

MHMM | **MENTAL
HEALTH
MOVEMENT**



Annual Report

2022 - 2023

Mental health
movement

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General information

Caoimhin McNulty	Resigned 7th of July 2022
Nicola Clarke	Treasurer
Rebecca Madden	Chair
Chloe Henry	Appointed 7th of July 2022
Niamh Burns	Trustee
Megan Stevenson	Appointed 8th of July 2022

Registered office: 29 Farringdon Court, BT14 7LY, County Antrim,
Belfast, Northern Ireland

Company number: NI667096

Charity Number: 108259

Bankers

Cashplus
6th Floor, One London Wall, London EC2Y 5EB

Independent Examiner
Bmg Accountants & Tax Advisors Ltd.
Chartered accountants
5/6 First Floor Offices The Precinct, 27 South Street, Newtownards,
BT23 4JT

Directors report

Objects and Aims

The principal activity of the charity is the advancement of health or the saving of lives and other charitable purposes, Which in our governing document state

- The advancement of education
- The relief of those in need by reason of youth, Age, ill-health, disability, financial hardship or other disadvantage.
- The relief or prevention of poverty.
- The advancement of citizenship or community development
- the advancement of human rights.

Objectives

MHM was established to promote mental health and to promote such other activities such as self-confidence workshops, raise awareness of the dangers of drugs workshops and dealing with stress workshops. The group will do this by providing mental health workshops and the other workshops mentioned above and training to children and young people in youth centres and other similar settings in Northern Ireland as well as leaflet drops containing mental health service providers in order to advance health and or saving lives and any other purpose within our subsection. To carry out any other charitable good works that the trustees may from time to time decide in accordance with the law of Northern Ireland such as funding projects that share the same charitable aims as ours, conducting research, embarking on awareness campaigns, and working with other organisations such as foodbanks and welfare advice centres in order to raise funds for them and funding youth committees throughout Belfast and or Northern Ireland to help empower young people.

Public Benefit

The public benefits that flow from these purposes are that children and young people have access to valuable workshops, education and other support that supports there development.

Directors report

The Directors, who are the trustees for the purpose of charity law, have pleasure in presenting their report and the financial statements of the charitable company for the year ended 31 March 2023.

As trustees we note that it was a difficult time from April–October as we aimed to raise funds to ensure the charity could operate to its potential. We fortunately were able to do this with the support of our director Caoimhin.

In April the charity raffled of nights stay at the standing stones lodge in Belfast and then in June raffled of a hot tub to raise funds for the charity. Trustees also engaged in fundraising for a walk of hope. In the same period trustees worked hard on social media awareness campaigns to gather support as Mental health movement was involved in the CO-OP community fund and the Tesco community fund. As a result, the organization came first in the Tesco community fund and was awarded the full amount of £998, and we came second in the CO-OP community fund and was awarded £1,587.41 in November and we were also enrolled in the fund for 2023.



Directors report

These funds will be used to run a youth support group starting in February 2023 and will last ten months where young people will be engaged in learning around mental health, how they can look after themselves, cross community learning and team building work the young people from the Johnpaul youth club enjoyed there first trip to need for speed go karting. This is our first long term group and the young people involved have been giving back positive feedback. Including the ten young people from the JPII project we engaged 60 young people through our mental health workshops from April 2022 – March 2023.



Directors report

In November we successfully applied to the PayPal giving fund which has created a new stream of income for the charity which has allowed for our recent growth.

In December we ran our annual winter appeal aimed at the relief of poverty we worked with the community foodbank and the white rock family Centre where we bought toys for the organisations to send out to families in need. We also hosted a fun night at patrisee G funded by our CO-OP community fund grant where we provided warm meals, colour therapy books and pencils and Selection boxes to all the children and young people present.

In January we funded the breakfast club and the entrepreneurs club at Patrisee G. We applied for funding to new philanthropy capital for funds to relieve poverty as we have been frequently involved in supporting local foodbanks by purchasing food at Tesco's and providing vouchers to the families of young people involved in our services. We were successful and were awarded £3,000.

Through our efforts at Christmas and at easter we have supported 96 people in our efforts to relive poverty and have made constructive relations with local businesses, politicians and community groups who we will continue to engage with to develop our poverty relief scheme.

Easter 2023 has been our biggest appeal yet, Over 130+ easter eggs have been purchased and £500 worth of food vouchers to be given to families in the communities we work in and the community foodbank.

Directors report



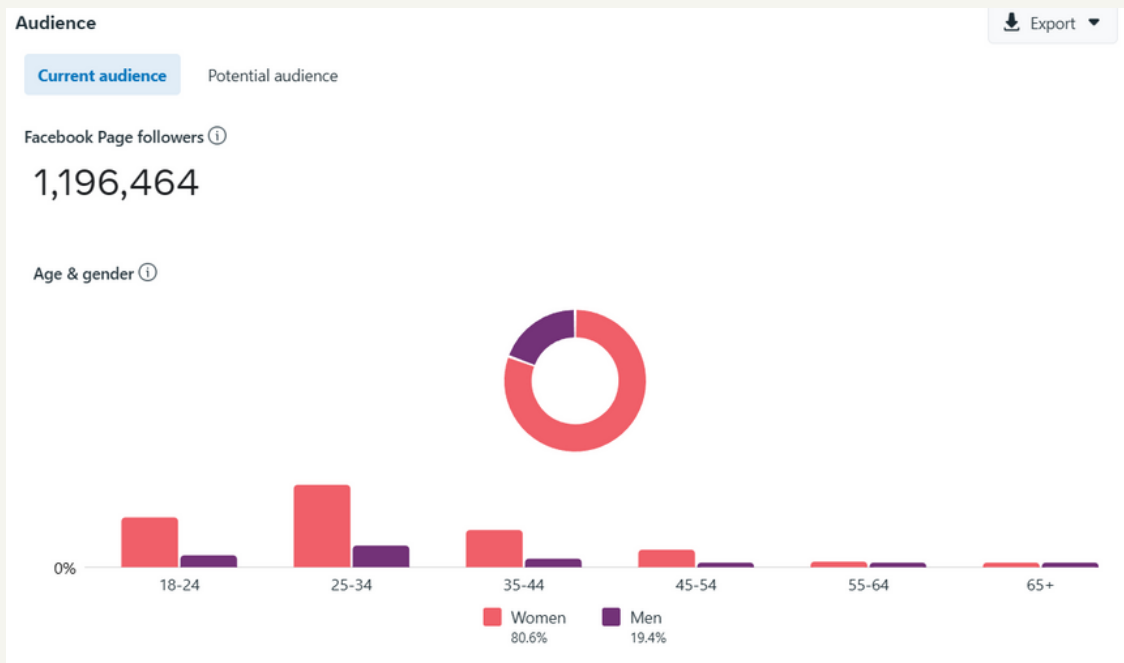
Directors report

In February a group of young people organized and fundraised for us by running a charity football match they raised over £1,000 on go fund me and this was given to us through the PayPal giving fund. Trustees and members have spent a significant amount of time this year developing our relations within the communities we work in and we expect more fundraising events like this to happen in 2023.



Directors report

The charity ran numerous social media campaigns aimed at those living in Northern Ireland from February to September. Raising awareness of the services available to provide support, how to support your mental health, how to have conversations and most successful campaign was our own take on the 'Spotify wrap' where we addressed the issues Northern Ireland was facing from the cost-of-living crisis, under funded mental health services and funding gap that exists. In November we also got involved in the save our youth services campaign after the education Authority in Belfast released its devesting funding for the next few years. Our social media platforms now have over one million followers combined with Facebook being our biggest platform.



Directors report

We have increased our capacity to deliver year on year and this year has been our biggest to date. We have made use of our non profit status and signed up-to google non profit, benevity, paypal giving, and percent.

We recently launched our new website and In April we are launching our first strategic plan for 2023-2025. With our main objective to launch a counselling service by the end of 2023. We have several applications in for funding and we are liaising with the community to make it happen.

We have also began working with political groups in the areas we work in so we can better serve the community we hope to develop relations with local representatives. A key strategic plan is to develop our partnerships and we have made great progress on this with the community foodbank and our Trustee Chloe developing our relationship with Grannie at Patrisee G.

We have facilitated numerous leaflet drops around Belfast with our most recent in Feburary 2023 in the Holy lands, Belfast.

We want to note that we have achieved all this as a voluntary run charity. As we didn't have a paid employee until March 2023.



