

Shropshire Mental Health Support

England & Wales · Charity number 1003117

Details

Other names SHROPSHIRE MIND, SHROPSHIRE M I N D

Status Registered

Legal form Charitable company

Company number [02594511](#)

Registered 1991-06-06

Register [View on the Charity Commission register](#)

Contact

Address Shropshire MHS
Suite 3-4
Observer House
Abbey Foregate
Shrewsbury
SY2 6BL

Phone 01743368647

Email manager@shropshiremhs.com

Website www.shropshiremhs.com

Activities

Objects: TO PROMOTE THE PRESERVATION OF MENTAL HEALTH AND TO ASSIST IN RELIEVING AND REHABILITATING PERSONS SUFFERING FROM MENTAL DISORDER OR CONDITIONS OF EMOTIONAL OR MENTAL DISTRESS

Activities: Working in the field of Mental Health. Offering direct support to people in crisis, suicide prevention, outreach and advocacy, support for families of those suffering from poor mental health as well as friends and colleagues. Group work, peer support, talks and lectures to lower the stigma surrounding mental health. Advice and signposting. Promotion of Mental Health.

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, Other Defined Groups, The General Public/mankind

Geography

- **Area of benefit:** SHROPSHIRE EXCLUDING ADMINISTRATIVE DISTRICT OF THE TELFORD AND WREKIN
- Powys
- Shropshire
- Telford & Wrekin

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£94,673	£798,678	£622,038	46
2024-03-31	£693,484	£730,747	£673,817	58
2023-03-31	£835,021	£736,401	£711,080	48
2022-03-31	£672,751	£571,246	£612,460	43
2021-03-31	£544,842	£429,600	£490,955	30

Trustees

Name	Role	Appointed
CLIVE IRELAND	Chair	2011-02-11
Anthony Edwards		2021-11-18
Hester Schofield		2023-12-05
John Barker		2023-12-05
Kenneth Trotter		2021-11-18
Roy Munton		2014-03-12

Accounts

COMPANY REGISTRATION NUMBER: 02594511
CHARITY REGISTRATION NUMBER: 1003117

Shropshire Mental Health Support Limited
Company Limited by Guarantee
Financial Statements
31 March 2025

INDEPENDENT AUDITORS LLP

Chartered Accountants
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2025

	Page
Trustees' annual report (incorporating the director's report)	1
Independent examiner's report to the trustees	8
Statement of financial activities (including income and expenditure account)	9
Statement of financial position	10
Statement of cash flows	11
Notes to the financial statements	12
The following pages do not form part of the financial statements	
Detailed statement of financial activities	26
Notes to the detailed statement of financial activities	27

Shropshire Mental Health Support Limited
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2025

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2025.

Reference and administrative details

Registered charity name	Shropshire Mental Health Support Limited
Charity registration number	1003117
Company registration number	02594511
Principal office and registered office	Suite 3 + 4 Observer House Hollywell Street Shrewsbury SY2 6BL
The trustees	C T Ireland R Munton A Edwards K Trotter H Schofield J Barker (Resigned 6 December 2024)
Independent examiner	Jonathon Dale BA(Hons) FCA Independent Auditors LLP Emstrey House North Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Structure, governance and management

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report and accounts for the year ended 31 March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities.

Governing document

The organisation was formed in 1974 and registered as a charity with the Charity Commissioners for England & Wales under registration number 1003117. It was constituted as a charitable company limited by guarantee, Company registration number 2594511, in 1991. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C T Ireland
R Munton
T Edwards
H Schofield
J Barker

Recruitment and appointment of Board of Trustees

The directors of the company are also charity trustees for the purposes of charity law and are known as members of the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

The charity works to inform and educate the public in emotional literacy, understanding how we deal and cope with the events that surround our lives. Prevention has become a key area of work, as well as the prime aim to support those who are enduring mental distress, and the Board of Trustees seeks to ensure that the needs of people who have experienced mental distress are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity actively encourages people who use their services to become members, moving on to become volunteers and use their own experience to support and guide the charity.

Organisational structure

Shropshire MHS has a Board of Trustees of up to 12 members who meet every 4 to 8 weeks. The board is responsible for formulating the strategic direction and policies of the charity, whilst providing key governance and oversight.

The board is responsible for ensuring through governance and policies that a safe environment is provided, which also safeguards all adults accessing the service. The board of trustees currently has 6 members, who are all from a diverse background, including volunteers, service users and business leaders, giving the charity a diverse board with experience complimenting the needs of the charity.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

The Officers' Committee consists of the Chair, the Vice Chair, the Treasurer, and the CEO. The Officers' committee has delegated authority.

A scheme of delegation is in place, with the board being responsible for strategic business planning and maintenance of the charity. The CEO is responsible for the day to day running of Shropshire MHS, allowing key decisions to be made without the continual approval by the board. Authority from the board is required for larger purchases and for any proposed changes to the business delivery. The responsibility for the premises, support services and Health and Safety is also delegated to the CEO.

Related parties

The charity is guided by National Policy and Legislation providing services within the key frameworks laid out. The Integrated Services Board (ICB) and Local Authority both have policies and procedures, which the charity must adhere to at a local level and within funding agreements. Shropshire MHS employs the services of Aversure HR Consultancy, providing key HR, Legislation, and support with policies that the charity adheres to. All the charities policies and procedures are fully adherent to current legislation, being reviewed on a regular basis.

The charity provides a local and national voice for the people of Shropshire, Telford and Wrekin and Powys, championing the issues facing this rural county on the national stage where relevant. Maintaining a high community profile is key to the charity, allowing it to be more accessible, whilst also reducing the stigma surrounding mental health issues.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Objectives and activities

The charity's main objective is to provide key mental health services that support both prevention and recovery through the following:

- Advocacy
- Peer support
- Direct interventions
- Teaching and supporting people to understand techniques that support their own wellbeing
- Signposting to appropriate services
- Working in direct partnerships within Shropshire, Telford and Wrekin and Powys
- Safeguarding all vulnerable people from abuse
- Listening services
- Effectively supporting the local community, lowering the stigma surrounding mental health, through education and training.
- Outreach.
- Calmer Café's.
- Telephone support services.
- Bereavement support.
- Trauma Resilience (DNA TRiM)
- Emergency Department mental health support.
- Dual Diagnosis discharge outreach..
- Shropshire Sanctuary.
- Reconnect Groups.
- Wellbeing Vehicle providing mobile delivery of services across the whole of Shropshire and Telford and Wrekin.

Values and beliefs

Shropshire MHS's values are at the heart of everything we do.

- Open - We actively reach out to anyone who needs us
- Together - We're stronger with our partners
- Responsive - We listen, we act, we support, we advocate
- Independent - We speak out and support responsive service provisions
- Unstoppable - We will never stop supporting people

These beliefs and values are mirrored in the service provided.

- Ensuring the services, we provide reflects the needs of the local community.
- Respecting the dignity and rights of any person using our services.
- Services are appropriate, safe and acceptable to everyone.
- The environment is welcoming to everyone, with a zero tolerance to discriminatory behaviour.
- Offer choices and promote independence where practicable.
- Raise awareness of stress and burn out, how it can be managed and warning signs.
- Value its staff and volunteers as a good employer, holding the values of Investors in Volunteers.
- Incorporate joint working and liaison with other relevant agencies.
- Accountability within the principles of corporate governance, with total transparency.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Achievements and performance

The charity launched a brave fundraising initiative in 2024, which aimed to raise £120,000 to purchase a new and bespoke Mental Health Wellbeing Vehicle (MHWV). The current vehicle had been purchased 2 years earlier to prove the concept and need for the vehicle within Shropshire. Unfortunately, the old vehicle has become less reliable, shabby and costing an ever-increasing amount to keep it roadworthy.

There were many fundraising activities, which varied from the dancing for mental health in the Quarry right through to the charities 50th Anniversary ball held at Shrewsbury Town Football Club. As well as raising the funds needed for the project, the activities also raised the profile of the charity. A new website was commissioned, allowing all the achievements and services offered by the charity to be accessible to the public. This publicity has brought more volunteers to the charity in a variety of roles.

The fundraising target was hit, and the new vehicle was ordered through Torton Bodies of Telford and delivered to the charity in December 2024. This huge achievement would not have been possible without the dedicated support of our staff, volunteers, businesses and the members of the public who supported the charities fundraising.

SMHS has operated a shop within the Redwoods Hospital for nearly a decade, providing services that are person centred within the Hospital. Unfortunately, footfall into the shop has dropped throughout 2024, and despite many attempts to increase the turnover and footfall, this has failed to materialise. The hard decision was made to shut the shop in March 2025 after a year of losses, which showed no sign of abatement. The board of trustees would like to thank the staff, volunteers and customers who all contributed to the success of the shop over the years.

Due to the demand for services from those aged over 65 years of age, the charity planned to introduce a new group that was specifically aimed at 55 years and over. The group entitled Evergreens has been such a success that there are now discussions on the next addition to support this expansion for a much needed service.

Throughout this financial year the charity has continued to deliver its key projects, whilst also seeking new partnership/alliances with local charities such as Red Cross, AgeUK, Samaritans, Mayfair Centre and Community Resource. Partnerships and joint working are key to addressing the levels of needs people present with, allowing all partners to bring significant expertise to the table. During the reporting period, the charity had just over 13,000 contacts with people. To give context to this figure, it was only 3,000 per annum prior to the COVID-19 pandemic.

The charity continues to avert potential suicides which are defined as – “An individual whose life is directly saved is a life that was at serious and credible risk of loss” primarily through the sanctuary service, but also through contact within the MHWV as well as other services.

Shropshire Sanctuary is the S136 aversion service for Shropshire, Telford and Wrekin, providing a key alternative for a person who is identified as a risk of harm to themselves or others, or are at a crisis point that needs immediate interventions to support a future recovery. This support is delivered in a warm and friendly environment. The service has been running for over 7 years and is a multi award-winning success. Over 86% of S136's are released with little or no support, so the option to have immediate support in a non-threatening environment provides what many would consider a far more supportive approach. Shropshire Sanctuary continues to deliver critical interventions from 1700hrs until 0700hrs Monday to Friday and 1500hrs until 1100hrs on Saturday and Sunday. The number of people accessing the service is extremely high, showing no signs of demand easing as we enter 25/26. Shropshire Sanctuary continues to be a cornerstone of mental health crisis support within Shropshire and Telford and Wrekin.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

TRiM has been renamed SWARS, being headed up by the charity's Assistant Manager, this service is delivered to those who have experienced trauma. It is a small but growing area of demand, which is being effectively managed by Sara.

Shropshire MHS has continued to host trainee RMN's, O.T's, Physiotherapists and Social Workers on work placements. The unique environment within the charity allows professionals to gain critical experience in supporting people with mental health support needs, at both 2nd and 3rd sector levels.

The charity currently occupies two premises, both on lease/rental. In the longer term the charity aims to secure a single premise, or to reconfigure the services in a manner that allows all services to be delivered from a single location. Services continue to develop and grow within the two premises.

Financial review

Reserves policy

The reserves within the charity are stable, showing an increase in the unrestricted funds being held. It is the policy of the charity to uphold what is considered best practice by the charity commission, for SMHS to hold 12 months of funds to safeguard those who use our services, our staff and volunteers equally.

The income of the charity has increased during this period, but so have outgoings, this is primarily due to the fundraising and purchase of the new MHWV.

The environment remains extremely challenging, with many charities closing as demand for funds rises amongst those charities struggling with additional costs. SMHS remains robust and positive, always exploring new opportunities and new avenues for fundraising.

Total income generated has increased to £746,899 from £693,484 in 2024. No income has been deferred to the 2025 financial year (2024: £Nil).

Expenditure incurred for 2025 was £798,678 compared with £730,747 in the prior year.

The charity made a deficit of £51,779 in 2025 compared with a deficit of £37,263 in 2024.

The closing fund balances were: unrestricted funds £308,882 and restricted funds £313,156.

Principal funding sources

The charity receives principal funding from STW ICB for commissioned services, such as Shropshire Sanctuary, DD Outreach, ED Outreach and groups across the county. Shropshire Council and The Rose Paterson Foundation are also key funders for projects within the charity.

The charity always maintains a tight fiscal policy, with this approach paying off when times become more austere.

Shropshire MHS always fully supports and publicly acknowledges its partners, valuing our key partners in this manner has led to very mutually beneficial relationships, without which Shropshire MHS would find operating more difficult. The nurturing of key relationships is vital to Shropshire MHS now and in the future.

Investment policy

Investments are within HSBC, interest rates are giving a modest return from the saver account, covering all account charges for the current account operations.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2025

Summary

The board has 5 excellent and dedicated trustees, these bring together key skills to enhance future growth and delivery within the charity.

Shropshire MHS continues to work with partners, supporting the delivery of key mental health work across the county. This will continue into 2025/26 and beyond as the focus remains on joint working and joint outcomes. The demand for mental health support shows no sign of slowing, so services must evolve during 2025/26 to meet the ever-increasing needs of the population.

Continuing to focus on the following:

- Continued development of alternative funding streams through grant applications.
- Seek fundraising partners and means of long-term cash generation.
- Review operating processes to ensure optimal use of resources.
- Pursue partnerships with other charities, who share our core values.
- Continue to provide services to the hardest to reach within the county.
- Recruitment of new trustees to the board.
- Review service delivery ensuring that all projects deliver the services the public need and want in a way that gives the best possible outcomes to those with mental health support needs.
- Explore with partners the provision of Crisis Housing within the county.
- Explore and champion the establishment of a 24hr crisis pathway and house within the county.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 12th December 2025 and signed on behalf of the board of trustees by:



C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Shropshire Mental Health Support Limited

Year ended 31 March 2025

I report to the trustees on my examination of the financial statements of Shropshire Mental Health Support Limited ('the charity') for the year ended 31 March 2025.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Jonathon Dale BA(Hons) FCA
Independent Examiner

Independent Auditors LLP
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

16 DECEMBER 2025

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2025

		Unrestricted funds £	2025 Restricted funds £	Total funds £	2024 Total funds £
	Note				
Income and endowments					
Donations and legacies	5	81,064	—	81,064	41,415
Charitable activities	6	142,079	498,147	640,226	640,979
Other trading activities	7	15,460	—	15,460	662
Investment income	8	10,149	—	10,149	10,428
Total income		<u>248,752</u>	<u>498,147</u>	<u>746,899</u>	<u>693,484</u>
Expenditure					
Expenditure on raising funds:					
Costs of raising donations and legacies	9	8,149	—	8,149	—
Expenditure on charitable activities	10,11	218,540	571,989	790,529	730,747
Total expenditure		<u>226,689</u>	<u>571,989</u>	<u>798,678</u>	<u>730,747</u>
Net expenditure and net movement in funds		<u>22,063</u>	<u>(73,842)</u>	<u>(51,779)</u>	<u>(37,263)</u>
Reconciliation of funds					
Total funds brought forward		286,819	386,998	673,817	711,080
Total funds carried forward		<u>308,882</u>	<u>313,156</u>	<u>622,038</u>	<u>673,817</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Position

31 March 2025

	Note	2025 £	2024 £
Fixed assets			
Tangible fixed assets	17	116,543	14,300
Current assets			
Stocks	18	—	3,079
Debtors	19	31,634	43,214
Cash at bank and in hand		486,292	622,814
		<u>517,926</u>	<u>669,107</u>
Creditors: amounts falling due within one year	20	<u>12,431</u>	<u>9,590</u>
Net current assets		<u>505,495</u>	<u>659,517</u>
Total assets less current liabilities		<u>622,038</u>	<u>673,817</u>
Net assets		<u>622,038</u>	<u>673,817</u>
Funds of the charity			
Restricted funds		313,156	386,998
Unrestricted funds		<u>308,882</u>	<u>286,819</u>
Total charity funds	22	<u>622,038</u>	<u>673,817</u>

For the year ending 31 March 2025 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 12th December 2025, and are signed on behalf of the board by:



C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2025

	2025 £	2024 £
Cash flows from operating activities		
Net expenditure	(51,779)	(37,263)
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	18,505	4,254
Other interest receivable and similar income	(10,149)	(10,428)
Interest payable and similar charges	962	1,187
Accrued expenses	460	18,095
<i>Changes in:</i>		
Stocks	3,079	4,461
Trade and other debtors	11,580	(36,454)
Trade and other creditors	2,381	1,938
Cash generated from operations	(24,961)	(54,210)
Interest paid	(962)	(1,187)
Interest received	10,149	10,428
Net cash used in operating activities	(15,774)	(44,969)
Cash flows from investing activities		
Purchase of tangible assets	(121,704)	—
Proceeds from sale of tangible assets	956	—
Net cash used in investing activities	(120,748)	—
Net decrease in cash and cash equivalents	(136,522)	(44,969)
Cash and cash equivalents at beginning of year	622,814	667,783
Cash and cash equivalents at end of year	486,292	622,814

The notes on pages 12 to 24 form part of these financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2025

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Suite 3 + 4 Observer House, Hollywell Street, Shrewsbury, SY2 6BL.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Foreign currencies

Foreign currency transactions are initially recorded in the functional currency, by applying the spot exchange rate as at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the exchange rate ruling at the reporting date, with any gains or losses being taken to the statement of financial activities.

Shropshire Mental Health Support Limited**Company Limited by Guarantee****Notes to the Financial Statements** *(continued)***Year ended 31 March 2025**

3. Accounting policies *(continued)***Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

3. Accounting policies *(continued)*

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	- 10% reducing balance
Motor vehicles	- 25% reducing balance
Equipment	- 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

3. Accounting policies *(continued)*

Impairment of fixed assets *(continued)*

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

3. Accounting policies *(continued)*

Financial instruments *(continued)*

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The charity is a company limited by guarantee. In the event of winding up each member agrees to contribute an amount not exceeding £1 to the charity's assets.

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Total Funds 2024 £
Donations				
Donations and legacies	<u>81,064</u>	<u>81,064</u>	<u>41,415</u>	<u>41,415</u>

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Shop income	77,671	–	77,671
Grant income	64,408	498,147	562,555
Sundry income	–	–	–
	<u>142,079</u>	<u>498,147</u>	<u>640,226</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

6. Charitable activities *(continued)*

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Shop income	70,903	–	70,903
Grant income	71,329	493,857	565,186
Sundry income	4,890	–	4,890
	<u>147,122</u>	<u>493,857</u>	<u>640,979</u>

7. Other trading activities

	Unrestricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Total Funds 2024 £
Sponsorships	1,200	1,200	341	341
Fundraising events	14,260	14,260	321	321
	<u>15,460</u>	<u>15,460</u>	<u>662</u>	<u>662</u>

8. Investment income

	Unrestricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Total Funds 2024 £
Bank interest receivable	10,149	10,149	10,428	10,428

9. Costs of raising donations and legacies

	Unrestricted Funds £	Total Funds 2025 £	Unrestricted Funds £	Total Funds 2024 £
Fundraising event costs	8,149	8,149	–	–

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

10. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Main costs	72,390	516,982	589,373
Shop costs	86,948	—	86,948
Support costs	59,202	55,007	114,208
	<u>218,540</u>	<u>571,989</u>	<u>790,529</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Main costs	76,618	472,324	548,942
Shop costs	82,394	—	82,393
Support costs	35,744	63,667	99,412
	<u>194,756</u>	<u>535,991</u>	<u>730,747</u>

11. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2025 £	Total fund 2024 £
Main costs	589,373	114,208	703,581	648,354
Shop costs	86,948	—	86,948	82,393
	<u>676,321</u>	<u>114,208</u>	<u>790,529</u>	<u>730,747</u>

12. Analysis of support costs

	Main costs £	Total 2025 £	Total 2024 £
Training	616	616	—
Finance costs	5,413	5,413	9,372
Rent and rates	36,667	36,667	41,897
Advertising and website costs	11,779	11,779	5,134
Light & heat	15,089	15,089	15,272
Cleaning, equipment and repairs	8,029	8,029	7,958
Insurance	5,574	5,574	4,335
Postage, stationery and photocopier	3,819	3,819	3,202
Legal and professional fees	2,365	2,365	2,365
Accountancy and payroll costs	5,389	5,389	4,436
Bank charges	963	963	1,187
Depreciation and impairment	18,505	18,505	4,254
	<u>114,208</u>	<u>114,208</u>	<u>99,412</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

13. Net expenditure

Net expenditure is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets	<u>18,505</u>	<u>4,254</u>

14. Independent examination fees

	2025	2024
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,900</u>	<u>1,800</u>

15. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2025	2024
	£	£
Wages and salaries	542,395	495,271
Social security costs	30,540	30,245
Employer contributions to pension plans	<u>7,363</u>	<u>6,543</u>
	<u>580,298</u>	<u>532,059</u>

The average head count of employees during the year was 42 (2024: 39). The average number of full-time equivalent employees during the year is analysed as follows:

	2025	2024
	No.	No.
Admin staff	<u>42</u>	<u>39</u>

No employee received employee benefits of more than £60,000 during the year (2024: Nil).

16. Trustee remuneration and expenses

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

17. Tangible fixed assets

	Fixtures and fittings £	Motor vehicles £	Equipment £	Total £
Cost				
At 1 April 2024	7,127	13,295	13,338	33,760
Additions	–	119,850	1,854	121,704
Disposals	–	–	(3,846)	(3,846)
At 31 March 2025	<u>7,127</u>	<u>133,145</u>	<u>11,346</u>	<u>151,618</u>
Depreciation				
At 1 April 2024	4,920	5,867	8,673	19,460
Charge for the year	221	16,838	1,446	18,505
Disposals	–	–	(2,890)	(2,890)
At 31 March 2025	<u>5,141</u>	<u>22,705</u>	<u>7,229</u>	<u>35,075</u>
Carrying amount				
At 31 March 2025	<u>1,986</u>	<u>110,440</u>	<u>4,117</u>	<u>116,543</u>
At 31 March 2024	<u>2,207</u>	<u>7,428</u>	<u>4,665</u>	<u>14,300</u>

18. Stocks

	2025 £	2024 £
Raw materials and consumables	–	3,079

19. Debtors

	2025 £	2024 £
Prepayments and accrued income	7,894	6,433
Other debtors	23,740	36,781
	<u>31,634</u>	<u>43,214</u>

20. Creditors: amounts falling due within one year

	2025 £	2024 £
Accruals and deferred income	3,335	2,875
Social security and other taxes	7,673	5,292
Other creditors	1,423	1,423
	<u>12,431</u>	<u>9,590</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

21. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £7,363 (2024: £6,543).

22. Analysis of charitable funds

Unrestricted funds

	At 1 April 2024 £	Income £	Expenditure £	At 31 March 2025 £
Unrestricted funds	<u>286,819</u>	<u>248,752</u>	<u>(226,689)</u>	<u>308,882</u>

	At 1 April 2023 £	Income £	Expenditure £	At 31 March 2024 £
Unrestricted funds	<u>281,948</u>	<u>199,627</u>	<u>(194,756)</u>	<u>286,819</u>

Restricted funds

	At 1 April 2024 £	Income £	Expenditure £	At 31 March 2025 £
Market Drayton Self Help Group	276	—	—	276
Whitchurch Self Help Group	60	—	—	60
Calmer Cafe	4,860	19,886	(13,522)	11,224
Outreach	50,914	45,460	(56,352)	40,022
Telephone Support	8,988	34,020	(20,553)	22,455
Bereavement Support	7,666	39,973	(22,102)	25,537
A & E Support	35,164	19,950	(25,157)	29,957
Sanctuary Funding	88,994	212,307	(230,810)	70,491
TRIM - Co-ordinator	783	2,465	—	3,248
HEP Equalities Oswestry	2,003	—	(2,003)	—
Outreach Dual Diagnosis	124,590	107,563	(173,764)	58,389
Wellbeing Vehicle	6,576	15,500	(40)	22,036
IAPT Telephone	13,026	—	(13,026)	—
Winter Support	16,265	—	—	16,265
Training	16,378	—	(3,322)	13,056
Peer Support	10,455	—	(10,455)	—
Allotment	—	523	(523)	—
Yoga	—	500	(360)	140
	<u>386,998</u>	<u>498,147</u>	<u>(571,989)</u>	<u>313,156</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
Market Drayton Self Help Group	276	—	—	276
Whitchurch Self Help Group	60	—	—	60
Calmer Cafe	7,594	18,979	(21,713)	4,860
Outreach	38,656	43,387	(31,129)	50,914
Telephone Support	1,152	32,638	(24,802)	8,988
Bereavement Support	7,285	23,896	(23,515)	7,666
A & E Support	9,458	44,550	(18,844)	35,164
Sanctuary Funding	151,123	202,532	(264,661)	88,994
TRIM - Co-ordinator	54,201	275	(53,693)	783
HEP Equalities Oswestry	12,981	—	(10,978)	2,003
Outreach Dual Diagnosis	70,782	102,600	(48,792)	124,590
Wellbeing Vehicle	19,161	10,000	(22,585)	6,576
IAPT Telephone	22,812	—	(9,786)	13,026
Winter Support	6,582	15,000	(5,317)	16,265
Training	16,554	—	(176)	16,378
Peer Support	10,455	—	—	10,455
	<u>429,132</u>	<u>493,857</u>	<u>(535,991)</u>	<u>386,998</u>

The restricted fund balance of £313,156 as at 31 March 2025 consists of the following sub-funds:

Market Drayton Self Help Group

Located within the North Shropshire Town, the Market Drayton Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Whitchurch Self Help Group

Located within the North Shropshire Town, the Whitchurch Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Calmer Cafe

Calmer Cafe is a crisis cafe model, this allows a drop-in service and instant de-escalation of crisis, with support tailored around the person. The atmosphere is that of a coffee shop, with a host of beverages being served free of charge to those with support needs. The service is commissioned initially for 3 years, from March 2020 until March 2023.

Outreach

Assertive outreach enables the service provision of 2 key workers, who in coordination with the Crisis team and CMHT, provide support to the person within their own home and environment, allowing a stabilising and empowering effect. The outreach is short and targeted over approximately 6 weeks.

Telephone Support

The telephone support service operates 24 hours per day, it provides immediate support For those with mental health support needs. The service takes referrals from Crisis Team, Access Team, GP's, Social Workers and Self Referrals. The service provides a service that makes calls at pre

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

arranged times, welfare checks on those who may be at risk and receives calls which are pre-arranged or when support is needed.

Bereavement Support

The Bereavement support service is to support people who have been bereaved by suicide or sudden or unexplained death.

A & E Support

A & E Outreach service was started to support people who may present to A & E to seek support with their mental health, so rather than be in the A & E environment, people can be referred to us for support.

Sanctuary Funding

The Sanctuary is commissioned by Shropshire CCG to provide an alternative to S136 of the MHA, acting as a prime suicide prevention service that is assertive in its actions. The service is open from 1700hrs until 0900hrs every day of the year, with service extensions on Saturday and Sunday. Sanctuary is commissioned on a 1 year contract each year by the CCG, upon review of key performance indicators.

SWARS/TRIM - Co-ordinator

The SWARS Co-ordinator co-ordinates the service, which provides structured support for people who have been affected by trauma, it's aim is to provide bespoke support for people experiencing trauma which enables them to continue to work. It supports the three hospitals and the council. The co-ordinator will ensure that the process is followed once a referral comes through and will often visit the place of work to carry out support sessions and/or arrange for other practitioners to attend alongside.

Outreach Dual Diagnosis

Dual Diagnosis team is a Social Worker led service, with the charities own social worker working with Shropshire Councils mental health social work team within Redwoods Hospital. The role of the service is to take direct referrals from our social worker to the team of outreach support worker, who provide direct support to those being discharged from Redwoods Hospital. The support being provided includes help with money management, medication management, accessing services within the community and other activities that enable former patients to maintain their tenancy and become an active part of their local community as they grow in confidence.

Wellbeing Vehicle

The Wellbeing Vehicle was purchased in December 2024, this vehicle is the replacement for the second-hand interim vehicle. The new vehicle will provide services to the hardest to reach in the community and also raise the profile of the charity at the same time. It is envisaged that this vehicle will last beyond 10 years of service. Over 70 percent of the population within Shropshire live more than 45 minutes walk from a local library, this highlights the rural nature of the county and need for extensive outreach that is projected with this vehicle.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2025

Training

Training of the staff and volunteers is of upmost importance, ensuring all of the skill sets are maintained to the highest levels. Supporting someone in crisis is unpredictable and demanding, thus our skills must match the high demands being placed upon our staff. The training is monitored by the ICB to ensure we meet the standards for commissioning.

Yoga

The yoga group is run and coordinated by a local volunteer, providing sessions that support all levels of ability. The sessions are designed to provide those using the services with an alternative source of stress reduction, intruding everyone to local providers for them to source additional support if needed.

23. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £
Tangible fixed assets	116,544	–	116,544
Current assets	204,770	313,156	517,926
Creditors less than 1 year	(12,432)	–	(12,432)
Net assets	308,882	313,156	622,038

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	14,300	–	14,300
Current assets	282,109	386,998	669,107
Creditors less than 1 year	(9,590)	–	(9,590)
Net assets	286,819	386,998	673,817

24. Analysis of changes in net debt

	At 1 Apr 2024 £	Cash flows £	At 31 Mar 2025 £
Cash at bank and in hand	622,814	(136,522)	486,292

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Management Information

Year ended 31 March 2025

The following pages do not form part of the financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2025

	2025 £	2024 £
	2025 £	2024 £
Income and endowments		
Donations and legacies		
Donations and legacies	81,064	41,415
	<u> </u>	<u> </u>
Charitable activities		
Shop income	77,671	70,903
Grant income	562,555	565,186
Sundry income	—	4,890
	<u> </u>	<u> </u>
	640,226	640,979
	<u> </u>	<u> </u>
Other trading activities		
Sponsorships	1,200	341
Fundraising events	14,260	321
	<u> </u>	<u> </u>
	15,460	662
	<u> </u>	<u> </u>
Investment income		
Bank interest receivable	10,149	10,428
	<u> </u>	<u> </u>
Total income	<u>746,899</u>	<u>693,484</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2025

	2025 £	2024 £
Costs of raising donations and legacies		
Fundraising event costs		
Fundraising event costs	(8,149)	—
	<u> </u>	<u> </u>
Costs of raising donations and legacies	<u><u>(8,149)</u></u>	<u><u>—</u></u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities *(continued)*

Year ended 31 March 2025

	2025 £	2024 £
Expenditure on charitable activities		
Main costs		
<i>Activities undertaken directly</i>		
Wages and social security	(519,475)	(476,111)
Employer's NIC	(29,273)	(29,132)
Pension costs	(7,009)	(6,215)
Travel and volunteer expenses	(18,470)	(20,318)
Telephone	(9,137)	(7,560)
Sundries	(5,362)	(6,259)
Groups and activities	(360)	(2,560)
Subscriptions	(287)	(787)
	<u>(589,373)</u>	<u>(548,942)</u>
Support costs		
Rent and rates	(36,667)	(41,897)
Advertising	(266)	(1,070)
Light & heat	(15,089)	(15,272)
Equipment and repairs	(7,024)	(6,499)
Insurance	(5,575)	(4,335)
Postage, stationery and photocopier	(3,819)	(3,202)
Legal and professional fees	(2,365)	(2,365)
Accountancy and payroll costs	(5,388)	(4,436)
Website costs	(11,513)	(4,064)
Depreciation and impairment	(18,505)	(4,254)
Bank charges	(962)	(1,187)
Training	(616)	–
Cleaning	(1,006)	(1,459)
Motor expenses	(5,413)	(9,372)
	<u>(114,208)</u>	<u>(99,412)</u>
Shop costs		
<i>Activities undertaken directly</i>		
Opening stock	(3,079)	(7,540)
Purchases	(58,923)	(56,494)
Closing stock	–	3,079
Wages and social security	(22,920)	(19,160)
Employer's NIC	(1,267)	(1,113)
Pension costs	(354)	(328)
Travel and volunteer expenses	(139)	(131)
Loss on disposal of assets	(91)	–
Sundries	(175)	(706)
	<u>(86,948)</u>	<u>(82,393)</u>
Expenditure on charitable activities	<u><u>(790,529)</u></u>	<u><u>(730,747)</u></u>

Accounts

Shropshire Mental Health Support Limited
Company Limited by Guarantee
Financial Statements
31 March 2024

INDEPENDENT AUDITORS LLP

Chartered Accountants
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2024

	Page
Trustees' annual report (incorporating the director's report)	1
Independent examiner's report to the trustees	8
Statement of financial activities (including income and expenditure account)	10
Statement of financial position	11
Statement of cash flows	12
Notes to the financial statements	13
The following pages do not form part of the financial statements	
Detailed statement of financial activities	27
Notes to the detailed statement of financial activities	28

Shropshire Mental Health Support Limited
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2024

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2024.

Reference and administrative details

Registered charity name	Shropshire Mental Health Support Limited		
Charity registration number	1003117		
Company registration number	02594511		
Principal office and registered office	Suite 3 + 4 Observer House Hollywell Street Shrewsbury SY2 6BL		
The trustees	C T Ireland		
	R Munton		
	L M Deane	(Resigned 5 December 2023)	
	E Bates	(Resigned 5 December 2023)	
	A Edwards		
	K Trotter		
	H Schofield	(Appointed 5 December 2023)	
	J Barker	(Appointed 5 December 2023)	
Independent examiner	Jonathon Dale BA(Hons) FCA Independent Auditors LLP Emstrey House North Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG		

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Structure, governance and management

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report and accounts for the year ended 31 March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities.

Governing document

The organisation was formed in 1974 and registered as a charity with the Charity Commissioners for England & Wales under registration number 1003117. It was constituted as a charitable company limited by guarantee, Company registration number 2594511, in 1991. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C T Ireland
R Munton
T Edwards
K Trotter
H Schofield
J Barker

Recruitment and appointment of Board of Trustees

The directors of the company are also charity trustees for the purposes of charity law and are known as members of the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

The charity works to inform and educate the public in emotional literacy, understanding how we deal and cope with the events that surround our lives. Prevention has become a key area of work, as well as the prime aim to support those who are enduring mental distress, and the Board of Trustees seeks to ensure that the needs of people who have experienced mental distress are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity actively encourages people who use their services to become members, moving on to become volunteers and use their own experience to support and guide the charity.

Organisational structure

Shropshire MHS has a Board of Trustees of up to 12 members who meet every 4 to 8 weeks. The board is responsible for formulating the strategic direction and policies of the charity, whilst providing key governance and oversight.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

The board is responsible for ensuring through governance and policies that a safe environment is provided, which also safeguards all adults accessing the service. The board of trustees currently has 6 members, who are all from a diverse background, including volunteers, service users and business leaders, giving the charity a diverse board with experience complimenting the needs of the charity.

The Officers' Committee consists of the Chair, the Vice Chair, the Treasurer, and the CEO. The Officers' committee has delegated authority.

A scheme of delegation is in place, with the board being responsible for strategic business planning and maintenance of the charity. The CEO is responsible for the day to day running of Shropshire MHS, allowing key decisions to be made without the continual approval by the board. Authority from the board is required for larger purchases and for any proposed changes to the business delivery. The responsibility for the premises, support services and Health and Safety is also delegated to the CEO.

Related parties

The charity is guided by National Policy and Legislation providing services within the key frameworks laid out. The Integrated Services Board (ICB) and Local Authority both have policies and procedures, which the charity must adhere to at a local level and within funding agreements. Shropshire MHS employs the services of Avenure HR Consultancy, providing key HR, Legislation, and support with policies that the charity adheres to. All the charities policies and procedures are fully adherent to current legislation, being reviewed on a regular basis.

The charity provides a local and national voice for the people of Shropshire, Telford and Wrekin and Powys, championing the issues facing this rural county on the national stage where relevant. Maintaining a high community profile is key to the charity, allowing it to be more accessible, whilst also reducing the stigma surrounding mental health issues.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Objectives and activities

The charity's main objective is to provide key mental health services that support both prevention and recovery through the following:

- Advocacy
- Peer support
- Direct interventions
- Teaching and supporting people to understand techniques that support their own wellbeing
- Signposting to appropriate services
- Working in direct partnerships within Shropshire, Telford and Wrekin and Powys
- Safeguarding all vulnerable people from abuse
- Listening services
- Effectively supporting the local community, lowering the stigma surrounding mental health, through education and training.
- Outreach.
- Calmer Café's.
- Telephone support services.
- Bereavement support.
- Trauma Resilience (DNA TRiM)
- Emergency Department mental health support.
- Dual Diagnosis discharge outreach.
- IAPT support line.
- Shropshire Sanctuary.
- Reconnect Groups.
- Wellbeing Vehicle providing mobile delivery of services across the whole of Shropshire and Telford and Wrekin.

Values and beliefs

Shropshire MHS's values are at the heart of everything we do.

- Open - We actively reach out to anyone who needs us
- Together - We're stronger with our partners
- Responsive - We listen, we act, we support, we advocate
- Independent - We speak out and support responsive service provisions
- Unstoppable - We will never stop supporting people

These beliefs and values are mirrored in the service provided.

- Ensuring the services, we provide reflects the needs of the local community.
- Respecting the dignity and rights of any person using our services.
- Services are appropriate, safe and acceptable to everyone.
- The environment is welcoming to everyone, with a zero tolerance to discriminatory behaviour.
- Offer choices and promote independence where practicable.
- Raise awareness of stress and burn out, how it can be managed and warning signs.
- Value its staff and volunteers as a good employer, holding the values of Investors in Volunteers.
- Incorporate joint working and liaison with other relevant agencies.
- Accountability within the principles of corporate governance, with total transparency.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Achievements and performance

Throughout this financial year the charity has continued to deliver its key projects, whilst also seeking new partnership/alliances with local charities with the same key values. During 2023/24 reporting period, the charity supported over 12,800 people, the growth in numbers seeking support and guidance has put strain on some areas within the charity, but operational stability and integrity has been maintained throughout, which is a credit to the staff and volunteers. Shropshire MHS maintains its prestigious Investors in Volunteers award.

The charity has averted over 700 potential suicides within this financial year, with most of these were presenting within the Shropshire Sanctuary service.

Shropshire Sanctuary is the S136 aversion service for Shropshire, Telford and Wrekin, providing a key alternative for a person who is identified as a risk of harm to themselves or others, or are at a crisis point that needs immediate interventions to support a future recovery. This support is delivered in a warm and friendly environment. The service has been running for 7 years and is a multi award-winning success. Over 86% of S136's are released with little or no support, so the option to have immediate support in a non-threatening environment provides what many would consider a far more supportive approach. Shropshire Sanctuary continues to deliver critical interventions from 1700hrs until 0900hrs Monday to Friday and 1500hrs until 1100hrs on Saturday and Sunday. The number of people accessing the service is extremely high, showing no signs of demand easing as we enter 24/25.

Shropshire MHS was awarded the Weston Awards accolade, which included a financial prize and the expertise of 4 leading business figures (Pilot Lighters) to review every part of the charity. Key to this were the processes and procedures within the organisation, with the aim of providing key guidance and advice, to improving the resilience of the organisation moving forward. The CEO has headed up most of the Pilot Light work to date, with the project finishing in early 2025. It is a privilege that the charity has the support of such experts, to review the business model in depth. To date the feedback has been extremely positive, complimenting the achievements of the charity.

TRiM is continuing and evolving into wider support under the expertise of the Assistant Manager.

Shropshire MHS has continued to host trainee RMN's, O.T's, Physiotherapists and Social Workers on work placements. The unique environment within the charity allows professionals to gain critical experience in supporting people with mental health support needs, at both 2nd and 3rd sector levels.

The soft approach within the charity is a stark contrast to that of the statutory sector providers, the contrast between the two approaches allows the trainees to see the positive effects of both systems and how they work together to provide the best possible support networks for the public. Shropshire MHS actively recruits new volunteers, training and supporting them in the provision of the services to those with mental health needs. The volunteers are the lifeblood of the charity, without whom the charity could not function and provide these key services.

The charity currently occupies two premises, both on lease/rental. In the longer term the charity aims to secure a single premise, or to reconfigure the services in a manner that allows all services to be delivered from a single location.

The drop-in centre and all the groups the charity operate, are very well attended. The charity has launched a £120,000 fundraising initiative to purchase a new mental health wellbeing vehicle, to provide guidance and support across our rural county for the next 10 years, with a face-to-face delivery. The current wellbeing vehicle has proved the concept and successfully delivered life changing services across the county, but it is becoming expensive to maintain this ageing vehicle. This is the largest fundraising activity undertaken by the charity in its 50 years, it has unified the efforts of all to achieve this milestone achievement which should become a reality in 2024/25.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Financial review

Reserves policy

The reserves within the charity are stable, showing a small increase of approximately £5,000. It is the policy of the charity to fully adhere to the directives and regulations of the Charity Commission, holding a full 12 months of operating cash to safeguard both the services within the charity, but also the staff and those using the critical services provided by Shropshire MHS.

Revenue within the charity has dropped over the 12 months, this reflects the closure of several commissioned contracts, with staff moved internally onto different projects.

The shop contributes to the reserves for the charity, but this has been reduced over the 12-month period, reflecting the higher operating costs that are affecting all areas of operations.

Key areas for this success are attributable to the stringent fiscal policy within the charity and steady revenue flow from the Shop in Redwoods and fundraisers who support us. The aim of the charity is to increase the amount held in reserve by inflation as stated by Bank of England.

Our dedicated Treasurer has enabled the charity to report a balanced account sheet for the past 12 years. The environment remains extremely challenging, with a huge rise in demand for services, but a far more modest rise in funding to cover those services. The charity remains robust and positive, always exploring new opportunities.

Total income generated has reduced to £693,484 from £835,021 in 2023. No income has been deferred to the 2024 financial year (2023: £Nil).

Expenditure incurred for 2024 was £730,747 compared with £736,401 in the prior year.

The charity made a deficit of £37,263 in 2024 compared with a surplus of £98,620 in 2023.

The closing fund balances were: unrestricted funds £286,819 and restricted funds £386,998.

Principal funding sources

Funding from the charity comes from a variety of different sources, which include the Rose Paterson Trust, ICB, Shropshire Council and a huge amount of people and businesses who spend their time fundraising for the charity, so that we can improve the quality of people's lives within the county.

The charity has maintained a tight fiscal policy, which is certainly paying off. The Treasurer and CEO are astute in all their financial actions, ensuring the charity is financially sound.

Shropshire MHS works extremely close with partners, some of these partners support the charity in kind, with donations of furniture and other goods, allowing all funding to be utilised on service delivery. Networking in this manner has allowed the charity to significantly cut operating costs, with many more partners being willing to donate goods rather than cash.

Shropshire MHS always fully supports and publicly acknowledges its partners, valuing our key partners in this manner has led to very mutually beneficial relationships, without which Shropshire MHS would find operating more difficult. The nurturing of key relationships is vital to Shropshire MHS now and in the future.

Investment policy

Investments are within the prime bank account, interest rates are giving a modest return from the saver account, covering all account charges.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2024

Summary

The board has 6 excellent and dedicated trustees, these bring together key skills to enhance future growth and delivery within the charity.

Shropshire MHS continues to work with partners, supporting the delivery of key mental health work across the county. This will continue into 2024 and beyond as the focus remains on joint working and joint outcomes. The landscape for service delivery will change and this will become evident as the ICS works for efficiencies and collaboration as funding becomes extremely strained across the sector, but with far greater emphasis on partnerships across the communities to achieve better outcomes.

Continuing to focus on the following:

- Continued development of alternative funding streams through grant applications, allowing Shropshire MHS to reduce reliance on the statutory sector.
- Review operating processes to ensure optimal use of resources.
- Pursue partnerships with other charities, who share our core values.
- Continue to provide services to the hard to reach within the county.
- Recruitment of new trustees to the board.
- Review service delivery ensuring that all projects deliver the services the public need and want in a way that gives the best possible outcomes to those with mental health support needs.
- Explore with partners the provision of Crisis Housing within the county.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 16 December 2024 and signed on behalf of the board of trustees by:

Clive Ireland

C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Shropshire Mental Health Support Limited

Year ended 31 March 2024

I report to the trustees on my examination of the financial statements of Shropshire Mental Health Support Limited ('the charity') for the year ended 31 March 2024.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Shropshire Mental Health Support Limited *(continued)*

Year ended 31 March 2024

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jonathon Dale BA(Hons) FCA
Independent Examiner

Independent Auditors LLP
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2024

		Unrestricted funds	2024 Restricted funds	Total funds	2023 Total funds
	Note	£	£	£	£
Income and endowments					
Donations and legacies	5	41,415	–	41,415	53,291
Charitable activities	6	147,122	493,857	640,979	774,136
Other trading activities	7	662	–	662	5,000
Investment income	8	10,428	–	10,428	2,594
Total income		<u>199,627</u>	<u>493,857</u>	<u>693,484</u>	<u>835,021</u>
Expenditure					
Expenditure on charitable activities	9,10	(194,756)	(535,991)	(730,747)	(736,401)
Total expenditure		<u>194,756</u>	<u>535,991</u>	<u>730,747</u>	<u>736,401</u>
Net (expenditure)/income and net movement in funds		<u>4,871</u>	<u>(42,134)</u>	<u>(37,263)</u>	<u>98,620</u>
Reconciliation of funds					
Total funds brought forward		281,948	429,132	711,080	612,460
Total funds carried forward		<u>286,819</u>	<u>386,998</u>	<u>673,817</u>	<u>711,080</u>

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Position

31 March 2024

	Note	2024 £	2023 £
Fixed assets			
Tangible fixed assets	16	14,300	18,554
Current assets			
Stocks	17	3,079	7,540
Debtors	18	43,214	24,171
Cash at bank and in hand		622,814	667,783
		669,107	699,494
Creditors: amounts falling due within one year	19	9,590	6,968
Net current assets		659,517	692,526
Total assets less current liabilities		673,817	711,080
Net assets		673,817	711,080
Funds of the charity			
Restricted funds		386,998	429,132
Unrestricted funds		286,819	281,948
Total charity funds	21	673,817	711,080

For the year ending 31 March 2024 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 16 December 2024, and are signed on behalf of the board by:

Clive Ireland

C T Ireland
Trustee

The notes on pages 13 to 25 form part of these financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2024

	2024 £	2023 £
Cash flows from operating activities		
Net (expenditure)/income	(37,263)	98,620
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	4,254	5,305
Other interest receivable and similar income	(10,428)	(2,594)
Interest payable and similar charges	1,187	759
Accrued expenses/(income)	18,095	(17,380)
<i>Changes in:</i>		
Stocks	4,461	(3,878)
Trade and other debtors	(36,454)	(2,544)
Trade and other creditors	1,938	(60,906)
Cash generated from operations	(54,210)	17,382
Interest paid	(1,187)	(759)
Interest received	10,428	2,594
Net cash (used in)/from operating activities	<u>(44,969)</u>	<u>19,217</u>
Cash flows from investing activities		
Purchase of tangible assets	—	(2,312)
Net cash used in investing activities	<u>—</u>	<u>(2,312)</u>
Net (decrease)/increase in cash and cash equivalents	(44,969)	16,905
Cash and cash equivalents at beginning of year	667,783	650,878
Cash and cash equivalents at end of year	<u>622,814</u>	<u>667,783</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2024

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Suite 3 + 4 Observer House, Hollywell Street, Shrewsbury, SY2 6BL.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	- 10% reducing balance
Motor vehicles	- 25% reducing balance
Equipment	- 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The charity is a company limited by guarantee. In the event of winding up each member agrees to contribute an amount not exceeding £1 to the charity's assets.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Donations				
Donations and legacies	41,415	41,415	53,291	53,291

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Shop income	70,903	—	70,903
Grant income	71,329	493,857	565,186
Sundry income	4,890	—	4,890
	<u>147,122</u>	<u>493,857</u>	<u>640,979</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Shop income	60,748	—	60,748
Grant income	40,000	667,649	707,649
Sundry income	586	5,154	5,739
	<u>101,334</u>	<u>672,803</u>	<u>774,136</u>

7. Other trading activities

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Sponsorships	341	341	3,418	3,418
Fundraising events	321	321	1,582	1,582
	<u>662</u>	<u>662</u>	<u>5,000</u>	<u>5,000</u>

8. Investment income

	Unrestricted Funds £	Total Funds 2024 £	Unrestricted Funds £	Total Funds 2023 £
Bank interest receivable	10,428	10,428	2,594	2,594

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Main costs	76,618	472,324	548,942
Shop costs	82,394	–	82,393
Support costs	35,744	63,667	99,412
	<u>194,756</u>	<u>535,991</u>	<u>730,747</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Main costs	55,475	521,651	577,127
Shop costs	59,156	–	59,154
Support costs	33,556	66,564	100,120
	<u>148,187</u>	<u>588,215</u>	<u>736,401</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2024 £	Total fund 2023 £
Main costs	548,942	99,412	648,354	677,247
Shop costs	82,393	–	82,393	59,154
	<u>631,335</u>	<u>99,412</u>	<u>730,747</u>	<u>736,401</u>

11. Analysis of support costs

	Main costs £	Total 2024 £	Total 2023 £
Finance costs	9,372	9,372	5,415
Rent and rates	41,897	41,897	46,090
Advertising and website costs	5,134	5,134	6,211
Light & heat	15,272	15,272	11,985
Cleaning, equipment and repairs	7,958	7,958	8,137
Insurance	4,335	4,335	4,230
Postage, stationery and photocopier	3,202	3,202	3,006
Legal and professional fees	2,365	2,365	4,945
Accountancy and payroll costs	4,436	4,436	4,037
Bank charges	1,187	1,187	759
Depreciation and impairment	4,254	4,254	5,305
	<u>99,412</u>	<u>99,412</u>	<u>100,120</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

12. Net (expenditure)/income

Net (expenditure)/income is stated after charging/(crediting):

	2024	2023
	£	£
Depreciation of tangible fixed assets	4,254	5,305

13. Independent examination fees

	2024	2023
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	1,800	1,800

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2024	2023
	£	£
Wages and salaries	495,271	503,792
Social security costs	30,245	32,886
Employer contributions to pension plans	6,543	6,916
	<u>532,059</u>	<u>543,594</u>

The average head count of employees during the year was 39 (2023: 39). The average number of full-time equivalent employees during the year is analysed as follows:

	2024	2023
	No.	No.
Admin staff	39	39

No employee received employee benefits of more than £60,000 during the year (2023: Nil).

15. Trustee remuneration and expenses

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

16. Tangible fixed assets

	Fixtures and fittings £	Motor vehicles £	Equipment £	Total £
Cost				
At 1 April 2023 and 31 March 2024	<u>7,127</u>	<u>13,295</u>	<u>13,338</u>	<u>33,760</u>
Depreciation				
At 1 April 2023	4,697	3,391	7,118	15,206
Charge for the year	<u>223</u>	<u>2,476</u>	<u>1,555</u>	<u>4,254</u>
At 31 March 2024	<u>4,920</u>	<u>5,867</u>	<u>8,673</u>	<u>19,460</u>
Carrying amount				
At 31 March 2024	<u>2,207</u>	<u>7,428</u>	<u>4,665</u>	<u>14,300</u>
At 31 March 2023	<u>2,430</u>	<u>9,904</u>	<u>6,220</u>	<u>18,554</u>

17. Stocks

	2024 £	2023 £
Raw materials and consumables	<u>3,079</u>	<u>7,540</u>

18. Debtors

	2024 £	2023 £
Prepayments and accrued income	6,433	23,826
Other debtors	<u>36,781</u>	<u>345</u>
	<u>43,214</u>	<u>24,171</u>

19. Creditors: amounts falling due within one year

	2024 £	2023 £
Accruals and deferred income	2,875	2,191
Social security and other taxes	5,292	3,322
Other creditors	<u>1,423</u>	<u>1,455</u>
	<u>9,590</u>	<u>6,968</u>

20. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £6,543 (2023: £6,916).

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

21. Analysis of charitable funds

Unrestricted funds

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
Unrestricted funds	281,948	199,627	(194,756)	286,819

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Unrestricted funds	267,916	162,219	(148,187)	281,948

Restricted funds

	At 1 April 2023	Income	Expenditure	At 31 March 2024
	£	£	£	£
Market Drayton Self Help Group	276	—	—	276
Whitchurch Self Help Group	60	—	—	60
Calmer Cafe	7,594	18,979	(21,713)	4,860
Outreach	38,656	43,387	(31,129)	50,914
Telephone Support	1,152	32,638	(24,802)	8,988
Bereavement Support	7,285	23,896	(23,515)	7,666
A & E Support	9,458	44,550	(18,844)	35,164
Sanctuary Funding	151,123	202,532	(264,661)	88,994
TRIM - Co-ordinator	54,201	275	(53,693)	783
HEP Equalities Oswestry	12,981	—	(10,978)	2,003
Outreach Dual Diagnosis	70,782	102,600	(48,792)	124,590
Wellbeing Vehicle	19,161	10,000	(22,585)	6,576
IAPT Telephone	22,812	—	(9,786)	13,026
Winter Support	6,582	15,000	(5,317)	16,265
Training	16,554	—	(176)	16,378
Peer Support	10,455	—	—	10,455
	429,132	493,857	(535,991)	386,998

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Market Drayton Self Help Group	276	–	–	276
Whitchurch Self Help Group	60	–	–	60
Calmer Cafe	6,334	18,498	(17,238)	7,594
Outreach	33,269	42,287	(36,900)	38,656
Telephone Support	–	31,812	(30,660)	1,152
Bereavement Support	13,334	16,345	(22,394)	7,285
Reconnect Project - Berwyn Prison	–	4,361	(4,361)	–
Trauma Resilience Management	25,637	–	(25,637)	–
A & E Support	3,621	29,700	(23,863)	9,458
Sanctuary Funding	180,425	197,400	(226,702)	151,123
TRIM - Co-ordinator	12,063	101,200	(59,062)	54,201
TRIM - Administrator	15,618	–	(15,618)	–
HEP Equalities Oswestry	33,136	27,613	(47,768)	12,981
Outreach Dual Diagnosis	19,799	100,000	(49,017)	70,782
Kickstart	972	5,942	(6,914)	–
Wellbeing Vehicle	–	20,000	(839)	19,161
IAPT Telephone	–	30,000	(7,188)	22,812
Reconnect Church Stretton	–	793	(793)	–
Winter Support	–	11,143	(4,561)	6,582
Training	–	25,254	(8,700)	16,554
Peer Support	–	10,455	–	10,455
	<u>344,544</u>	<u>672,803</u>	<u>(588,215)</u>	<u>429,132</u>

The restricted fund balance of £386,998 as at 31 March 2024 consists of the following sub-funds:

Market Drayton Self Help Group

Located within the North Shropshire Town, the Market Drayton Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Whitchurch Self Help Group

Located within the North Shropshire Town, the Whitchurch Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Calmer Cafe

Calmer Cafe is a crisis cafe model, this allows a drop-in service and instant de-escalation of crisis, with support tailored around the person. The atmosphere is that of a coffee shop, with a host of beverages being served free of charge to those with support needs. The service is commissioned initially for 3 years, from March 2020 until March 2023.

Outreach

Assertive outreach enables the service provision of 2 key workers, who in coordination with the Crisis team and CMHT, provide support to the person within their own home and environment, allowing a stabilising and empowering effect. The outreach is short and targeted over approximately 6 weeks.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

Telephone Support

The telephone support service operates 24 hours per day, it provides immediate support for those with mental health support needs. The service takes referrals from Crisis Team, Access Team, GP's, Social Workers and Self Referrals. The service provides a service that makes calls at pre-arranged times, welfare checks on those who may be at risk and receives calls which are pre-arranged or when support is needed.

Bereavement Support

The Bereavement support service is to support people who have been bereaved by suicide or sudden or unexplained death.

TRIM - Co-ordinator

The TRiM Co-ordinator co-ordinates the service, which provides structured support for people who have been affected by trauma, it's aim is to provide bespoke support for people experiencing trauma which enables them to continue to work. It supports the three hospitals and the council. The co-ordinator will ensure that the process is followed once a referral comes through and will often visit the place of work to carry out support sessions and/or arrange for other practitioners to attend alongside.

A & E Support

A & E Outreach service was started to support people who may present to A & E to seek support with their mental health, so rather than be in the A & E environment, people can be referred to us for support.

Sanctuary Funding

The Sanctuary is commissioned by Shropshire CCG to provide an alternative to S136 of the MHA, acting as a prime suicide prevention service that is assertive in its actions. The service is open from 1700hrs until 0900hrs every day of the year, with service extensions on Saturday and Sunday. Sanctuary is commissioned on a 1 year contract each year by the CCG, upon review of key performance indicators.

HEP Equalities Oswestry

HEP Oswestry funding is aimed at reducing the health inequalities in areas that are more prone to people being disadvantaged, so our commissioned work for HEP is to provide 2 days in Oswestry for people who may have addiction and or mental health needs, and we provide our Reconnect programme there on Tuesdays and Fridays along with a 'drop-in' session.

Outreach Dual Diagnosis

Dual Diagnosis team is a Social Worker led service, with the charity's own social worker working with Shropshire Council's mental health social work team within Redwoods Hospital. The role of the service is to take direct referrals from our social worker to the team of outreach support worker, who provide direct support to those being discharged from Redwoods Hospital. The support being provided includes help with money management, medication management, accessing services within the community and other activities that enable former patients to maintain their tenancy and become an active part of their local community as they grow in confidence.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

Wellbeing Vehicle

The Wellbeing Vehicle was purchased in April 2022, this is a pilot project to prove the concept of the mobile delivery service across the county, ensuring we take the service to the people who need it. The public transport sector is extremely limited within the county and the board agreed this concept would be worth an investment, hoping to improve access to services. The service has been a resounding success, with early planning, already underway to replace it with a new vehicle.

IAPT Telephone/Talking Therapies

The IAPT project was designed to alleviate the long waiting list within the mental health trust for talking therapies. This service has reduced the waiting list by 125 people within its first year of operating, making a significant improvement for access times and the quality of service being received by the person. Continuation will depend upon repeat funding.

Winter Support

The Winter support programme was designed to provide key outreach support to the most vulnerable during the bleakest of months. The feedback from those experiencing the support provided was of such a nature that the project has been commissioned for 23/24 as the standard service being funded by the local authority.

Training

Training of the staff and volunteers is of upmost importance, ensuring all of the skill sets are maintained to the highest levels. Supporting someone in crisis is unpredictable and demanding, thus our skills must match the high demands being placed upon our staff. The training is monitored by the ICB to ensure we meet the standards for commissioning.

Peer Support

Peer support is the cornerstone of the charity and how it empowers people to live well with their mental health, the key project that brings this to the fore is the Reconnect programme. It has been delivered within 12a at Oswestry as well as at Berwyn Prison, where it has been in demand for over 5 years to date.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2024

22. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
Tangible fixed assets	14,300	–	14,300
Current assets	282,109	386,998	669,107
Creditors less than 1 year	(9,590)	–	(9,590)
Net assets	286,819	386,998	673,817

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	18,553	–	18,553
Current assets	270,362	429,132	699,494
Creditors less than 1 year	(6,967)	–	(6,967)
Net assets	281,948	429,132	711,080

23. Analysis of changes in net debt

	At 1 Apr 2023 £	Cash flows £	At 31 Mar 2024 £
Cash at bank and in hand	667,783	(44,969)	622,814

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Management Information

Year ended 31 March 2024

The following pages do not form part of the financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2024

	2024 £	2023 £
Income and endowments		
Donations and legacies		
Donations and legacies	41,415	53,291
Charitable activities		
Shop income	70,903	60,748
Grant income	565,186	707,649
Sundry income	4,890	5,739
	640,979	774,136
Other trading activities		
Sponsorships	341	3,418
Fundraising events	321	1,582
	662	5,000
Investment income		
Bank interest receivable	10,428	2,594
Total income	693,484	835,021

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2024

	2024 £	2023 £
Expenditure on charitable activities		
Main costs		
<i>Activities undertaken directly</i>		
Wages and social security	(476,111)	(488,816)
Employer's NIC	(29,132)	(32,032)
Pension costs	(6,215)	(6,654)
Travel and volunteer expenses	(20,318)	(17,856)
Telephone	(7,560)	(5,985)
Sundries	(6,259)	(11,078)
Groups and activities	(2,560)	(14,135)
Subscriptions	(787)	(571)
	<u>(548,942)</u>	<u>(577,127)</u>
Support costs		
Rent and rates	(41,897)	(46,090)
Advertising	(1,070)	(2,575)
Light & heat	(15,272)	(11,985)
Equipment and repairs	(6,499)	(3,661)
Insurance	(4,335)	(4,230)
Postage, stationery and photocopier	(3,202)	(3,006)
Legal and professional fees	(2,365)	(4,945)
Accountancy and payroll costs	(4,436)	(4,037)
Website costs	(4,064)	(3,636)
Depreciation and impairment	(4,254)	(5,305)
Bank charges	(1,187)	(759)
Cleaning	(1,459)	(4,476)
Motor expenses	(9,372)	(5,415)
	<u>(99,412)</u>	<u>(100,120)</u>
Shop costs		
<i>Activities undertaken directly</i>		
Opening stock	(7,540)	(3,662)
Purchases	(56,494)	(46,342)
Closing stock	3,079	7,540
Wages and social security	(19,160)	(14,976)
Employer's NIC	(1,113)	(854)
Pension costs	(328)	(262)
Travel and volunteer expenses	(131)	(120)
Sundries	(706)	(478)
	<u>(82,393)</u>	<u>(59,154)</u>
Expenditure on charitable activities	<u><u>(730,747)</u></u>	<u><u>(736,401)</u></u>

Accounts

COMPANY REGISTRATION NUMBER: 02594511
CHARITY REGISTRATION NUMBER: 1003117

Shropshire Mental Health Support Limited
Company Limited by Guarantee
Financial Statements
31 March 2023

INDEPENDENT AUDITORS LLP

Chartered Accountants
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2023

	Page
Trustees' annual report (incorporating the director's report)	1
Independent examiner's report to the trustees	8
Statement of financial activities (including income and expenditure account)	10
Statement of financial position	11
Statement of cash flows	12
Notes to the financial statements	13
The following pages do not form part of the financial statements	
Detailed statement of financial activities	26
Notes to the detailed statement of financial activities	27

Shropshire Mental Health Support Limited
Company Limited by Guarantee
Trustees' Annual Report (Incorporating the Director's Report)
Year ended 31 March 2023

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2023.

Reference and administrative details

Registered charity name Shropshire Mental Health Support Limited

Charity registration number 1003117

Company registration number 02594511

Principal office and registered office Suite 3 + 4 Observer House
Hollywell Street
Shrewsbury
SY2 6BL

The trustees C T Ireland
R Muntun
L M Deane
A Althorp (Resigned 1 July 2022)
E Bates
A Edwards
K Trotter

Independent examiner Jonathon Dale BA(Hons) FCA
Independent Auditors LLP
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Structure, governance and management

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report and accounts for the year ended 31 March 2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities.

Governing document

The organisation was formed in 1974 and registered as a charity with the Charity Commissioners for England & Wales under registration number 1003117. It was constituted as a charitable company limited by guarantee, Company registration number 2594511, in 1991. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C T Ireland
R Munton
L Deane
E Bates
T Edwards
K Trotter

Recruitment and appointment of Board of Trustees

The directors of the company are also charity trustees for the purposes of charity law and are known as members of the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

The charity works to inform and educate the public in emotional literacy, understanding how we deal and cope with the events that surround our lives. Prevention has become a key area of work, as well as the prime aim to support those who are enduring mental distress, and the Board of Trustees seeks to ensure that the needs of people who have experienced mental distress are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity actively encourages people who use their services to become members, moving on to become volunteers and use their own experience to support and guide the charity.

Organisational structure

Shropshire MHS has a Board of Trustees of up to 12 members who meet every 4 to 8 weeks. The board is responsible for formulating the strategic direction and policies of the charity, whilst providing key governance and oversight.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

The board is responsible for ensuring through governance and policies that a safe environment is provided, which also safeguards all adults accessing the service. The board of trustees currently has 6 members, who are all from a diverse background, including volunteers, service users and business leaders, giving the charity a diverse board with experience complimenting the needs of the charity.

The Officers' Committee consists of the Chair, the Vice Chair, the Treasurer, and the CEO. The Officers' committee has delegated authority.

A scheme of delegation is in place, with the board being responsible for strategic business planning and maintenance of the charity. The CEO is responsible for the day to day running of Shropshire MHS, allowing key decisions to be made without the continual approval by the board. Authority from the board is required for larger purchases and for any proposed changes to the business delivery. The responsibility for the premises, support services and Health and Safety is also delegated to the CEO.

Related parties

The charity is guided by National Policy and Legislation providing services within the key frameworks laid out. The Integrated Services Board (ICB) and Local Authority both have policies and procedures, which the charity must adhere to at a local level and within funding agreements. Shropshire MHS employs the services of Aversure HR Consultancy, providing key HR, Legislation, and support with policies that the charity adheres to. All the charities policies and procedures are fully adherent to current legislation, being reviewed on a regular basis.

The charity provides a local and national voice for the people of Shropshire, Telford and Wrekin and Powys, championing the issues facing this rural county on the national stage where relevant. Maintaining a high community profile is key to the charity, allowing it to be more accessible, whilst also reducing the stigma surrounding mental health issues.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Objectives and activities

The charity's main objective is to provide key mental health services that support both prevention and recovery through the following:

- Advocacy
- Peer support
- Direct interventions
- Teaching and supporting people to understand techniques that support their own wellbeing
- Signposting to appropriate services
- Working in direct partnerships within Shropshire, Telford and Wrekin and Powys
- Safeguarding all vulnerable people from abuse
- Listening services
- Effectively supporting the local community, lowering the stigma surrounding mental health, through education and training.
- Outreach.
- Calmer Café's.
- Telephone support services.
- Bereavement support.
- Trauma Resilience (DNA TRiM)
- Emergency Department mental health support.
- Dual Diagnosis discharge outreach.
- IAPT support line.
- Shropshire Sanctuary.
- Reconnect Groups.
- Wellbeing Vehicle providing mobile delivery of services across the whole of Shropshire and Telford and Wrekin.

Values and beliefs

Shropshire MHS's values are at the heart of everything we do.

- Open - We actively reach out to anyone who needs us
- Together - We're stronger with our partners
- Responsive - We listen, we act, we support, we advocate
- Independent - We speak out and support responsive service provisions
- Unstoppable - We will never stop supporting people

These beliefs and values are mirrored in the service provided.

- Ensuring the services, we provide reflects the needs of the local community.
- Respecting the dignity and rights of any person using our services.
- Services are appropriate, safe and acceptable to everyone.
- The environment is welcoming to everyone, with a zero tolerance to discriminatory behaviour.
- Offer choices and promote independence where practicable.
- Raise awareness of stress and burn out, how it can be managed and warning signs.
- Value its staff and volunteers as a good employer, holding the values of Investors in Volunteers.
- Incorporate joint working and liaison with other relevant agencies.
- Accountability within the principles of corporate governance, with total transparency.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Achievements and performance

Throughout this financial year the charity has continued to deliver its key projects, whilst also seeking new partnership/alliances with local charities with the same key values. During 2022/23 reporting period, the charity supported over 12,000 people, the growth in numbers seeking support and guidance has put strain on some areas within the charity, but operational stability and integrity has been maintained throughout, which is a credit to the staff and volunteers.

Shropshire Sanctuary continues to deliver critical interventions from 1700hrs until 0900hrs Monday to Friday and 1500hrs until 1100hrs on Saturday and Sunday. The number of people accessing the service is very high, showing no signs of easing as we enter into 23/24. Shropshire Sanctuary is the S136 aversion service for Shropshire, Telford and Wrekin.

The charity established the 24/7 telephone line in the early parts of the pandemic, it has been running ever since, supporting over 750 people continuously, whilst becoming the cornerstone of service delivery in the county. The rural nature of the county necessitates a service such as this to ensure we can reach every corner of the county.

The Integrated Care Systems (ICS) for Shropshire, Telford and Wrekin (STW) invested in DNA TRiM as a programme headed up by Shropshire MHS in May 2021. DNA TRiM is a trauma resilience programme, designed to support peer networking and de-escalation following any Potentially Traumatic Experiences (PTE). With Shropshire MHS having a 24-hour presence through the call line and Shropshire Sanctuary, the charity was chosen to become the TRiM Hub for the whole of STW. The TRiM project has grown and has delivered support to over 1,500 people, making it the leading provider within the U.K by reach, something we are extremely proud of.

Shropshire MHS has continued to host trainee RMN's, O.T's, Physiotherapists on work placements and Social Workers. The unique environment we have allows professionals to gain critical experience in supporting people with mental health issues.

The soft approach within the charity is a stark contrast to that of statutory sector providers, the contrast between the two approaches allows the trainees to see the effects of both systems at work rather than just on a theoretical basis. Shropshire MHS actively recruits new volunteers, training and supporting them in the provision of the services to those with mental health needs. Many of our volunteers are inspired by the work and go on to seek employment within the professional side of our sector or go on to study a related subject at a university level.

Premises - The charity currently occupies two premises, both on lease/rental. In the longer term the charity aims to secure a single premise that is fit for purpose to house the whole charity for the longer term.

Reach - The drop-in centre has opened following its closure due to COVID-19 restrictions. All the groups are beginning to grow as people become more confident, the groups offer a unique face to face support system, creating peer support within the groups that in many cases is fostered outside in the community.

The shop at Redwoods continues to support the charity in its objectives, providing funding from the revenue within the shop, whilst supporting beneficiaries to gain invaluable experience. Key investments have been made in the shop, as well as an expansion of the healthy range and a valuable stock of personal items for staff and patients to purchase.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2023

Financial review

Reserves policy

The reserves within the charity have grown steadily throughout the year and reflect the key strategic reserves that are needed to ensure stability and fulfil Charity Commission Regulations. Key areas for this success are attributable to the stringent fiscal policy within the charity and steady revenue flow from the Shop in Redwoods and fundraisers who support us. The shop manager has worked tirelessly to improve the margins and the breadth of service delivery. The shop is now a key financial asset to the charity. The aim of the charity is to increase the amount held in reserve, to be above 12 months turnover, with the turnover continually increasing, so the amount held in reserves must increase to secure the stability required by the charity into 2023/24.

Our dedicated Treasurer has enabled the charity to report a balanced account sheet for the past 11 years, the environment remains challenging with very little security in the medium term. Further cuts could still materialise from the statutory sector, so opportunities and calculated risks must be taken as and when required.

Shropshire CCG changed its functionality and title to Integrated Care Board (ICB) with funding and service delivery being assured through 4 quarterly reports that detail all services and outcomes.

Total income generated has increased from £692,751 in 2022 to £835,021 in 2023. No income has been deferred to the 2023 financial year (2022: £59,700).

Expenditure incurred for 2023 was £736,401 compared with £571,246 in the prior year.

The charity made a surplus of £98,620 in 2023 compared with a surplus of £121,505 in 2022.

The closing fund balances were: unrestricted funds £281,948 and restricted funds £429,132.

Principal funding sources

Funding from the charity comes from a variety of different sources, which include the Rose Paterson Trust, ICB, Shropshire Council and a huge amount of people and businesses who spend their time fundraising for the charity, so that we can improve the quality of peoples lives within the county.

The charity has maintained a tight fiscal policy, which is certainly paying off. The Treasurer and CEO are astute in all their financial actions, ensuring the charity is financially sound.

Shropshire MHS works extremely close with partners, some of these partners support the charity in kind, with donations of furniture and other goods, allowing all funding to be utilised on service delivery. Networking in this manner has allowed the charity to significantly cut operating costs, with many more partners being willing to donate goods rather than cash.

Shropshire MHS always fully supports and publicly acknowledges its partners, valuing our key partners in this manner has led to very mutually beneficial relationships, without which Shropshire MHS would find operating more difficult. The nurturing of key relationships is vital to Shropshire MHS now and in the future.

Investment policy

Investments are within the prime bank account, interest rates are giving a modest return from the saver account, covering all account charges.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) (continued)

Year ended 31 March 2023

Summary

The board has 6 excellent and dedicated trustees, these bring together key skills to enhance future growth and delivery within the charity.

Shropshire MHS continues to work with partners, supporting the delivery of key mental health work across the county. This will continue into 2023 and beyond as the focus remains on joint working and joint outcomes. The landscape for service delivery will change and this will become evident as the ICS works for efficiencies and collaboration as funding becomes extremely strained across the sector, but with far greater emphasis on partnerships across the communities to achieve better outcomes.

Continuing to focus on the following:

- Continued development of alternative funding streams through grant applications, allowing Shropshire MHS to reduce reliance on the statutory sector.
- Review operating processes to ensure optimal use of resources.
- Pursue partnerships with other charities, who share our core values.
- Continue to provide services to the hard to reach within the county.
- Development of trustee's core skills.
- Review memorandum of articles to ensure their continued relevance to the organisations aims, goals and objectives.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 31.10.2023 and signed on behalf of the board of trustees by:



C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Shropshire Mental Health Support Limited

Year ended 31 March 2023

I report to the trustees on my examination of the financial statements of Shropshire Mental Health Support Limited ('the charity') for the year ended 31 March 2023.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Shropshire Mental Health Support Limited

Company Limited by Guarantee

**Independent Examiner's Report to the Trustees of Shropshire Mental Health
Support Limited *(continued)***

Year ended 31 March 2023

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jonathon Dale

Jonathon Dale BA(Hons) FCA
Independent Examiner

Independent Auditors LLP
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

6 NOVEMBER 2023

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Activities (Including income and expenditure account)

Year ended 31 March 2023

		Unrestricted funds £	2023 Restricted funds £	Total funds £	2022 Total funds £
	Note				
Income and endowments					
Donations and legacies	5	53,291	–	53,291	30,013
Charitable activities	6	101,334	672,803	774,136	658,071
Other trading activities	7	5,000	–	5,000	4,653
Investment income	8	2,594	–	2,594	14
Total income		<u>162,219</u>	<u>672,803</u>	<u>835,021</u>	<u>692,751</u>
Expenditure					
Expenditure on charitable activities	9,10	(148,187)	(588,215)	(736,401)	(571,246)
Total expenditure		<u>148,187</u>	<u>588,215</u>	<u>736,401</u>	<u>571,246</u>
Net income and net movement in funds		<u>14,032</u>	<u>84,588</u>	<u>98,620</u>	<u>121,505</u>
Reconciliation of funds					
Total funds brought forward		267,916	344,544	612,460	490,955
Total funds carried forward		<u>281,948</u>	<u>429,132</u>	<u>711,080</u>	<u>612,460</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Position

31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible fixed assets	16	18,554	21,547
Current assets			
Stocks	17	7,540	3,662
Debtors	18	24,171	4,216
Cash at bank and in hand		667,783	650,878
		<u>699,494</u>	<u>658,756</u>
Creditors: amounts falling due within one year	19	<u>6,968</u>	<u>67,843</u>
Net current assets		<u>692,526</u>	<u>590,913</u>
Total assets less current liabilities		<u>711,080</u>	<u>612,460</u>
Net assets		<u>711,080</u>	<u>612,460</u>
Funds of the charity			
Restricted funds		429,132	344,544
Unrestricted funds		<u>281,948</u>	<u>267,916</u>
Total charity funds	22	<u>711,080</u>	<u>612,460</u>

For the year ending 31 March 2023 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 31.10.2023, and are signed on behalf of the board by:



C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2023

	2023 £	2022 £
Cash flows from operating activities		
Net income	98,620	121,505
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	5,305	1,589
Other interest receivable and similar income	(2,594)	(14)
Interest payable and similar charges	759	214
Accrued Income	(17,380)	(1,536)
<i>Changes in:</i>		
Stocks	(3,878)	304
Trade and other debtors	(2,544)	56,797
Trade and other creditors	(60,906)	59,988
Cash generated from operations	17,382	238,847
Interest paid	(759)	(214)
Interest received	2,594	14
Net cash from operating activities	<u>19,217</u>	<u>238,647</u>
Cash flows from investing activities		
Purchase of tangible assets	(2,312)	(19,229)
Net cash used in investing activities	<u>(2,312)</u>	<u>(19,229)</u>
Net increase in cash and cash equivalents	16,905	219,418
Cash and cash equivalents at beginning of year	650,878	431,460
Cash and cash equivalents at end of year	<u>667,783</u>	<u>650,878</u>

The notes on pages 13 to 24 form part of these financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2023

1. General Information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Suite 3 + 4 Observer House, Hollywell Street, Shrewsbury, SY2 6BL.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	- 10% reducing balance
Motor vehicles	- 25% reducing balance
Equipment	- 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial Instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

3. Accounting policies *(continued)*

Financial Instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The charity is a company limited by guarantee. In the event of winding up each member agrees to contribute an amount not exceeding £1 to the charity's assets.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

5. Donations and legacies

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Donations				
Donations and legacies	53,291	53,291	30,013	30,013

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Shop income	60,748	–	60,748
Grant income	40,000	667,649	707,649
Sundry income	586	5,154	5,739
	<u>101,334</u>	<u>672,803</u>	<u>774,136</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Shop income	49,236	–	49,236
Grant income	67,469	536,475	603,944
Sundry income	4,891	–	4,891
	<u>121,596</u>	<u>536,475</u>	<u>658,071</u>

7. Other trading activities

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Sponsorships	3,418	3,418	2,146	2,146
Fundraising events	1,582	1,582	2,507	2,507
	<u>5,000</u>	<u>5,000</u>	<u>4,653</u>	<u>4,653</u>

8. Investment income

	Unrestricted Funds £	Total Funds 2023 £	Unrestricted Funds £	Total Funds 2022 £
Bank interest receivable	2,594	2,594	14	14

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Main costs	55,475	521,651	577,127
Shop costs	59,156	—	59,154
Support costs	33,556	66,564	100,120
	<u>148,187</u>	<u>588,215</u>	<u>736,401</u>
	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Main costs	1,135	441,268	442,402
Shop costs	50,995	—	50,997
Support costs	52,844	25,004	77,847
	<u>104,974</u>	<u>466,272</u>	<u>571,246</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2023 £	Total fund 2022 £
Main costs	577,127	100,120	677,247	520,249
Shop costs	59,154	—	59,154	50,997
	<u>636,281</u>	<u>100,120</u>	<u>736,401</u>	<u>571,246</u>

11. Analysis of support costs

	Main costs £	Total 2023 £	Total 2022 £
Motor expenses	5,415	5,415	—
Rent and rates	46,090	46,090	41,144
Advertising and website costs	6,211	6,211	2,249
Light & heat	11,985	11,985	8,968
Cleaning, equipment and repairs	8,137	8,137	9,210
Insurance	4,230	4,230	2,823
Postage, stationery and photocopier	3,006	3,006	4,334
Legal and professional fees	4,945	4,945	4,460
Accountancy and payroll costs	4,037	4,037	2,856
Bank charges	759	759	214
Depreciation and impairment	5,305	5,305	1,589
	<u>100,120</u>	<u>100,120</u>	<u>77,847</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

12. Net income

Net income is stated after charging/(crediting):

	2023	2022
	£	£
Depreciation of tangible fixed assets	<u>5,305</u>	<u>1,589</u>

13. Independent examination fees

	2023	2022
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,800</u>	<u>1,800</u>

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2023	2022
	£	£
Wages and salaries	503,792	398,357
Social security costs	32,886	24,538
Employer contributions to pension plans	6,916	5,411
	<u>543,594</u>	<u>428,306</u>

The average head count of employees during the year was 39 (2022: 36). The average number of full-time equivalent employees during the year is analysed as follows:

	2023	2022
	No.	No.
Admin staff	<u>39</u>	<u>36</u>

No employee received employee benefits of more than £60,000 during the year (2022: Nil).

15. Trustee remuneration and expenses

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

16. Tangible fixed assets

	Fixtures and fittings £	Motor vehicles £	Equipment £	Total £
Cost				
At 1 April 2022	6,769	12,995	11,684	31,448
Additions	358	300	1,654	2,312
At 31 March 2023	7,127	13,295	13,338	33,760
Depreciation				
At 1 April 2022	4,451	89	5,361	9,901
Charge for the year	246	3,302	1,757	5,305
At 31 March 2023	4,697	3,391	7,118	15,206
Carrying amount				
At 31 March 2023	2,430	9,904	6,220	18,554
At 31 March 2022	2,318	12,906	6,323	21,547

17. Stocks

	2023 £	2022 £
Raw materials and consumables	7,540	3,662

18. Debtors

	2023 £	2022 £
Prepayments and accrued income	23,826	4,089
Other debtors	345	127
	24,171	4,216

19. Creditors: amounts falling due within one year

	2023 £	2022 £
Accruals and deferred income	2,191	61,860
Social security and other taxes	3,322	3,260
Other creditors	1,455	2,723
	6,968	67,843

20. Deferred income

	2023 £	2022 £
Amount deferred in year	—	59,700

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

21. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £6,916 (2022: £5,411).

22. Analysis of charitable funds

Unrestricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Unrestricted funds	<u>267,916</u>	<u>162,219</u>	<u>(148,187)</u>	<u>281,948</u>

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Unrestricted funds	<u>216,614</u>	<u>156,276</u>	<u>(104,974)</u>	<u>267,916</u>

Restricted funds

	At 1 April 2022	Income	Expenditure	At 31 March 2023
	£	£	£	£
Market Drayton Self Help Group	276	—	—	276
Whitchurch Self Help Group	60	—	—	60
Calmer Cafe	6,334	18,498	(17,238)	7,594
Outreach	33,269	42,287	(36,900)	38,656
Telephone Support	—	31,812	(30,660)	1,152
Covid 19	—	—	—	—
Bereavement Support	13,334	16,345	(22,394)	7,285
Reconnect Project - Berwyn Prison	—	4,361	(4,361)	—
Trauma Resilience Management	25,637	—	(25,637)	—
A & E Support	3,621	29,700	(23,863)	9,458
Sanctuary Funding	180,425	197,400	(226,702)	151,123
TRIM - Co-ordinator	12,063	101,200	(59,062)	54,201
TRIM - Administrator	15,618	—	(15,618)	—
HEP Equalities Oswestry	33,136	27,613	(47,768)	12,981
Outreach Dual Diagnosis	19,799	100,000	(49,017)	70,782
Kickstart	972	5,942	(6,914)	—
Wellbeing Vehicle	—	20,000	(839)	19,161
IAPT Telephone	—	30,000	(7,188)	22,812
Reconnect Chuch Stretton	—	793	(793)	—
Winter Support	—	11,143	(4,561)	6,582
Training	—	25,254	(8,700)	16,554
Peer Support	—	10,455	—	10,455
	<u>344,544</u>	<u>672,803</u>	<u>(588,215)</u>	<u>429,132</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

	At 1 April 2021	Income	Expenditure	At 31 March 2022
	£	£	£	£
Market Drayton Self Help Group	276	–	–	276
Whitchurch Self Help Group	60	–	–	60
Calmer Cafe	6,918	18,985	(19,569)	6,334
Outreach	19,664	42,286	(28,681)	33,269
Telephone Support	8,590	22,379	(30,969)	–
Covid 19	1,501	2,000	(3,501)	–
Bereavement Support	1,668	29,521	(17,855)	13,334
Reconnect Project - Berwyn Prison	–	1,200	(1,200)	–
Trauma Resilience Management	46,460	–	(20,823)	25,637
A & E Support	606	24,750	(21,735)	3,621
Sanctuary Funding	188,598	245,204	(253,377)	180,425
TRIM - Co-ordinator	–	35,000	(22,937)	12,063
TRIM - Administrator	–	20,001	(4,383)	15,618
HEP Equalities Oswestry	–	65,000	(31,864)	33,136
Outreach Dual Diagnosis	–	25,000	(5,201)	19,799
Kickstart	–	5,149	(4,177)	972
	<u>274,341</u>	<u>536,475</u>	<u>(466,272)</u>	<u>344,544</u>

The restricted fund balance of £429,132 as at 31 March 2023 consists of the following sub-funds:

Market Drayton Self Help Group

Located within the North Shropshire Town, the Market Drayton Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Whitchurch Self Help Group

Located within the North Shropshire Town, the Whitchurch Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Calmer Cafe

Calmer Cafe is a crisis cafe model, this allows a drop-in service and instant de-escalation of crisis, with support tailored around the person. The atmosphere is that of a coffee shop, with a host of beverages being served free of charge to those with support needs. The service is commissioned initially for 3 years, from March 2020 until March 2023.

Outreach

Assertive outreach enables the service provision of 2 key workers, who in coordination with the Crisis team and CMHT, provide support to the person within their own home and environment, allowing a stabilising and empowering effect. The outreach is short and targeted over approximately 6 weeks.

Bereavement Support

The Bereavement support service is to support people who have been bereaved by suicide or sudden or unexplained death.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

TRIM - Co-ordinator

The TRIM Co-ordinator co-ordinates the service, which provides structured support for people who have been affected by trauma, its aim is to provide bespoke support for people experiencing trauma which enables them to continue to work. It supports the three hospitals and the council. The co-ordinator will ensure that the process is followed once a referral comes through and will often visit the place of work to carry out support sessions and/or arrange for other practitioners to attend alongside.

A & E Support

A & E Outreach service was started to support people who may present to A & E to seek support with their mental health, so rather than be in the A & E environment, people can be referred to us for support.

Sanctuary Funding

The Sanctuary is commissioned by Shropshire CCG to provide an alternative to S136 of the MHA, acting as a prime suicide prevention service that is assertive in its actions. The service is open from 1700hrs until 0900hrs every day of the year, with service extensions on Saturday and Sunday. Sanctuary is commissioned on a 1 year contract each year by the CCG, upon review of key performance indicators.

HEP Equalities Oswestry

HEP Oswestry funding is aimed at reducing the health inequalities in areas that are more prone to people being disadvantaged, so our commissioned work for HEP is to provide 2 days in Oswestry for people who may have addiction and or mental health needs, and we provide our Reconnect programme there on Tuesdays and Fridays along with a 'drop-in' session.

Wellbeing Vehicle

The Wellbeing Vehicle was purchased in April 2022, this is a pilot project to prove the concept of the mobile delivery service across the county, ensuring we take the service to the people who need it. The public transport sector is extremely limited within the county and the board agreed this concept would be worth an investment, hoping to improve access to services. The service has been a resounding success, with early planning, already underway to replace it with a new vehicle.

IAPT Telephone/Talking Therapies

The IAPT project was designed to alleviate the long waiting list within the mental health trust for talking therapies. This service has reduced the waiting list by 125 people within its first year of operating, making a significant improvement for access times and the quality of service being received by the person. Continuation will depend upon repeat funding.

Winter Support

The Winter support programme was designed to provide key outreach support to the most vulnerable during the bleakest of months. The feedback from those experiencing the support provided was of such a nature that the project has been commissioned for 23/24 as the standard service being funded by the local authority.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2023

Training

Training of the staff and volunteers is of utmost importance, ensuring all of the skill sets are maintained to the highest levels. Supporting someone in crisis is unpredictable and demanding, thus our skills must match the high demands being placed upon our staff. The training is monitored by the ICB to ensure we meet the standards for commissioning.

Peer Support

Peer support is the cornerstone of the charity and how it empowers people to live well with their mental health, the key project that brings this to the fore is the Reconnect programme. It has been delivered within 12a at Oswestry as well as at Berwyn Prison, where it has been in demand for over 5 years to date.

23. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Tangible fixed assets	18,553	–	18,553
Current assets	270,362	429,132	699,494
Creditors less than 1 year	(6,967)	–	(6,967)
Net assets	281,948	429,132	711,080

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	21,547	–	21,547
Current assets	314,212	344,544	658,756
Creditors less than 1 year	(67,843)	–	(67,843)
Net assets	267,916	344,544	612,460

24. Analysis of changes in net debt

	At 1 Apr 2022 £	Cash flows £	At 31 Mar 2023 £
Cash at bank and in hand	650,878	16,905	667,783

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Management Information

Year ended 31 March 2023

The following pages do not form part of the financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2023

	2023 £	2022 £
Income and endowments		
Donations and legacies		
Donations and legacies	53,291	30,013
Charitable activities		
Shop income	60,748	49,236
Grant income	707,649	603,944
Sundry income	5,739	4,891
	<u>774,136</u>	<u>658,071</u>
Other trading activities		
Sponsorships	3,418	2,146
Fundraising events	1,582	2,507
	<u>5,000</u>	<u>4,653</u>
Investment income		
Bank interest receivable	2,594	14
	<u>2,594</u>	<u>14</u>
Total income	<u>835,021</u>	<u>692,751</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2023

	2023 £	2022 £
Expenditure on charitable activities		
Main costs		
<i>Activities undertaken directly</i>		
Wages and social security	(488,816)	(381,109)
Employer's NIC	(32,032)	(23,792)
Pension costs	(6,654)	(5,171)
Travel and volunteer expenses	(17,856)	(7,011)
Telephone	(5,985)	(3,842)
Sundries	(11,078)	(15,302)
Groups and activities	(14,135)	(3,312)
Subscriptions	(571)	(2,863)
	<u>(577,127)</u>	<u>(442,402)</u>
Support costs		
Rent and rates	(46,090)	(41,144)
Advertising	(2,575)	(1,153)
Light & heat	(11,985)	(8,968)
Equipment and repairs	(3,661)	(3,156)
Insurance	(4,230)	(2,823)
Postage, stationery and photocopier	(3,006)	(4,334)
Legal and professional fees	(4,945)	(4,460)
Accountancy and payroll costs	(4,037)	(2,856)
Website costs	(3,636)	(1,096)
Depreciation and impairment	(5,305)	(1,589)
Bank charges	(759)	(214)
Cleaning	(4,476)	(6,054)
Motor expenses	(5,415)	—
	<u>(100,120)</u>	<u>(77,847)</u>
Shop costs		
<i>Activities undertaken directly</i>		
Opening stock	(3,662)	(3,966)
Purchases	(46,342)	(32,459)
Closing stock	7,540	3,662
Wages and social security	(14,976)	(17,248)
Employer's NIC	(854)	(746)
Pension costs	(262)	(240)
Travel and volunteer expenses	(120)	—
Sundries	(478)	—
	<u>(59,154)</u>	<u>(50,997)</u>
Expenditure on charitable activities	<u><u>(736,401)</u></u>	<u><u>(571,246)</u></u>

Accounts

COMPANY REGISTRATION NUMBER: 02594511
CHARITY REGISTRATION NUMBER: 1003117

Shropshire Mental Health Support Limited
Company Limited by Guarantee
Unaudited Financial Statements
31 March 2022

INDEPENDENT AUDITORS LLP

Chartered Accountants
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2022

	Page
Trustees' annual report (incorporating the director's report)	1
Independent examiner's report to the trustees	10
Statement of financial activities (including income and expenditure account)	12
Statement of financial position	13
Statement of cash flows	14
Notes to the financial statements	15
The following pages do not form part of the financial statements	
Detailed statement of financial activities	28
Notes to the detailed statement of financial activities	29

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2022

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Reference and administrative details

Registered charity name	Shropshire Mental Health Support Limited	
Charity registration number	1003117	
Company registration number	02594511	
Principal office and registered office	Suite 3 + 4 Observer House Hollywell Street Shrewsbury SY2 6BL	
The trustees	C T Ireland R Munton L M Deane A Althorp E Bates (Appointed 18 November 2021) A Edwards (Appointed 18 November 2021) K Trotter (Appointed 18 November 2021)	
Independent examiner	Jonathon Dale BA(Hons) FCA Independent Auditors LLP Emstrey House North Shrewsbury Business Park Shrewsbury Shropshire SY2 6LG	

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Structure, governance and management

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report and accounts for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities.

Governing document

The organisation was formed in 1974 and registered as a charity with the Charity Commissioners for England & Wales under registration number 1003117. It was constituted as a charitable company limited by guarantee, Company registration number 2594511, in 1991. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C T Ireland
R Munton
A Althrop
L Deane
E Bates
T Edwards
K Trotter

Recruitment and appointment of Board of Trustees

The directors of the company are also charity trustees for the purposes of charity law and are known as members of the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

The charity works to alleviate mental distress and the Board of Trustees seeks to ensure that the needs of people who have experienced mental distress are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity actively encourages people who use their services to become members, moving on to become volunteers and use their own experience to support and guide the charity.

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report and accounts for the year ended 31 March 2022. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

The board of trustees have guided the charity through some of the most challenging times, with our team of 6 trustees dynamically shaping the charity to ensure it is fit for purpose in our ever-changing

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

world. The wealth of knowledge and skills the trustees bring, has permitted the charity to expand into a new premise with Oswestry and Shrewsbury, whilst replacing our previous I.T infrastructure and communications package with all new digital systems. It was with great sadness that we lost our stalwart trustee Alan Althorp who passed away in Summer of 2022, his dedication to the charity and all those with support needs is something that will continue in his legacy, thank you Alan from all of us at Shropshire Mental Health Support Limited. (Shropshire MHS)

Organisational structure

Shropshire MHS has a Board of Trustees of up to 12 members who meet every 4 to 8 weeks. The board is responsible for formulating the strategic direction and policies of the charity, whilst providing key governance and oversight.

The board is responsible for ensuring through governance and policies that a safe environment is provided, which also safeguards all adults accessing the service. The board of trustees currently has 6 members, who are all from a diverse background, including volunteers, service users and business leaders, giving the charity a diverse board with experience complimenting the needs of the charity.

The Officers' Committee consists of the Chair, the Vice Chair, the Treasurer, and the CEO. The Officers' committee has delegated authority.

A scheme of delegation is in place, with the board being responsible for strategic business planning and maintenance of the charity. The CEO is responsible for the day to day running of Shropshire MHS, allowing key decisions to be made without the continual approval by the board. Authority from the board is required for larger purchases and for any proposed changes to the business delivery. The responsibility for the premises, support services and Health and Safety is also delegated to the CEO.

Related parties

The charity is guided by National Policy and Legislation providing services within they key frameworks laid out. The Clinical Commissioning Group (CCG) and Local Authority both have policies, which the charity must adhere to at a local level and within funding agreements. Shropshire MHS employs the services of Aventure HR Consultancy, providing key HR, Legislation, and support with policies that the charity adheres to. All the charities policies and procedures are fully adherent to current legislation.

The charity provides a local and national voice for the people of Shropshire, Telford and Wrekin and Powys, championing the issues facing this rural county on the national stage where relevant. Maintaining a high community profile is key to the charity, allowing it to be more accessible, whilst also reducing the stigma surrounding mental health issues. Talks are normally delivered on a weekly basis to a whole host of organisations, raising awareness of mental health and lowering the stigma within the communities we serve.

Shropshire MHS acts as a key partner to Shropshire Council, the Midlands Partnership Foundation Trust, Community Mental Health Teams, Redwoods Centre, local CCG's, Police, Ambulance, British Transport Police, Street Pastors, Samaritans, Public Health England, Coroners, and other local service providers in the provision of mental health services across the county.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Objectives and activities

The charity's main objective is to promote the preservation of mental health and to assist in relieving and rehabilitating a person's suffering from poor mental health, or any condition that has an impact upon a person's mental health. The charity aims to support the person to live well through;

- Advocacy
- Peer support
- Direct interventions
- Teaching and supporting people to understand techniques that support their own wellbeing
- Signposting to appropriate services
- Working in direct partnerships within Shropshire, Telford and Wrekin and Powys
- Safeguarding all vulnerable people from abuse
- Listening services
- Effectively supporting the local community to lower the stigma surrounding mental health, through education and training. Championing a supportive and compassionate suicide prevention programme.
- Outreach.
- Calmer Café's.
- Telephone support services.
- Bereavement support.
- Trauma Resilience (DNA TRiM)
- Emergency Department mental health support.
- Dual Diagnosis discharge outreach.
- IAPT support line.
- Shropshire Sanctuary.
- Reconnect Groups.

Values and beliefs

Shropshire MHS's values are at the heart of everything we do.

- Open - We actively reach out to anyone who needs us
- Together - We're stronger with our partners
- Responsive - We listen, we act, we support, we advocate
- Independent - We speak out and support responsive service provisions
- Unstoppable - We will never stop supporting people

These beliefs and values are mirrored in the service provided.

- Ensuring the service, we provide reflects the needs of the local community
- Respecting the dignity and rights of any person using our services
- Services are appropriate, safe and acceptable to service users
- The environment is welcoming to everyone, with a zero tolerance to any discriminatory behaviour
- Offer choices and promote independence where practicable
- Raise awareness and educate the public on mental health issues
- Value its staff and volunteers as a good employer
- Incorporate joint working and liaison with other relevant agencies
- Are accountable and operate within the principles of corporate governance

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Achievements and performance

Shropshire MHS continued delivery of many key projects throughout the year, whilst also seeking new partnership/alliances with local charities with the same key values. During 2021/22 reporting period, the charity supported over 6,000 people, equating to 2 percent of the population of Shropshire. Many programmes have been changed or amended to reflect the risks associated with COVID-19 throughout 20/21.

The charity has won 2 Mayors Awards during the reporting period and is again renewing the Investors in Volunteers accreditation.

Shropshire Sanctuary continues to deliver critical interventions out of hours, whilst evolving to support new demands as and when they arise. To date the Sanctuary service has saved the public purse over £28,000,000, as well as preventing so many people from taking their lives, with the Sanctuary staff also doubling up as call handlers on the phone line in the evening.

The charity established the 24/7 telephone line in the early parts of the pandemic, it has been running ever since, supporting over 600 people continuously, whilst becoming the cornerstone of service delivery in the county.

The Integrated Care Systems (ICS) for Shropshire, Telford and Wrekin (STW) invested in DNA TRiM. DNA TRiM is a trauma resilience programme, designed to support peer networking and de-escalation following any Potentially Traumatic Experiences (PTE). With Shropshire MHS having a 24-hour presence through the call line and Shropshire Sanctuary, the charity was chosen to become the TRiM Hub for the whole of STW. The delivery of TRiM has been rolled out to Shrewsbury and Telford Hospitals (SaTH) Robert Jones Agnes Hunt (RJA) with great effect, maintaining professional staff within the workplace, whilst support and guidance is given. As part of the TRiM Hub role, Shropshire MHS also received funding for a full time Psychologist, who compliments the team and gives extremely quick access to a clinical skillset when needed. The TRiM project has grown and has delivered support to nearly 1,000 people, making it the leading provider within the U.K by reach, something we are extremely proud of.

Shropshire MHS has continued to host trainee RMN's, O. T's, Physiotherapists on work placements and Social Workers. The unique environment we have allows professionals to gain critical experience in supporting people with mental health issues. The soft approach within the charity is a stark contrast to that of statutory sector providers, the contrast between the two approaches allows the trainees to see the effects of both systems at work rather than just on a theoretical basis. Shropshire MHS actively recruits new volunteers, training and supporting them in the provision of the services to those with mental health needs. Many of our volunteers are inspired by the work and go on to seek employment within the professional side of our sector, with key hands on skills provided within the charity. Growth of roots up professionals can only serve to enhance our profile as a quality provider of mental health services within the 3rd sector.

Premises - The current lease expires on 31st March 2023, the property needs some repairs and so the charity has approached external parties to explore future requirements, whilst leasing Park House in Abbey Foregate in the short term.

Reach - The drop-in centre has remained closed throughout the pandemic; however specific groups have been delivered as follows. - Unity, Reconnect, Walking for Health, Allotment Group, Women's Group.

It remains challenging, balancing the risk of infection and the support needed by those with mental health support needs, this will be monitored throughout the coming year.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Shropshire MHS is the only 3rd sector provider to open 7 days a week within the County, providing that essential support when the statutory sector is not available. It is vital that the reach of the charity extends far beyond its head office in Shrewsbury, with service delivery now taking place in Whitchurch, Market Drayton, Ludlow, Bridgnorth and Oswestry, in various forms. Shropshire MHS has been working in conjunction with Shrewsbury College, aiming to support students and staff alike, this is a key partnership for the future, allowing the charity to provide solutions to anxiety and depression, caused by stress and the pressures of society.

Shropshire Sanctuary, the call line and the TRiM Hub have raised the profile of the charity, allowing further partnerships to be forged across the sector, but it is key to focus on the fact that we are an impartial and trusted service provider, being trusted by all who use our services.

The shop at Redwoods continues to support the charity in its objectives, providing funding from the revenue within the shop, whilst supporting beneficiaries to gain invaluable experience. Key investments have been made in the shop, as well as an expansion of the healthy range and a valuable stock of personal items for staff and patients to purchase.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

Financial review

Reserves policy

The reserves within the charity have grown steadily throughout the year and reflect the key strategic reserves that are needed to ensure stability and fulfil Charity Commission Regulations. Key areas for this success are attributable to the stringent fiscal policy within the charity and steady revenue flow from the Shop in Redwoods and fundraisers who support us. The shop manager has worked tirelessly to improve the margins and the breadth of service delivery. The shop is now a key financial asset to the charity. The aim of the charity is to increase the amount held in reserve, to be above 12 months turnover, with the turnover continually increasing, so the amount held in reserves must increase to secure the stability required by the charity into 2022/23.

Our dedicated Treasurer has enabled the charity to report a balanced account sheet for the past 10 years, the environment remains challenging with very little security in the medium term. Further cuts could still materialise from the statutory sector, so opportunities and calculated risks must be taken as and when required.

Shropshire CCG will be changing into Shropshire ICS on the 1st April 2022 and funding will again need to be assured from all those who invest in the services the charity provides.

Total income generated has increased from £544,842 in 2021 to £692,751 in 2022. £59,700 has been deferred to the 2022 financial year (2021: £Nil).

Expenditure incurred for 2022 was £571,246 compared with £429,600 in the prior year.

The charity made a surplus of £121,505 in 2022 compared with a surplus of £115,242 in 2021.

The closing fund balances were: unrestricted funds £267,916 and restricted funds £344,544.

Principal funding sources

Principal funding was primarily from Shropshire CCG and Shropshire Council who now joint fund the provision of the drop in centre and outlying groups within the county. Funding by the statutory sector remains the single largest funding source, but all key projects are ring fenced in their service provision.

The resilience of the charity is in the diversity of the funding streams, the board of trustees are continually sourcing new streams for the future requirements of the charity. No project or service delivery will be undertaken by Shropshire MHS unless it is fully funded and able to stand alone. No single project can be allowed to jeopardise the charity and its future service delivery.

The charity has maintained a tight fiscal policy, which is certainly paying off. The Treasurer and CEO are astute in all their financial actions, ensuring the charity is financially sound for years to come.

Having a surplus in this financial year, is indicative of the charities drive to succeed within the sector and innovate into the future.

Shropshire MHS works extremely close with partners, some of these partners support the charity in kind, with donations of furniture and other goods, allowing all funding to be utilised on service delivery. Networking in this manner has allowed the charity to significantly cut operating costs, with many more partners being willing to donate goods rather than cash.

Shropshire MHS always fully supports and publicly acknowledges its partners, valuing our key partners

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

in this manner has led to very mutually beneficial relationships, without which Shropshire MHS would find operating more difficult. The nurturing of key relationships is vital to Shropshire MHS now and in the future.

Investment policy

Investments are within the prime bank account, interest rates remain low, but a saver account has been opened, this will offset account charges on the primary account.

Summary

Services will have to evolve and be fast with their responses. Suicides and suicide thoughts are present in a great majority of those seeking support, with this, skill sets will have to be enhanced to deal with and support these needs.

DNA TRiM will be a prime focus as the charity looks to support as many professionals as possible, maintaining them within the workplace.

Virgin Just Giving has closed and the charity has expanded its scope with Just Giving, Facebook, PayPal and new text donations coupled with QR codes.

The charity has expressed its desire to purchase its own premises, or to find suitable premises that it can occupy in partnership with support from CCG or Local Authority. The search for a suitable long-term property will continue into 2023.

The board has 6 excellent trustees, these will bring together key skills to enhance future growth and delivery within the charity.

Shropshire MHS continues to work with partners, supporting the delivery of key mental health work across the county. This will continue into 2023 and beyond as the focus remains on joint working and joint outcomes. The landscape for service delivery will change and this will become evident as CCG's retire on the 31st of March 2022 and ICS's take over their role, but with far greater emphasis on partnerships across the communities to achieve greater outcomes.

Continuing to focus on the following:

- Continued development of alternative funding streams through grant applications, allowing Shropshire MHS reduce reliance on the statutory sector.
- Review operating processes to ensure optimal use of resources.
- Pursue partnerships with other charities, who share our core values.
- Continue to provide services to the hard to reach within the county.
- Development of trustee's core skills.
- Review memorandum of articles to ensure their continued relevance to the organisations aims, goals and objectives.

Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

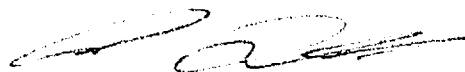
Shropshire Mental Health Support Limited

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

The trustees' annual report was approved on 1 December 2022 and signed on behalf of the board of trustees by:



C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Independent Examiner's Report to the Trustees of Shropshire Mental Health Support Limited

Year ended 31 March 2022

I report to the trustees on my examination of the financial statements of Shropshire Mental Health Support Limited ('the charity') for the year ended 31 March 2022.

Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales (ICAEW), which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
4. the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Shropshire Mental Health Support Limited

Company Limited by Guarantee

**Independent Examiner's Report to the Trustees of Shropshire Mental Health
Support Limited *(continued)***

Year ended 31 March 2022

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Jonathon Dale

Jonathon Dale BA(Hons) FCA
Independent Examiner

Independent Auditors LLP
Emstrey House North
Shrewsbury Business Park
Shrewsbury
Shropshire
SY2 6LG

7 DECEMBER 2022

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2022

			2022		2021
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
Income and endowments					
Donations and legacies	5	30,013	—	30,013	41,719
Charitable activities	6	121,596	536,475	658,071	499,202
Other trading activities	7	4,653	—	4,653	3,921
Investment income	8	14	—	14	—
Total income		<u>156,276</u>	<u>536,475</u>	<u>692,751</u>	<u>544,842</u>
Expenditure					
Expenditure on charitable activities	9,10	(104,974)	(466,272)	(571,246)	(429,600)
Total expenditure		<u>104,974</u>	<u>466,272</u>	<u>571,246</u>	<u>429,600</u>
Net income and net movement in funds		<u>51,302</u>	<u>70,203</u>	<u>121,505</u>	<u>115,242</u>
Reconciliation of funds					
Total funds brought forward		216,614	274,341	490,955	375,713
Total funds carried forward		<u>267,916</u>	<u>344,544</u>	<u>612,460</u>	<u>490,955</u>

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Financial Position

31 March 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible fixed assets	16	21,547	3,907
Current assets			
Stocks	17	3,662	3,966
Debtors	18	4,216	61,013
Cash at bank and in hand		650,878	431,460
		<u>658,756</u>	<u>496,439</u>
Creditors: amounts falling due within one year	19	<u>67,843</u>	<u>9,391</u>
Net current assets		<u>590,913</u>	<u>487,048</u>
Total assets less current liabilities		<u>612,460</u>	<u>490,955</u>
Net assets		<u>612,460</u>	<u>490,955</u>
Funds of the charity			
Restricted funds		344,544	274,341
Unrestricted funds		<u>267,916</u>	<u>216,614</u>
Total charity funds	22	<u>612,460</u>	<u>490,955</u>

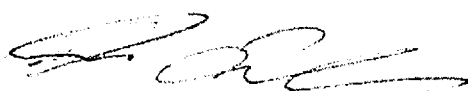
For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 1 December 2022, and are signed on behalf of the board by:


C T Ireland
Trustee

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Statement of Cash Flows

Year ended 31 March 2022

	2022 £	2021 £
Cash flows from operating activities		
Net income	121,505	115,242
<i>Adjustments for:</i>		
Depreciation of tangible fixed assets	1,589	730
Other interest receivable and similar income	(14)	—
Interest payable and similar charges	214	76
Accrued (income)/expenses	(1,536)	3,696
<i>Changes in:</i>		
Stocks	304	(1,211)
Trade and other debtors	56,797	(31,728)
Trade and other creditors	59,988	(11,589)
Cash generated from operations	238,847	75,216
Interest paid	(214)	(76)
Interest received	14	—
Net cash from operating activities	<u>238,647</u>	<u>75,140</u>
Cash flows from investing activities		
Purchase of tangible assets	(19,229)	—
Net cash used in investing activities	<u>(19,229)</u>	<u>—</u>
Net increase in cash and cash equivalents	219,418	75,140
Cash and cash equivalents at beginning of year	431,460	356,320
Cash and cash equivalents at end of year	<u>650,878</u>	<u>431,460</u>

The notes on pages 15 to 26 form part of these financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements

Year ended 31 March 2022

1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is Suite 3 + 4 Observer House, Hollywell Street, Shrewsbury, SY2 6BL.

2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (Charities SORP (FRS 102)) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

Tangible assets

Tangible assets are initially recorded at cost, and subsequently stated at cost less any accumulated depreciation and impairment losses. Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Tangible assets *(continued)*

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other recognised gains and losses, unless it reverses a charge for impairment that has previously been recognised as expenditure within the statement of financial activities. A decrease in the carrying amount of an asset as a result of revaluation, is recognised in other recognised gains and losses, except to which it offsets any previous revaluation gain, in which case the loss is shown within other recognised gains and losses on the statement of financial activities.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

Fixtures and fittings	- 10% reducing balance
Motor vehicles	- 25% reducing balance
Equipment	- 25% reducing balance

Impairment of fixed assets

A review for indicators of impairment is carried out at each reporting date, with the recoverable amount being estimated where such indicators exist. Where the carrying value exceeds the recoverable amount, the asset is impaired accordingly. Prior impairments are also reviewed for possible reversal at each reporting date.

For the purposes of impairment testing, when it is not possible to estimate the recoverable amount of an individual asset, an estimate is made of the recoverable amount of the cash-generating unit to which the asset belongs. The cash-generating unit is the smallest identifiable group of assets that includes the asset and generates cash inflows that largely independent of the cash inflows from other assets or groups of assets.

For impairment testing of goodwill, the goodwill acquired in a business combination is, from the acquisition date, allocated to each of the cash-generating units that are expected to benefit from the synergies of the combination, irrespective of whether other assets or liabilities of the charity are assigned to those units.

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

Financial instruments

A financial asset or a financial liability is recognised only when the charity becomes a party to the contractual provisions of the instrument.

Basic financial instruments are initially recognised at the amount receivable or payable including any related transaction costs.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

3. Accounting policies *(continued)*

Financial instruments *(continued)*

Current assets and current liabilities are subsequently measured at the cash or other consideration expected to be paid or received and not discounted.

Debt instruments are subsequently measured at amortised cost.

Where investments in shares are publicly traded or their fair value can otherwise be measured reliably, the investment is subsequently measured at fair value with changes in fair value recognised in income and expenditure. All other such investments are subsequently measured at cost less impairment.

Other financial instruments, including derivatives, are initially recognised at fair value, unless payment for an asset is deferred beyond normal business terms or financed at a rate of interest that is not a market rate, in which case the asset is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Other financial instruments are subsequently measured at fair value, with any changes recognised in the statement of financial activities, with the exception of hedging instruments in a designated hedging relationship.

Financial assets that are measured at cost or amortised cost are reviewed for objective evidence of impairment at the end of each reporting date. If there is objective evidence of impairment, an impairment loss is recognised under the appropriate heading in the statement of financial activities in which the initial gain was recognised.

For all equity instruments regardless of significance, and other financial assets that are individually significant, these are assessed individually for impairment. Other financial assets are either assessed individually or grouped on the basis of similar credit risk characteristics.

Any reversals of impairment are recognised immediately, to the extent that the reversal does not result in a carrying amount of the financial asset that exceeds what the carrying amount would have been had the impairment not previously been recognised.

Defined contribution plans

Contributions to defined contribution plans are recognised as an expense in the period in which the related service is provided. Prepaid contributions are recognised as an asset to the extent that the prepayment will lead to a reduction in future payments or a cash refund.

When contributions are not expected to be settled wholly within 12 months of the end of the reporting date in which the employees render the related service, the liability is measured on a discounted present value basis. The unwinding of the discount is recognised as an expense in the period in which it arises.

4. Limited by guarantee

The charity is a company limited by guarantee. In the event of winding up each member agrees to contribute an amount not exceeding £1 to the charity's assets.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

5. Donations and legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Donations			
Donations and legacies	<u>30,013</u>	<u>—</u>	<u>30,013</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Donations			
Donations and legacies	<u>31,750</u>	<u>9,969</u>	<u>41,719</u>

6. Charitable activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Shop income	49,236	—	49,236
Grant income	67,469	536,475	603,944
Sundry income	4,891	—	4,891
Attendance funding	—	—	—
Management charge	—	—	—
	<u>121,596</u>	<u>536,475</u>	<u>658,071</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Shop income	47,374	—	47,374
Grant income	142,977	288,296	431,273
Sundry income	1,652	—	1,652
Attendance funding	903	—	903
Management charge	18,000	—	18,000
	<u>210,906</u>	<u>288,296</u>	<u>499,202</u>

7. Other trading activities

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Sponsorships	2,146	2,146	1,836	1,836
Fundraising events	2,507	2,507	2,085	2,085
	<u>4,653</u>	<u>4,653</u>	<u>3,921</u>	<u>3,921</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

8. Investment income

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Bank interest receivable	14	14	—	—

9. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Main costs	1,135	441,268	442,402
Shop costs	50,995	—	50,997
Support costs	52,844	25,004	77,847
	<u>104,974</u>	<u>466,272</u>	<u>571,246</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Main costs	117,677	201,805	319,482
Shop costs	48,275	—	48,275
Support costs	46,294	15,549	61,843
	<u>212,246</u>	<u>217,354</u>	<u>429,600</u>

10. Expenditure on charitable activities by activity type

	Activities undertaken directly £	Support costs £	Total funds 2022 £	Total fund 2021 £
Main costs	442,402	77,847	520,249	381,325
Shop costs	50,997	—	50,997	48,275
	<u>493,399</u>	<u>77,847</u>	<u>571,246</u>	<u>429,600</u>

11. Analysis of support costs

	Main costs £	Shop costs £	Total 2022 £	Total 2021 £
Rent and rates	41,144	—	41,144	25,410
Advertising and website costs	2,249	—	2,249	13,418
Light & heat	8,968	—	8,968	6,312
Cleaning, equipment and repairs	9,210	—	9,210	6,233
Insurance	2,823	—	2,823	1,100

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

Postage, stationery and photocopier	4,270	64	4,334	2,172
Legal and professional fees	4,460	—	4,460	—
Accountancy and payroll costs	2,856	—	2,856	6,392
Bank charges	214	—	214	76
Depreciation and impairment	1,589	—	1,589	730
	<u>77,783</u>	<u>64</u>	<u>77,847</u>	<u>61,843</u>

12. Net income

Net income is stated after charging/(crediting):

	2022	2021
	£	£
Depreciation of tangible fixed assets	<u>1,589</u>	<u>730</u>

13. Independent examination fees

	2022	2021
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>1,800</u>	<u>2,500</u>

14. Staff costs

The total staff costs and employee benefits for the reporting period are analysed as follows:

	2022	2021
	£	£
Wages and salaries	398,357	280,050
Social security costs	24,538	15,046
Employer contributions to pension plans	5,411	3,576
	<u>428,306</u>	<u>298,672</u>

The average head count of employees during the year was 36 (2021: 30). The average number of full-time equivalent employees during the year is analysed as follows:

	2022	2021
	No.	No.
Admin staff	<u>36</u>	<u>30</u>

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

15. Trustee remuneration and expenses

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

16. Tangible fixed assets

	Fixtures and fittings £	Motor vehicles £	Equipment £	Total £
Cost				
At 1 April 2021	6,769	–	5,450	12,219
Additions	–	12,995	6,234	19,229
At 31 March 2022	<u>6,769</u>	<u>12,995</u>	<u>11,684</u>	<u>31,448</u>
Depreciation				
At 1 April 2021	4,193	–	4,119	8,312
Charge for the year	258	89	1,242	1,589
At 31 March 2022	<u>4,451</u>	<u>89</u>	<u>5,361</u>	<u>9,901</u>
Carrying amount				
At 31 March 2022	<u>2,318</u>	<u>12,906</u>	<u>6,323</u>	<u>21,547</u>
At 31 March 2021	<u>2,576</u>	<u>–</u>	<u>1,331</u>	<u>3,907</u>

17. Stocks

	2022 £	2021 £
Raw materials and consumables	<u>3,662</u>	<u>3,966</u>

18. Debtors

	2022 £	2021 £
Prepayments and accrued income	4,089	–
Other debtors	127	61,013
	<u>4,216</u>	<u>61,013</u>

19. Creditors: amounts falling due within one year

	2022 £	2021 £
Accruals and deferred income	61,860	3,696
Social security and other taxes	3,260	5,695
Other creditors	2,723	–
	<u>67,843</u>	<u>9,391</u>

20. Deferred income

	2022 £	2021 £
Amount deferred in year	<u>59,700</u>	<u>–</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

21. Pensions and other post retirement benefits

Defined contribution plans

The amount recognised in income or expenditure as an expense in relation to defined contribution plans was £5,411 (2021: £3,576).

22. Analysis of charitable funds

Unrestricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Unrestricted funds	216,614	156,276	(104,974)	—	267,916

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Unrestricted funds	189,718	246,577	(212,246)	(7,435)	216,614

Restricted funds

	At 1 April 2021 £	Income £	Expenditure £	Transfers £	At 31 March 2022 £
Market Drayton Self Help Group	276	—	—	—	276
Whitchurch Self Help Group	60	—	—	—	60
Calmer Cafe	6,918	18,985	(19,569)	—	6,334
Outreach	19,664	42,286	(28,681)	—	33,269
Telephone Support	8,590	22,379	(30,969)	—	—
Covid 19	1,501	2,000	(3,501)	—	—
Bereavement Support	1,668	29,521	(17,855)	—	13,334
Rebranding	—	—	—	—	—
Reconnect Project - Berwyn Prison	—	1,200	(1,200)	—	—
Trauma Resilience Management	46,460	—	(20,823)	—	25,637
A & E Support	606	24,750	(21,735)	—	3,621

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

22. Analysis of charitable funds *(continued)*

Sanctuary Funding	188,598	245,204	(253,377)	—	180,425
TRIM - Co-ordinator	—	35,000	(22,937)	—	12,063
TRIM - Administrator	—	20,001	(4,383)	—	15,618
HEP Equalities					
Oswestry	—	65,000	(31,864)	—	33,136
Outreach Dual					
Diagnosis	—	25,000	(5,201)	—	19,799
Kickstart	—	5,149	(4,177)	—	972
	<u>274,341</u>	<u>536,475</u>	<u>(466,272)</u>	<u>—</u>	<u>344,544</u>

	At 1 April 2020 £	Income £	Expenditure £	Transfers £	At 31 March 2021 £
Market Drayton Self Help Group	—	300	(24)	—	276
Whitchurch Self Help Group	—	105	(45)	—	60
Calmer Cafe	3,088	22,238	(18,408)	—	6,918
Outreach	14,077	31,715	(26,128)	—	19,664
Telephone Support	—	24,844	(16,254)	—	8,590
Covid 19	—	5,000	(3,499)	—	1,501
Bereavement Support	—	4,802	(3,134)	—	1,668
Rebranding	—	13,419	(13,419)	—	—
Reconnect Project - Berwyn Prison	—	—	(7,435)	7,435	—
Trauma Resilience Management	—	48,090	(1,630)	—	46,460
A & E Support	—	2,250	(1,644)	—	606
Sanctuary Funding	168,830	145,502	(125,734)	—	188,598
TRIM - Co-ordinator	—	—	—	—	—
TRIM - Administrator	—	—	—	—	—
HEP Equalities					
Oswestry	—	—	—	—	—
Outreach Dual					
Diagnosis	—	—	—	—	—
Kickstart	—	—	—	—	—
	<u>185,995</u>	<u>298,265</u>	<u>(217,354)</u>	<u>7,435</u>	<u>274,341</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

22. Analysis of charitable funds *(continued)*

The restricted fund balance of £344,544 as at 31 March 2022 consists of the following sub-funds:

Market Drayton Self Help Group

Located within the North Shropshire Town, the Market Drayton Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Whitchurch Self Help Group

Located within the North Shropshire Town, the Whitchurch Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Calmer Cafe

Calmer Cafe is a crisis cafe model, this allows a drop-in service and instant de-escalation of crisis, with support tailored around the person. The atmosphere is that of a coffee shop, with a host of beverages being served free of charge to those with support needs. The service is commissioned initially for 3 years, from March 2020 until March 2023.

Outreach

Assertive outreach enables the service provision of 2 key workers, who in coordination with the Crisis team and CMHT, provide support to the person within their own home and environment, allowing a stabilising and empowering effect. The outreach is short and targeted over approximately 6 weeks.

Bereavement Support

The Bereavement support service is to support people who have been bereaved by suicide or sudden or unexplained death.

Trauma Resilience Management

TRIM - Co-ordinator

The TRiM Co-ordinator co-ordinates the service, which provides structured support for people who have been affected by trauma, it's aim is to provide bespoke support for people experiencing trauma which enables them to continue to work. It supports the three hospitals and the council. The co-ordinator will ensure that the process is followed once a referral comes through and will often visit the place of work to carry out support sessions and/or arrange for other practitioners to attend alongside.

TRIM - Administrator

The TRiM administrator assists the co-ordinator with the service.

A & E Support

A & E Outreach service was started to support people who may present to A & E to seek support with their mental health, so rather than be in the A & E environment, people can be referred to us for support.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

22. Analysis of charitable funds *(continued)*

Sanctuary Funding

The Sanctuary is commissioned by Shropshire CCG to provide an alternative to S136 of the MHA, acting as a prime suicide prevention service that is assertive in its actions. The service is open from 1700hrs until 0900hrs every day of the year, with service extensions on Saturday and Sunday. Sanctuary is commissioned on a 1 year contract each year by the CCG, upon review of key performance indicators.

HEP Equalities Oswestry

HEP Oswestry funding is aimed at reducing the health inequalities in areas that are more prone to people being disadvantaged, so our commissioned work for HEP is to provide 2 days in Oswestry for people who may have addiction and or mental health needs, and we provide our Reconnect programme there on Tuesdays and Fridays along with a 'drop-in' session.

Kickstart

Kickstart scheme was a government funded initiative to support young people into employment, we were funded by the Shropshire Chamber in conjunction with the job centre to prove a work placement for 2 people. It has now finished.

23. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Tangible fixed assets	21,547	—	21,547
Current assets	314,212	344,544	658,756
Creditors less than 1 year	(67,843)	—	(67,843)
Net assets	267,916	344,544	612,460

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Tangible fixed assets	3,907	—	3,907
Current assets	212,707	274,341	487,048
Creditors less than 1 year	(9,391)	—	(9,391)
Net assets	207,223	274,341	481,564

24. Analysis of changes in net debt

	At 1 Apr 2021 £	Cash flows £	At 31 Mar 2022 £
Cash at bank and in hand	431,460	219,418	650,878

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Management Information

Year ended 31 March 2022

The following pages do not form part of the financial statements.

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Detailed Statement of Financial Activities

Year ended 31 March 2022

	2022 £	2021 £
Income and endowments		
Donations and legacies		
Donations and legacies	30,013	41,719
Charitable activities		
Shop income	49,236	47,374
Grant income	603,944	431,273
Sundry income	4,891	1,652
Attendance funding	—	903
Management charge	—	18,000
	658,071	499,202
Other trading activities		
Sponsorships	2,146	1,836
Fundraising events	2,507	2,085
	4,653	3,921
Investment income		
Bank interest receivable	14	—
Total income	<u>692,751</u>	<u>544,842</u>

Shropshire Mental Health Support Limited

Company Limited by Guarantee

Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2022

	2022 £	2021 £
Expenditure on charitable activities		
Main costs		
<i>Activities undertaken directly</i>		
Wages and social security	(381,109)	(266,693)
Employer's NIC	(23,792)	(15,046)
Pension costs	(5,171)	(3,576)
Management charges	–	(18,000)
Travel and volunteer expenses	(7,011)	(6,957)
Telephone	(3,842)	(5,283)
Sundries	(15,302)	(3,741)
Groups and activities	(3,312)	(75)
Subscriptions	(2,863)	(111)
	<u>(442,402)</u>	<u>(319,482)</u>
Support costs		
Rent and rates	41,144	25,410
Advertising	1,153	13,418
Light & heat	8,968	6,312
Equipment and repairs	3,156	4,365
Insurance	2,823	1,100
Postage, stationery and photocopier	4,334	2,172
Legal and professional fees	4,460	–
Accountancy and payroll costs	2,856	6,392
Website costs	1,096	–
Depreciation and impairment	1,589	730
Bank charges	214	76
Cleaning	6,054	1,868
	<u>77,847</u>	<u>61,843</u>
Shop costs		
<i>Activities undertaken directly</i>		
Opening stock	3,966	2,755
Purchases	32,459	36,090
Closing stock	(3,662)	(3,966)
Wages and social security	17,248	13,357
Employer's NIC	746	–
Pension costs	240	–
Travel and volunteer expenses	–	39
	<u>50,997</u>	<u>48,275</u>
Expenditure on charitable activities	<u><u>(571,246)</u></u>	<u><u>(429,600)</u></u>

Accounts

Charity Registration No. 1003117

Company Registration No. 02594511 (England and Wales)

**SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY
SHROPSHIRE MIND)**

**TRUSTEES' REPORT AND
INDEPENDENTLY EXAMINED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2021**

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	C T Ireland R Munton A Althrop L Deane E Bates - Co-opted (Appointed 18 November 2021) T Edwards - Co-opted (Appointed 18 November 2021) K Trotter - Co-opted (Appointed 18 November 2021)
Chair	C T Ireland
Charity number	1003117
Company number	02594511
Registered office	Suite 3 & 4 Observer House Holywell Street Shrewsbury Shropshire United Kingdom SY2 6BL
Independent examiner	Azets Audit Services Column House London Road Shrewsbury Shropshire SY2 6NN

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

CONTENTS

	Page
Trustees report	1 - 8
Statement of Trustees responsibilities	9
Independent examiner's report	10
Statement of financial activities	11
Balance sheet	12
Notes to the financial statements	13 - 24

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

TRUSTEES REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report and accounts for the year ended 31 March 2021. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard for Smaller Entities.

Objectives and activities

The Trustees have had regard to the Charity Commission guidance on public benefit.

The charity's main objective is to promote the preservation of mental health and to assist in relieving and rehabilitating a person's suffering from poor mental health, or any condition that has an impact upon a person's mental health. The charity aims to support the person to live well through;

- Advocacy
- Peer support
- Direct intervention
- Teaching and supporting people to understand techniques that support their own wellbeing
- Signposting to appropriate services
- Working in direct partnerships within Shropshire, Telford and Wrekin and Powys
- Safeguarding all vulnerable people from abuse
- Listening services
- Effectively supporting the local community to lower the stigma surrounding mental health, through education and training. Championing a supportive and compassionate suicide prevention programme.
- Outreach.
- Crisis Café's.
- Telephone support services.
- Bereavement support.
- Trauma resilience.
- Emergency department mental health support.

Values and beliefs

Shropshire Mental Health Support Ltd's values are at the heart of everything we do.

Open	- We actively reach out to anyone who needs us
Together	- We're stronger with our partners
Responsive	- We listen, we act, we support, we advocate
Independent	- We speak out and support responsive service provisions
Unstoppable	- We will never stop supporting people

These beliefs and values are mirrored in the service we provide.

- Ensuring the service, we provide reflects the needs of the local community
- Respecting the dignity and rights of any person using our services
- Services are appropriate, safe and acceptable to service users
- The environment is welcoming to everyone, with a zero tolerance to any discriminatory behaviour
- Offer choices and promote independence where practicable
- Raise awareness and educate the public on mental health issues
- Value its staff and volunteers as a good employer
- Incorporate joint working and liaison with other relevant agencies
- Are accountable and operate within the principles of corporate governance

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

TRUSTEES REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

The Trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Charitable activities

Shropshire Mental Health Support Ltd continued delivery of many key projects throughout the year, whilst also seeking new partnership/alliances with local charities with the same key values. During 2020/21 reporting period, the charity received over 15,000 enquiries and averted over 700 potential suicides. Many programmes have been changed or amended to reflect the risks associated with COVID-19.

Shropshire Mental Health Support Ltd was the only mental health charity to maintain full face to face service with the appropriate safeguards in place, throughout the 1st and 2nd lockdown periods of COVID-19. It is a testament to the Staff and Volunteers, their commitment and dedication to support those with poor mental health has shone through, highlighting what an amazing team we are blessed to work with.

The charity has been nominated for The Queens Award, for the charity's dedicated work and innovation throughout the year, supporting the most vulnerable when all other services were not available.

Shropshire Sanctuary continues to deliver critical interventions out of hours, whilst evolving to support new demands as and when they arise. To date the Sanctuary service has saved the public purse over £24,000,000, as well as preventing so many people from taking their lives, with the Sanctuary staff also doubling up as call handlers on the phone line in the evening.

The charity established the 24/7 telephone line in the early parts of the pandemic. It has been running ever since, supporting over 600 people continuously, becoming the cornerstone of service delivery.

The Integrated Care Systems (ICS) for Shropshire, Telford and Wrekin (STW) invested in DNA TRiM. DNA TRiM is a trauma resilience programme, designed to support peer networking and de-escalation following any Potentially Traumatic Experiences (PTE). With Shropshire Mental Health Support Ltd having a 24-hour presence through the call line and Shropshire Sanctuary, the charity was chosen to become the TRiM Hub for the whole of STW. The delivery of TRiM has been rolled out to Shrewsbury and Telford Hospitals (SaTH) Robert Jones Agnes Hunt (RJA) with great effect, maintaining professional staff within the workplace, whilst support and guidance is given. As part of the TRiM Hub role, Shropshire Mental Health Support Ltd also received funding for a full time Psychologist, who compliments the team and gives extremely quick access to a clinical skillset when needed.

Funding will have to be secured for the continuation of Shropshire Sanctuary beyond April 2022 as it reaches its 5th anniversary.

Shropshire Mental Health Support Ltd has continued to host trainee RMN's, Occupational Therapists, Physiotherapists on work placements and Social Workers. The unique environment we have allows professionals to gain critical experience in supporting people with mental health issues. The soft approach within the charity is a stark contrast to that of statutory sector providers, the contrast between the two approaches allows the trainees to see the effects of both systems at work rather than just on a theoretical basis. Shropshire Mental Health Support actively recruits new volunteers, training and supporting them in the provision of the services to those with mental health needs. Many of our volunteers are inspired by the work and go on to seek employment within the professional side of our sector, with key hands on skills provided within the charity. Growth of roots up professionals can only serve to enhance our profile as a quality provider of mental health services within the 3rd sector.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

TRUSTEES REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

Premises – The current lease expires on 24th December 2021, the property needs some repairs and so the charity has approached Shropshire Council with a view to purchasing one of its surplus properties that would fulfil the needs of the charity going forward. Larger and more extensive premises are now urgently needed to cope with the expansion of services.

Reach - The drop-in centre has remained closed throughout the pandemic; however specific groups have been delivered as follows:

- Unity, Reconnect, Walking for Health, Allotment Group.

It remains challenging, balancing the risk of infection and the support needed by those with mental health support needs, this will be monitored throughout the coming year. The charity partnered with Shropshire Council and Public Health England to deliver key information across the county to those who are homeless or displaced as a result of the pandemic, this brought much needed contact to those located in remote or hard to reach areas.

Shropshire Mental Health Support Ltd is the only 3rd sector provider to open 7 days a week within the County, providing that essential support when the statutory sector is not available. It is vital that the reach of the charity extends far beyond its head office in Shrewsbury, with service delivery now taking place in Whitchurch, Market Drayton, Ludlow, Bridgnorth and Oswestry.

Shropshire Mental Health Support Ltd has been working in conjunction with Shrewsbury College, aiming to support students and staff alike, this is a key partnership for the future, allowing the charity to provide solutions to anxiety and depression, caused by stress and the pressures of society.

Shropshire Sanctuary, the call line and the TRiM Hub have raised the profile of the charity, allowing further partnerships to be forged across the sector, but it is key to focus on the fact that we are an impartial and trusted service provider, being trusted by all who use our services.

Resources - The shop at Redwoods continues to support the charity in its objectives, providing funding from the revenue within the shop, whilst supporting beneficiaries to gain invaluable experience. Key investments have been made in the shop, as well as an expansion of the healthy range and a valuable stock of personal items for staff and patients to purchase.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

TRUSTEES REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

Financial review

Reserves policy

The reserves within the charity have grown steadily throughout the year. Key areas for this success are attributable to the stringent fiscal policy within the charity and increased revenues from the Shop in Redwoods and fundraisers who support us. The shop manager has worked tirelessly to improve the margins and the breadth of service delivery. The shop is now a key financial asset to the charity.

The aim of the charity is to increase the amount held in reserve, to be above 12 months turnover, with the turnover continually increasing, so the amount held in reserves must increase to secure the stability required by the charity into 2021/22.

Our dedicated Treasurer has enabled the charity to report a balanced account sheet for the past 9 years, the environment remains challenging with very little security in the medium term. Further cuts could still materialise from the statutory sector, so opportunities and calculated risks must be taken as and when required.

Shropshire CCG has shown its confidence in the charity, commissioning new outreach services for later in 2021, with a commission life of 3 years.

Total income generated has increased from £541,735 in 2020 to £544,842 in 2021. No income has been deferred to the 2021 financial year (prior year: £Nil).

Expenditure incurred for 2021 was £429,600 compared with £397,907 in the prior year.

The charity made a surplus of £115,242 in 2021 compared with a surplus of £143,828 in 2020.

The closing fund balances were: unrestricted funds £216,614 and restricted funds £274,341.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

TRUSTEES REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

Principal funding sources

Principle funding was primarily from Shropshire CCG and Shropshire Council who now joint fund the provision of the drop in centre and outlying groups within the county.

Funding by the statutory sector remains the single largest funding source, but all key projects are ring fenced in their service provision.

The resilience of the charity is in the diversity of the funding streams, the board of trustees are continually sourcing new streams for the future requirements of the charity. No project or service delivery will be undertaken by Shropshire Mental Health Support Ltd, unless it is fully funded and able to stand alone. No single project can be allowed to jeopardise the charity and its future service delivery.

The charity has maintained a tight fiscal policy, which is certainly paying off. The Treasurer and CEO are astute in all their financial actions, ensuring the charity is financially sound for years to come.

Having a surplus in this financial year, is indicative of the charity's drive to succeed within the sector and innovate into the future.

Shropshire Mental Health Support Ltd works extremely closely with partners, some of these partners support the charity in kind, with donations of furniture and other goods, allowing all funding to be utilised on service delivery. Networking in this manner has allowed the charity to significantly cut operating costs, with many more partners being willing to donate goods rather than cash.

Shropshire Mental Health Support Ltd always fully supports and publicly acknowledges its partners, valuing our key partners in this manner has led to very mutually beneficial relationships, without which Shropshire Mental Health Support Ltd would find operating more difficult. The nurturing of key relationships is vital to Shropshire Mental Health Support Ltd now and in the future.

Investment policy

With reserves maintained within the main banking account, Shropshire Mental Health Support Ltd does not have any excess that allows for investments. The reserves are in place should a major funder fail to provide financial support, or for an excessive delay in payment from a funder. Interest rates are not attractive in the short to medium term, and anything that would pose a risk to the capital could not be acceptable to the charity.

Risk management

The business risks of the organisation have been identified by the Board of Trustees and compiled into a comprehensive risk assessment matrix in accordance with its Risk Management Policy. All of the identified risks are scored, preventative measures identified, and the matrix is regularly reviewed and supplemented as required. All basic Health and Safety risks have been assessed in accordance with our comprehensive health and safety policy which is reviewed periodically to ensure they remain relevant to changes in circumstance. The Board of Trustees keep up to date with all legal aspects that related to the governance of the charity, including business continuity planning.

Where appropriate, systems and procedures have been established to mitigate the risks the charity faces. The Board of Trustees have produced a strategic plan which focuses for the diversification of funding and activities, which requires trustees to take responsibility for delivering parts of the strategic plan. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the charity.

The CEO manages and supervises all staff and volunteers employed by the charity, being responsible and accountable to the Board of Trustees.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

TRUSTEES REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2021

Future Outlook

The landscape post COVID-19 is going to be dramatically different to that prior to the pandemic. Services will have to evolve and be fast with their responses. Suicides and suicidal ideation is present in a great majority of those seeking support, with this, skill sets will have to be enhanced to deal with and support these needs.

DNA TRiM will be a prime focus as the charity looks to support as many professionals as possible, maintaining them within the workplace.

Virgin Just Giving is closing and new funding platforms will have to be commissioned for the charity as will new funding streams with growth in demand.

With the pandemic continuing to grip the country and inflation growing, there will be financial pressures brought upon the charity, these will include maintaining our dedicated and highly skilled workforce.

The charity has expressed its desire to purchase its own premises, or to find suitable premises that it can occupy in partnership with support from CCG or Local Authority. Negotiations are still taking place, as the current lease expires on 24th December 2021.

The board has 7 excellent trustees, these will bring together key skills to enhance future growth and delivery within the charity.

Shropshire Mental Health Services Ltd continues to work with key partnerships, supporting the delivery of key mental health work across the county. This will continue into 2022 and beyond as the focus remains on joint working and joint outcomes. The landscape for service delivery will change and this will become evident as CCG's retire on the 31st March 2022 and ICS's take over their role, but with far greater emphasis on partnerships to achieve outcomes.

Continuing to focus on the following:

- Continued development of alternative funding streams through grant applications, allowing Shropshire Mental Health Support Ltd to reduce reliance on the statutory sector.
- Review operating processes to ensure optimal use of resources.
- Pursue partnerships with other charities, who share our core values.
- Continue to provide services to the hard to reach within the county.
- Development of trustee's core skills.
- Review memorandum of articles to ensure their continued relevance to the organisations aims, goals and objectives.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

TRUSTEES REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

Structure, governance and management

Governing document

The organisation was formed in 1974 and registered as a charity with the Charity Commissioners for England & Wales under registration number 1003117. It was constituted as a charitable company limited by guarantee, Company registration number 2594511, in 1991. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

The Trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

C T Ireland

R Munton

A Althrop

L Deane

E Bates - Co-opted

(Appointed 18 November 2021)

T Edwards - Co-opted

(Appointed 18 November 2021)

K Trotter - Co-opted

(Appointed 18 November 2021)

Recruitment and appointment of Board of Trustees

The directors of the company are also charity trustees for the purposes of charity law and are known as members of the Board of Trustees. Under the requirements of the Memorandum and Articles of Association the members of the Board of Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

Report on the additions / resignations / change in status of Trustees

The charity works to alleviate mental distress and the Board of Trustees seeks to ensure that the needs of people who have experienced mental distress are appropriately reflected through the diversity of the trustee body. To enhance the potential pool of trustees, the charity actively encourages people who use their services to become members, moving on to become volunteers and use their own experience to support and guide the charity.

The Board of Trustees have maintained themselves with a small but very capable group of four throughout the early parts of the COVID-19 pandemic. This has now grown, with the addition of three co-opted members who will be elected to the board formally at the 2021 AGM. Those standing for election are Tony Edwards, Emma Bates and Ken Trotter, the three new trustees bring a wealth of expertise to the board, including I.T, PR, Marketing, Strategy and Corporate Finance. The Board of Trustees has once again risen to the unique challenges posed by COVID-19 and the incredible impact the pandemic has had on people's mental health.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

TRUSTEES REPORT (CONTINUED)(INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2021

Organisational structure

Shropshire Mental Health Support Ltd has a Board of Trustees of up to 12 members who meet every 4 to 8 weeks. The Board is responsible for formulating the strategic direction and policies of the charity, whilst providing key governance and oversight.

The title of Chief Executive Officer (CEO) has been brought back to the fore, the size and significance of the charity needs to be reflected within the structure, the term Business Manager in previous reports has been replaced in its entirety by CEO.

The Board is responsible for ensuring through governance and policies that a safe environment is provided, which also safeguards all adults accessing the service. The Board of Trustees currently has 4 members, who are all from a diverse background, including volunteers, service users and business leaders, giving the charity a diverse board with experience complimenting the needs of the charity.

The Officers' Committee consists of the Chair, the Vice Chair, the Treasurer and the CEO. The Officers' committee has delegated authority.

A scheme of delegation is in place, with the Board being responsible for strategic business planning and maintenance of the charity. The CEO is responsible for the day to day running of Shropshire Mental Health Support Ltd, allowing key decisions to be made without the continual approval by the board. Authority from the Board is required for larger purchases and for any proposed changes to the business delivery. The responsibility for the premises, support services and Health and Safety is also delegated to the CEO.

Related parties

The charity is guided by National Policy and Legislation providing services within they key frameworks laid out. The Clinical Commissioning Group (CCG) and Local Authority both have policies in place for the charity to adhere to at a local level as part of the funding agreements. Shropshire Mental Health Support Ltd has employed the services of Avenure HR Consultancy, providing key HR, Legislation, and support with policies that the charity adheres to. All of the charities policies and procedures are fully adherent to both with current legislation, coupled with policy and guidance of Companies House and the Charity Commission.

The charity provides a local and national voice for the people of Shropshire, Telford and Wrekin and Powys, championing the issues facing this rural county on the national stage where relevant. Maintaining a high community profile is key to the charity, allowing it to be more accessible, whilst also reducing the stigma surrounding mental health issues. Talks are normally delivered on a weekly basis to a whole host of organisations, raising awareness of mental health and lowering the stigma within the communities we serve.

Shropshire Mental Health Support Ltd acts as a key partner to Shropshire Council, the South Staffordshire and Shropshire Foundation Trust, Community Mental Health Teams, Redwoods Centre, local CCG's, Police, Ambulance, British Transport Police, Street Pastors, Samaritans and other local service providers in the provision of mental health services across the county.

The Trustees report was approved by the Board of Trustees.

C T Ireland

Trustee

Dated 28 January 2022

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

STATEMENT OF TRUSTEES RESPONSIBILITIES

FOR THE YEAR ENDED 31 MARCH 2021

The Trustees, who are also the directors of Shropshire Mental Health Support Limited (previously Shropshire Mind) for the purpose of company law, are responsible for preparing the Trustees Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

INDEPENDENT EXAMINER'S REPORT

TO THE TRUSTEES OF SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

I report to the Trustees on my examination of the financial statements of Shropshire Mental Health Support Limited (previously Shropshire Mind) (the charity) for the year ended 31 March 2021.

Responsibilities and basis of report

As the Trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 (the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the charity's financial statements carried out under section 145 of the Charities Act 2011 (the 2011 Act). In carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1 accounting records were not kept in respect of the charity as required by section 386 of the 2006 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
- 4 the financial statements have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Helen Tinsley FCCA

Column House
London Road
Shrewsbury
Shropshire
SY2 6NN

Dated: 28 January 2022

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2021

	Notes	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
<u>Income from:</u>					
Donations and legacies	3	31,750	9,969	41,719	48,361
Charitable activities	4	210,906	288,296	499,202	477,815
Fundraising	5	3,921	-	3,921	15,559
Total income		246,577	298,265	544,842	541,735
<u>Expenditure on:</u>					
Charitable activities	6	208,354	217,354	425,708	394,271
Other costs	8	3,892	-	3,892	3,636
Total resources expended		212,246	217,354	429,600	397,907
Net incoming resources before transfers		34,331	80,911	115,242	143,828
Tax		-	-	-	-
Gross transfers between funds		(7,435)	7,435	-	-
Net movement in funds		26,896	88,346	115,242	143,828
Fund balances at 1 April 2020		189,718	185,995	375,713	231,885
Fund balances at 31 March 2021		216,614	274,341	490,955	375,713

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

Included in incoming resources from charitable activities is shop income of £47,374 (2020: £70,550). Included in total expenses is shop expenditure of £50,837 (2020: £72,533).

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

BALANCE SHEET

AS AT 31 MARCH 2021

	Notes	2021 £	£	2020 £	£
Fixed assets					
Tangible assets	10		3,907		4,637
Current assets					
Stocks	12	3,966		2,755	
Debtors	13	61,013		29,285	
Cash at bank and in hand		431,460		356,320	
		<u>496,439</u>		<u>388,360</u>	
Creditors: amounts falling due within one year	14	<u>(9,391)</u>		<u>(17,284)</u>	
Net current assets			487,048		371,076
Total assets less current liabilities			<u>490,955</u>		<u>375,713</u>
Income funds					
Restricted funds			274,341		185,995
Unrestricted funds			216,614		189,718
			<u>490,955</u>		<u>375,713</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2021.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Trustees on 28 January 2022

C T Ireland
Trustee

Company Registration No. 02594511

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

Charity information

Shropshire Mental Health Support Limited (previously Shropshire Mind) is a private company limited by guarantee incorporated in England and Wales. The registered office is Suite 3 & 4, Observer House, Holywell Street, Shrewsbury, Shropshire, SY2 6BL, United Kingdom.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006 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 the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)". The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities applying FRS 102 Update Bulletin 1 not to prepare a Statement of Cash Flows.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the Trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

The emergence of Covid19 presented a new risk to the charity and the economy as a whole. The Trustees have considered the Covid19 impact on the charity and, while it has had some impact on 2020/21, this is not expected to impact on the charities ability to continue its activities in the future.

1.3 Incoming resources

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Items of income are recognised and included in the accounts when all of the following criteria are met:

- The charity has entitlement to the funds;
- any performance condition attached to the item of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

Donated goods or services are recognised as income when the charity has control over the item, and conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. On receipt, donated goods and services are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain goods and services of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

1.4 Resources expended

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Expenditure on charitable activities includes the costs of running the Shropshire Mental Health Support Ltd centre and Redwoods shop and other activities undertaken to further the purposes of the charity and their associated support costs.
- Governance costs including the Independent Examiner's fees and bank charges.

Expenditure is accounted for on an accruals basis. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

1.5 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Electrical equipment	25% on reducing balance
Fixtures, fittings & equipment	10% on reducing balance

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in net income/(expenditure) for the year.

1.6 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.7 Stocks

Stock relates to items held at the year end in the shop. These are valued at the lower of cost and net realisable value.

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Taxation

The charity is exempt from corporation tax on its charitable activities, however is subject to corporation tax on the shop trading as it has gone above the small trading tax exemption threshold.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies

(Continued)

1.12 Debtors, creditors and provisions

Trade and other debtors are recognised at the settlement amount due. Prepayments are valued at the amount prepaid.

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured and estimated reliably. Creditors and provisions are normally recognised at their settlement value.

1.13 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.

1.14 Legal status of the Charity

The Charity is a company limited by guarantee and has no share capital.

2 Critical accounting estimates and judgements

In the application of the charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total 2021	Total 2020
	£	£	£	£
Donations	31,750	9,969	41,719	48,361
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
For the year ended 31 March 2020	47,861	500		48,361
	<u> </u>	<u> </u>		<u> </u>

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2021

4 Charitable activities

	2021 £	2020 £
Grant income received	431,273	368,488
Shop income	47,374	70,550
Sundry income	1,652	1,324
Attendance funding	903	2,239
Management charge received	18,000	35,214
	<u>499,202</u>	<u>477,815</u>
Analysis by fund		
Unrestricted funds	210,906	
Restricted funds	288,296	
	<u>499,202</u>	
For the year ended 31 March 2020		
Unrestricted funds		168,410
Restricted funds		309,405
		<u>477,815</u>

5 Fundraising

	Unrestricted funds 2021 £	Unrestricted funds 2020 £
Fundraising events	2,085	4,388
Sponsorships	1,836	11,171
Fundraising	<u>3,921</u>	<u>15,559</u>

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

6 Charitable activities

	Main costs £	Shop costs £	2021 £	2020 £
Wages and social security	285,315	13,357	298,672	242,778
Depreciation and impairment	730	-	730	910
Rent and rates	25,410	-	25,410	24,780
Insurance	1,100	-	1,100	3,206
Light and heat	6,312	-	6,312	3,837
Equipment and repairs	4,365	-	4,365	3,639
Postage, stationery and photocopier	2,146	26	2,172	2,591
Website costs	-	-	-	1,843
Telephone	5,283	-	5,283	2,704
Travel and volunteer expenses	6,957	39	6,996	11,161
Accountancy and payroll costs	1,000	1,500	2,500	2,500
Cleaning	908	960	1,868	3,735
Sundries	3,741	-	3,741	1,796
Groups and activities	75	-	75	3,694
Subscriptions	111	-	111	178
Bank charges	-	76	76	70
Opening stock and stock purchases	-	38,845	38,845	51,163
Closing stock	-	(3,966)	(3,966)	(2,755)
Management charge	18,000	-	18,000	35,213
Advertising	13,418	-	13,418	1,228
	<u>374,871</u>	<u>50,837</u>	<u>425,708</u>	<u>394,271</u>
Other costs	3,892		3,892	3,636
	<u>378,763</u>	<u>50,837</u>	<u>429,600</u>	<u>397,907</u>
Analysis by fund				
Unrestricted funds	161,409	50,837	212,246	
Restricted funds	217,354	-	217,354	
	<u>378,763</u>	<u>50,837</u>	<u>429,600</u>	
For the year ended 31 March 2020				
Unrestricted funds	108,676	72,533		181,210
Restricted funds	216,697	-		216,697
	<u>325,373</u>	<u>72,533</u>		<u>397,907</u>

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

7 Trustees

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

8 Other costs

	2021 £	2020 £
Independent examiners fees	2,500	2,500
Other accountancy costs	1,392	1,136
	<u>3,892</u>	<u>3,636</u>

9 Employees

Number of employees

The average monthly number of employees during the year was:

	2021 Number	2020 Number
All staff	<u>30</u>	<u>25</u>

Employment costs

	2021 £	2020 £
Wages and salaries	280,050	233,055
Social security costs	15,046	7,378
Other pension costs	3,576	2,345
	<u>298,672</u>	<u>242,778</u>

There were no employees whose annual remuneration was £60,000 or more.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

10 Tangible fixed assets

	Electrical equipment	Fixtures, fittings & equipment	Total
	£	£	£
Cost			
At 1 April 2020	5,450	6,769	12,219
At 31 March 2021	5,450	6,769	12,219
Depreciation and impairment			
At 1 April 2020	3,675	3,907	7,582
Depreciation charged in the year	444	286	730
At 31 March 2021	4,119	4,193	8,312
Carrying amount			
At 31 March 2021	1,331	2,576	3,907
At 31 March 2020	1,774	2,863	4,637

11 Financial instruments

	2021 £	2020 £
Carrying amount of financial assets		
Debt instruments measured at amortised cost	492,473	385,605
Carrying amount of financial liabilities		
Measured at amortised cost	3,696	11,334

Financial assets measured at amortised cost comprise of other debtors and cash at bank and in hand.

Financial liabilities measured at amortised cost comprise of trade creditors, other creditors and accruals (excluding deferred income).

12 Stocks	2021 £	2020 £
Shop stocks	3,966	2,755
13 Debtors	2021 £	2020 £
Amounts falling due within one year:		
Other debtors	61,013	29,285

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

14 Creditors: amounts falling due within one year

	2021	2020
	£	£
Other taxation and social security	5,695	5,950
Other creditors	3,696	11,334
	<u>9,391</u>	<u>17,284</u>

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

16 Movement in funds

	Movement in funds				
	Balance at 1 April 2020	Incoming resources	Resources expended	Transfers	Balance at 31 March 2021
	£	£	£	£	£
Unrestricted funds					
General fund	189,718	246,577	(212,246)	(7,435)	216,614
	<u>189,718</u>	<u>246,577</u>	<u>(212,246)</u>	<u>(7,435)</u>	<u>216,614</u>
Restricted funds					
Market Drayton Self Help Group	-	300	(24)	-	276
Whitchurch Self Help Group	-	105	(45)	-	60
Calmer Café	3,088	22,238	(18,408)	-	6,918
Outreach	14,077	31,715	(26,128)	-	19,664
Telephone support		24,844	(16,254)		8,590
Covid 19		5,000	(3,499)		1,501
Bereavement support		4,802	(3,134)		1,668
Rebranding		13,419	(13,419)		-
Reconnect Project - Berwyn Prison	-	-	(7,435)	7,435	-
Trauma Resilience Management	-	48,090	(1,630)	-	46,460
A & E Support		2,250	(1,644)		606
Sanctuary Funding	168,830	145,502	(125,734)	-	188,598
	<u>185,995</u>	<u>298,265</u>	<u>(217,354)</u>	<u>7,435</u>	<u>274,341</u>
Totals	<u>375,713</u>	<u>544,842</u>	<u>(429,600)</u>	<u>-</u>	<u>490,955</u>

There was a transfer in the year of £7,435 from unrestricted funds, to cover the expenditure in relation to the Reconnect Project - Berwyn Prison, as this project is fully funded by Shropshire Mental Health Support Limited.

The restricted fund balance of £274,341 as at 31 March 2021 consists of the following sub-funds:

Market Drayton Self Help Group

Located within the North Shropshire Town, the Market Drayton Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

Whitchurch Self Help Group

Located within the North Shropshire Town, the Whitchurch Group is a peer support element of the charity that is hosted within a community hall on a weekly basis. Many activities and elements are supported within the peer support setting.

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

16 Movement in funds

(Continued)

Calmer Cafe

Calmer Cafe is a crisis cafe model, this allows a drop-in service and instant de-escalation of crisis, with support tailored around the person. The atmosphere is that of a coffee shop, with a host of beverages being served free of charge to those with support needs. The service is commissioned initially for 3 years, from March 2020 until March 2023.

Outreach

Assertive outreach enables the service provision of 2 key workers, who in coordination with the Crisis team and CMHT, provide support to the person within their own home and environment, allowing a stabilising and empowering effect. The outreach is short and targeted over approximately 6 weeks.

Reconnect Project - Berwyn Prison

After delivery of 3 x 12 week sessions within the Prison, the project is now closed due to COVID-19.

Sanctuary Funding

The Sanctuary is commissioned by Shropshire CCG to provide an alternative to S136 of the MHA, acting as a prime suicide prevention service that is assertive in its actions. The service is open from 1700hrs until 0900hrs every day of the year, with service extensions on Saturday and Sunday. Sanctuary is commissioned on a 1 year contract each year by the CCG, upon review of key performance indicators.

16 Analysis of net assets between funds

	Unrestricted fund £	Restricted funds £	Total £
Fund balances at 31 March 2021 are represented by:			
Tangible assets	3,907	-	3,907
Current assets/(liabilities)	212,707	274,341	487,048
	<u>216,614</u>	<u>274,341</u>	<u>490,955</u>

17 Related party transactions

There were no disclosable related party transactions during the year (2020 - none).

SHROPSHIRE MENTAL HEALTH SUPPORT LIMITED (PREVIOUSLY SHROPSHIRE MIND)

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2021

18 Operating lease commitments

At the reporting end date the charity had outstanding commitments for future minimum lease payments under non-cancellable operating leases, which fall due as follows:

	2021 £	2020 £
Within one year	19,628	26,138
Between two and five years	-	19,628
	<u>19,628</u>	<u>45,766</u>