

MHMM | MENTAL HEALTH MOVEMENT



Annual Report

2023 - 2024

Mental health
movement
108259

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General information

Nicola Clarke	Treasurer
Rebecca Madden	Chair
Chloe Henry	vice chair
Niamh Burns	Trustee
Megan Stevenson	trustee

Registered office: 29 Faringdon 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, poverty relief and counselling which supports their 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 January 2024.

As trustees we note that it was a year of significant development for the charity. Our services have developed immensely including the development of a counselling service and our poverty relief work in which our trustees have been working hard with funders, the media and the communities we serve to develop these services.

Our social media platforms have been essential to our growth both in publicising our work and the donations we receive.



Directors report

In 2023 we continued to run our mental health and harm reduction workshops. These workshops have been staples of our services from when we began. We are glad to see young people and youth providers report to us of the benefits they have had.



Directors report

The PayPal giving fund and social media has been a significant source of our income and we don't expect this to change.

Our capacity at applying for funding has increased significantly we have been included in the CO-OP community fund for the third year in a row, we have received funding from local credit unions, flex trust, KGT and more this is significant increase in previous years when we received little funding.

In December we ran our annual winter appeal aimed at the relief of poverty we worked with the community food bank this was our biggest appeal to date with over 100 children getting toys from us we spent some of our unrestricted reserves at home bargains, B&M and Tesco's as part of the appeal but we received a lot of drop of donations of toys and thanks to cash for kids who also help our appeal. Our friends in media notably Belfast live and North Belfast news helped us get the word out. We also worked with Patrisee G again ad funded a night where children got a meal and a selection box.

As a result of the funding from new philanthropy capital for funds to relieve poverty we were able to provide a number of families and individuals with vouchers

We expect our poverty relief work to become a significant service in 2024 with demand soaring for support in the communities we work in.

Directors report



Directors report



Directors report

As mentioned last year we had expected our fundraising to increase and that's what happened notably a group from North Belfast tackled the stairway to heaven raising over £2,000 and the QUB law society picked us as their charity of the year. As a result of our development and social media campaigns we did see a massive increase in go fund mes/Just giving campaigns created for us notably sober October, 100km walking campaigns and jogging challenges.



Directors report



Directors report

The charity ran numerous social media campaigns for children's mental health week, time to talk, campaigning around drug consumption rooms and the Ni executive making mental health a priority. Dry January, challenges, 100KM challenges, sober October all of which were received euphemistically. We engaged with the media a number of times in 2023 which has always benefitted us significantly with our fundraising and promoting our work. We also got our blue tick on Facebook in 2023!



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 on various platforms which has supported our development.

After significant planning and working with our partners we launched a counselling service in November 2023 aiming at supporting 80 children over the coming pilot phase. This has marked a significant milestone and the trustees and directors are focused on extending this much needed service.



Directors report

We worked with the Ardoyne-Bone community festival this year to put on trips and an event for families. This allowed us to engage with more young people and develop our links with other community organisations.



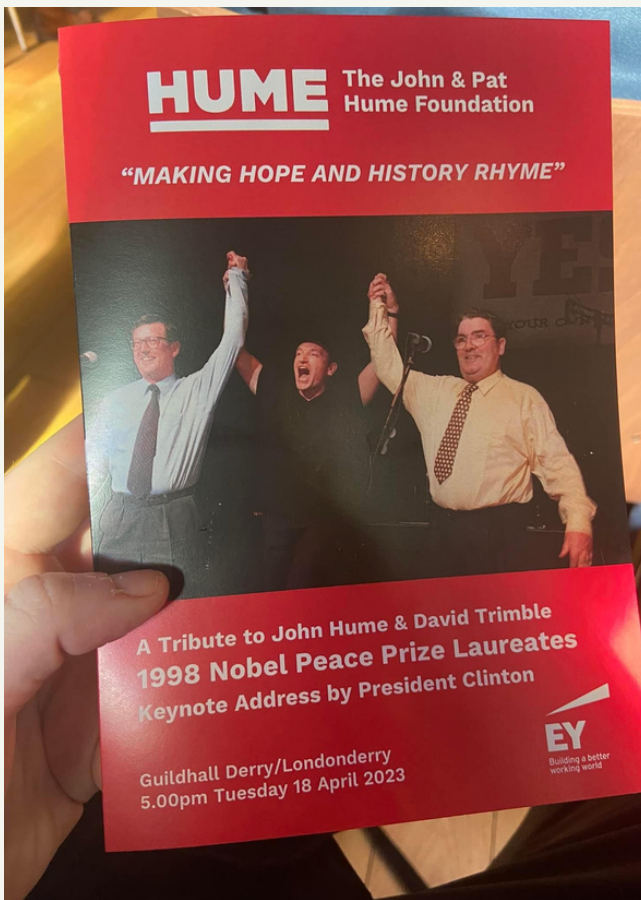
Directors report

We hosted our first event in the Houben Centre in North Belfast where we invited other community organisations and individuals to come for food, health checks and see what services are available to them.



Directors report

As part of the agreement 25 events on the 25th anniversary of the Good Friday agreement our director Caoimhin attended the agreement 25 events at QUB Belfast and then the Hume foundation event at the Guild hall in Derry where he met President Clinton.



Directors report

To end this report we as a board of trustees want to thank everyone for their contributions to MHM there commitment is the reason we continue to grow. We want to add special thanks to Caoimhin McNulty and Ethan O'Neill and to all the young people we engaged with.

