

MIND YOUR MATE AND YOURSELF (MYMY)

Registered Charity number: 109092

Trustees' Report

MYMY is a voluntary and community sector counselling organisation, with extensive experience in suicide prevention and intervention. The organisation is a registered charity, established in 2008 by several bereaved family members and volunteers as a direct result of an increase in local suicides in the Newry Down and Mourne (NDM) Area.

The trustees present their report with the financial statements of the charity for the year ended 31st March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the financial statements and comply with the charity's governing document, The Charities Act (Northern Ireland) 2008 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in Northern Ireland SORP 2019 (FRS102).

Principal activities

The charity's principal activities during the year were to provide a free counselling service for those age 16+, free health and well-being programmes and to run a charity shop as a social enterprise. In 2023/24 MYMY's counselling service had 342 client referrals, 229 people attended counselling and 1785 counselling sessions were offered. The counsellors are all BACP accredited and an application was made to BACP to become an accredited counselling service.

MYMY also deliver health and well-being programmes. They facilitated 2 Mindfulness programmes and 12 Yoga programmes with 129 people attending. They also ran 3 Resilience Workshops within the community.

Project 61 continued to operate as both a charity shop and a community hub with 2 members of staff and a volunteer team of 25. This year they hosted Gamblers Anonymous and a Book Club. They also creating a warm and welcoming space to reduce isolation. The staff team had continuous personal development with training in: Assist, Adult Safeguarding, Bereavement and loss, Compassionate Enquiry Training, Charity Marketing, Food Hygiene, Safetalk, Self Harm Training, Understanding and Supporting Autism.

MYMY's Aims are:

- To enhanced the mental health, resilience and wellbeing of individuals and families within the community by providing appropriate, immediate help for those who are in distress; those dealing with poor mental health as well as practical support and guidance for their families.
- To provide long term education, training and awareness on building positive mental wellbeing.
- To provide opportunities for those within their community to participate in projects and activities that build resilience and wellbeing.

The following persons served as trustees through the year:

Paul Walsh - Chairman
Chris Hutton - Treasurer
Deidre McKibbin - Secretary
Dr Alison Hodnett - Trustee
David Heenan - Trustee
Cathal McMullan - Trustee
Martina Byrne - Trustee (resigned 23/04/2023)
Sam Anderson - Trustee (resigned 23/04/2023)

Structure, Governance and Management Governing Document

The charity is controlled by its constitution as an incorporated charity.

MIND YOUR MATE AND YOURSELF (MYMY)

Registered Charity number: 109092

Trustees' Report

Organisational structure

The committee is to oversee the day to day operations of the charity.

Risk Management

The committee has a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

Objectives and Activities for the Public Benefit

- Support individuals who are suicidal, despairing, in distress or who are self-harming by providing advice, information and appropriate services to enable such persons to receive assistance in a compassionate, efficient and professional manner.
- Work to alleviate the distress and provide support, to people who have suffered bereavement, through suicide or natural causes and assist those who suffer anguish as a result of self-harming by loved ones. Through the development of appropriate support systems within the area of benefit.
- Promote and raise awareness of positive mental health and to improve the emotional and physical wellbeing of people residing in the area of benefit.
- Advance the education of the public and raise awareness of the causes and effects arising from poor mental health, suicide, grief, bereavement and self harm and support the rehabilitation of those individuals who have experienced them.

Financial Review

Reserves policy

The unrestricted reserves figure has been set at the equivalent of 3 months core costs which is currently £60,000. We aspire to increase unrestricted reserves to 6 months running costs.

Further details on the reserves position of the charity can be seen in note 4 to the financial statements.

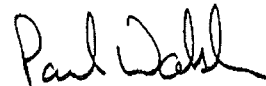
Review of Financial Position

The statement of financial activities for the year ended 31st March 2024 shows a deficit of £17,635. Total expenditure was £284,861 of which, all was applied directly to the costs of activities in furtherance of the objectives of the charity.

The deficit occurred due to expenditure on restricted funds held in opening reserves at 1st April 2023 in accordance with funding requirements. The unrestricted reserves of the company increased by £17,154 during the financial year so the trustees were pleased with the financial performance of the charity during the year.



Chris Hutton
Treasurer



Paul Walsh
Chairman

Approved by the board of Trustees on 9 December 2024