

Registered Charity Number
109092

MIND YOUR MATE AND YOURSELF (MYMY)

Report and Accounts

31 March 2025

MIND YOUR MATE AND YOURSELF (MYMY)
Report and accounts
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MIND YOUR MATE AND YOURSELF (MYMY)
Company Information

Charity Reference and Administrative Details

Year Ended 31st March 2025

Trustees

Paul Walsh - Chairman
Chris Hutton - Treasurer
Deidre McKibbin - Secretary
Dr Alison Hodnett - Trustee
David Heenan - Trustee
Cathal McMullan - Trustee

Office Address

28 - 32 Main Street
Newcastle
Co. Down
BT33 0AD

Accountants

RPB Chartered Accountants
22 St Colmans Park
Newry
Down
BT34 2BX

Registered number

109092

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 2025. 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 18+, free health and well-being programmes and to run a charity shop as a social enterprise. In 2024/25 MYMY's counselling service had 390 client referrals, 270 people attended counselling and 1967 counselling sessions were offered. The counsellors are all BACP accredited and in July 2024 the counselling service was accredited by BACP.

MYMY also deliver health and well-being programmes. They facilitated 2 Mindfulness and 3 Yoga programmes with 56 people attending. They also ran 2 Resilience Workshops within the community.

MYMY were represented at numerous community events and health fayres. In October 2024, Project 61 closed its doors as both a charity shop, community hub and coffee shop. The Charity shop re-opened on Main Street, Newcastle in November 2024 with a staff team of 2 and volunteer team of 25. We had 2 Volunteer get togethers in this year. The staff team had continuous personal development with training in: Adult Safeguarding and Working with Bereavement and loss.

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

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

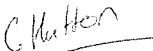
The unrestricted reserves figure has been set at the equivalent of 3 months core costs which is currently £60,000. We aspire to increase unrestricted reserves to 6 months running costs.

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 2025 shows a deficit of £29,906. Total expenditure was £243,591 of which, all was applied directly to the costs of activities in furtherance of the objectives of the charity.

The charity reported an overall deficit of £29,906 for the year, comprising a restricted surplus of £22,699 and an unrestricted deficit of £52,604. The trustees identified that the level of unrestricted expenditure was not sustainable relative to current income streams. During the year, the charity acquired new premises to accommodate both its headquarters and a retail outlet within the same building. This period of transition resulted in certain unavoidable additional costs. However, the trustees are encouraged by the increased revenue generated by the new charity shop and are confident that the charity will return to at least a break-even position in the next financial year and achieve sustainable financial performance thereafter.


Chris Hutton
Treasurer

Paul Walsh
Chairman



Approved by the board of Trustees on 16th December 2025

**MIND YOUR MATE AND YOURSELF (MYMY)
Independent Examiner's Report**

**Independent examiner's report to the charity trustees of
MYMY - Mind Your Mate and Yourself Charity**

We report on the accounts of the Charity for the year ended 31st March 2025, which are set out on pages 6 to 10.

Respective responsibilities of charity trustees and examiner

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is our responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of independent examiner's report

We have examined your charity accounts as required under section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

Our examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

Our role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent examiner's statement

We have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, We have found no matters that require drawing to your attention.

Name: RPB Chartered Accountants & Registered Auditors

Relevant professional qualification or body: FCA

Address: 22 St Colmans Park
Newry
Co Down
BT34 2BX

Date: 18/12/2025



**MYMY - Mind Your Mate and Yourself
Statement of Financial Activities
for the year ended 31 March 2025**

	Notes	2025	2024
		£	£
Incoming Resources from generated funds		213,685	231,225
Resources Expended		(243,591)	(248,860)
Net Incoming/(Outgoing) Resources		<u>(29,906)</u>	<u>(17,635)</u>

**MYMY - Mind Your Mate and Yourself
Balance Sheet
as at 31 March 2025**

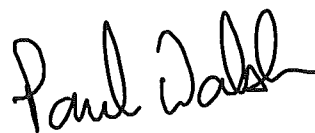
	Notes	2025	2024
		£	£
Fixed assets			
Tangible assets		156,185	2,334
Current assets			
Debtors	2	15,269	10,266
Cash at bank and in hand		105,204	152,468
		120,473	162,734
Creditors: amounts falling due within one year	3	(12,675)	(21,181)
Net current assets		<u>107,798</u>	<u>141,553</u>
Total assets less current liabilities		<u>263,983</u>	<u>143,887</u>
Creditors: amounts falling due after more than one year		(150,000)	-
Net assets		<u>113,983</u>	<u>143,887</u>
Funds			
Unrestricted Funds	4	89,440	142,045
Restricted Funds		24,543	1,843
Total Funds		<u>113,983</u>	<u>143,887</u>

The trustees acknowledge their responsibilities for complying with the requirements of the Charities Act (Northern Ireland) 2008 with respect to accounting records and the preparation of accounts



Chris Hutton
Treasurer

Paul Walsh
Chairman



Approved by the board of Trustees on 16th December 2025

MYMY - Mind Your Mate and Yourself
Notes to the Accounts
for the year ended 31 March 2025

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Charities Act (Northern Ireland) 2008 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

Turnover

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

Grants

All grants received are recognised within the profit and loss account.

Resources expended

Expenditure is accounted for on an accrual basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2 Debtors	2025	2024
	£	£
Trade debtors	156	2,584
Other debtors	15,113	7,682
	<u>15,269</u>	<u>10,266</u>
3 Creditors: amounts falling due within one year	2024	2023
	£	£
Trade creditors	9,396	724
Other taxes and social security costs	1,921	2,410
Other creditors	1,358	18,047
	<u>12,675</u>	<u>21,181</u>
4 Creditors: amounts falling due after one year	2020	2019
	£	£
Other creditors	<u>150,000</u>	<u>-</u>

MYMY - Mind Your Mate and Yourself
Notes to the Accounts
for the year ended 31 March 2025

5 Movement in Funds

	Balance 01-Apr-24	Incoming Resources	Transfers	Resources Expended	Balance 31-Mar-25
Restricted Reserves	1,843	71,656	-	(48,957)	24,543
Unrestricted Reserves	71,050	142,029	70,994	(194,633)	89,440
Unrestricted Designated	70,994	-	(70,994)	-	-
	<u>143,887</u>	<u>213,685</u>	<u>-</u>	<u>(243,590)</u>	<u>113,983</u>

Restricted Reserves

Restricted funds are funds which are able to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose. The cost of raising and administering such fund are charged against the specific fund.

Unrestricted Reserves

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Unrestricted Designated Reserves

Designated funds are unrestricted funds of the charity which the trustees set aside to use for specific purposes. MYMY trustees have set these designated reserves aside for any capital expenditure required once the charity finds a suitable property.

6 Related Party Transactions

During the year ended 31 March 2025 there were no such transactions.