefit through the development of positive support systems and networks within the community.
- (c) Provide education, training, signposting and support to local communities

BENEFICIARIES

The charity's beneficiaries shall be open to the following, irrespective of ethnic identity, disability, age, gender, political party, nationality, sexual orientation, marital status, or religion:

ACTIVITIES

- Volunteer opportunities
- Christmas wreaths
- Drop in centre
- Befriending service
- Santa visits
- Christmas dinner to 75
- Holistic therapies
- Toys for Christmas
- Heating oil
- Trip away to We are Vertigo
- Food bank

- Pumpkin Painting
- Use of electronic devices
- Essential furniture items

ACHIEVEMENTS

HOW MAIN ACTIVITIES HAVE BENEFITED BENEFICIARIES

- Supported over 3500 people.
- 170 families received essential furniture items.
- 380 people have used our drop in centre. Of which 67 referred to other services
- 255 families used the food bank.
- Workshops on mental health delivered to 245 people
- Reduced food poverty
- Reduced isolation
- Alleviated financial stresses around Christmas for some families.
- Supported the homeless with warm clothes.
- Worked with housing associations to get repairs carried out .

FINANCIAL REVIEW AT END OF YEAR

FINANCIAL POSITION AT END OF YEAR: Although funding is difficult to secure The Charity is in a strong financial position.

OUTSTANDING DEBTS OR LIABILITIES: There were no debts or outstanding debts or liabilities.

RESERVES POLICY: A Reserves Policy is in place which allows for an annual reserve to be held of between £6000-£8000

FUNDS IN MATERIAL DEFICIT & STEPS TAKEN TO MITIGATE: There were no funds in material deficit.

FINANCIAL MITIGATION: Not applicable.

FUNDS HELD BY THE CHARITY AS A CUSTODIAN TRUSTEE: None – Not applicable.

RESTRICTIONS ON WHO CAN BENEFIT

There are no restrictions on who can benefit.

We do not charge any fees.

There are no charges to access any events or services.

There are no restrictions based on personal characteristics.

PUBLIC BENEFIT

The direct benefits which flow from our purposes include improved positive mental health. They provide a range of services, including financial support, guidance on accessing benefits and employment, and mental health support. Specifically, they help individuals with crisis situations, access education and employment, and offer training on digital communication for employability. They also provide peer-to-peer befriending and a drop-in center for mental health assessments. Additionally, the charity offers support visits for those needing assistance with claiming benefits, as well as guidance on finding work and managing debt

PRIVATE BENEFIT

There is no private benefit to any individual.

HARM

No harm has flowed from any of our Purposes.

SERIOUS INCIDENT REPORTING


There are no serious incidents to report.

VULNERABLE BENEFICIARIES

Appropriate Policies, Procedures and Training are in place such as POCVA Policy & Procedures.

STATEMENT OF COMPLIANCE

The Trustees have complied with their duty to have due regard to the Charity Commission NI's Public Benefit Guidance when exercising any powers or duties to which the guidance is relevant.

Signed:  Chairperson

Date: 28/4/25