

Registered number
03150505

Meridian Wellbeing
Report and Accounts
31 March 2021

**Meridian Wellbeing
Report and accounts
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Meridian Wellbeing

Registered number - 03150505

Directors' Report

The directors present their report and accounts for the year ended 31 March 2021.

Reference and administrative details

Charity number: **1058934**

Company number: **3150505**

Principal office: Meritage Centre
Church End
Hendon
NW4 4JT

Independent examiner: R B Thakkar of Such & Co Associates Limited
Office D 160
New Covent Garden Market
London
SW8 5LL

Bankers: National Westminster Bank PLC

403 Bethnal Green Road, London E2 0AF
CAF Bank Limited
25 Kings Hill Avenue, Kings Hill, West Malling Kent ME19 4JQ

Directors and trustees

The following served as directors and members of the council:

Shun Au - OBE	- Chair
Dr. Stephen Hiew	- Treasurer
Lulu Langtree	- Honorary Secretary
Jason Chan	

Chief Executive Officer & Company Secretary - L Lee

Structure, Governance and Management

Governing Document

Meridian Wellbeing (previously Chinese Mental Health Association) is a company limited by guarantee governed by its Memorandum and Articles of Association dated 4 October 2002. It is registered as a charity with the Charity Commission. Anyone over the age of 18 can become a member of the company and there are currently 4 each of whom agree to contribute £10 in the event of the charity winding up.

Appointment of trustees

The board of Trustees (also known as the Management Committee) is elected annually at the AGM. The board may appoint new trustees by co-option during the year. In accordance with the Articles of Association, all members of the Management Committee for the time being shall retire from office at the AGM, but are eligible to stand for re-election.

Trustee induction and training

New trustees undergo an orientation to brief them on their legal obligations under charity and company law, the contents of the Memorandum and Articles of Association, the committee and decision making processes, the business plan and recent financial performance of the charity. During the induction they meet key employees and other trustees. Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

Organisation

The board of trustees, which shall have the minimum number of four, administers the charity. The board meets at least four times in a year. A Chief Executive is appointed by trustees to manage the day to day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment and the furtherance of the Charity's principle objective.

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Directors' Report

Related parties

As far as the trustees are aware no party has influence over the financial and operational policies of the charity.

Risk management

The trustees have a risk management strategy which comprises:

- (1) an annual review of the risks the charity may face;
 - (2) an annual review of the systems and procedures to mitigate those risks identified in the plan;
- and
- (3) the implementation of procedures designed to minimise any potential impact on the charity should those risks materialise.

This work has identified minimal risks and it has resulted in better emergency procedures and contingency plans. Particular attention has focused on non financial risks arising from fire, health and safety of its work force including volunteers and the service users. A key element in the management of financial risk is setting of a reserves policy and its regular review by trustees.

Objectives, achievements and performance and financial review

This year has seen the combination of the challenges brought by the pandemic and the rebranding of the organisation to Meridian Wellbeing opening new innovative avenues for our development. We were successful in not only maintaining our core services but created new services through our digital platform to open a multitude of possibilities. The organisation has increased its reach to support over 5,000 unique individuals with over 65% being from BAMER communities.

We were successful in securing grant funding from the City Bridge Trust to continue the Chinese Wellbeing Services; our IAPT service in partnership with Barnet, Enfield and Haringey Mental Health Trust (BEHMT) has continued delivering vital talking therapy services; and the Barnet Wellbeing Hub (BWH) is now recognised by Barnet Council as a critical component of the local Prevention and Wellbeing offer.

The successive lockdowns and restrictions have proved challenging for organisations to consolidate and continue their delivery remotely. However, it is testament to the determination, perseverance and sense of duty to the community that not only was a highly successful work from home policy and digital delivery implemented, but the team embarked upon a tremendous journey of innovation and creativity to support the community in their time of most need.

The team's strategy to rapidly move to digital delivery via the Zoom platform and train and support volunteers in the use of the systems was highly successful in tackling the digital divide; promoting digital inclusion in our existing groups and encouraging access online. Written guides and later video guides were produced to enable and empower staff, volunteers and service users to continue working remotely. This effort in the Chinese Wellbeing Services enabled our Chinese community to access culturally specific activities digitally, with elderly members over 90 years old joining in on Tai Chi, singing and other exercises from their own homes; these activities were often the only form of exercise and indeed interaction with others during the lockdown.

This can-do attitude carried through with the continuation of our IAPT service delivery via remote means. Therapists showed a true willingness to operate out of their comfort zone and deliver therapy remotely, via video and telephone. We are proud that the organisation still maintained its delivery across all services, including the outreach and awareness Wellbeing Workshops, Step 2 Guided Self-Help interventions, Step 3 Counselling and the introduction of Step 3 CBT (Cognitive Behavioural Therapy) in April 2021. The team have shown true willingness to offer high quality therapeutic support remotely, adopting new approaches and learning new remote techniques to build therapeutic relationships and meet the recovery rate and access targets; despite the pandemic, performance across all modalities was impressive, delivering 47% above the target for assessments conducted and achieving 10% above target in Step 3.

The stellar effort was seen none more so than in the Barnet Wellbeing Hub (BWH). Recognising the greater need for mental health support the team worked to define the service as the mental health social prescribing gateway. The service works alongside the relatively newly introduced GP practice based Social Prescribing Linkworking service, providing a bridge for local residents to access mental health and wellbeing support both in the community and in statutory services. Over 1,350 Emotional Health Checks were completed throughout the year to local residents, with more than 30% of these coming from professional referrals. They were connected to over 2,900 services and activities in and around Barnet, 243 of which were introduced to IAPT services and more than 264 connected to in-house Housing Legal Advice service.

The pandemic and lockdowns have had an immense impact on the communities' mental health and wellbeing. With many services closed for face-to-face engagement, it was a mammoth challenge for the Wellbeing Navigators to connect individuals, primarily to remote provision. Many cases have presented with a higher rate of comorbidity and severity, with unfortunately a greater proportion of individuals accessing the service presenting with suicidal thoughts, and thoughts of self-harm.

Objectives, achievements and performance and financial review - 2

This has led to around 45 individuals being discussed weekly at the Joint Case Management (JCM) meeting, a multi-disciplinary team discussion combining the expertise of clinicians in the NHS operating in the IAPT and Primary Care Linkworking Teams, as well as the expertise from The Network Adult Social Care enablement team, and alongside community expertise from the BWH and Learning Disability and Autism specialists. It is through this platform that these complex cases were kept safe, and wellbeing plans formulated to support the individuals; around 96% of the 500 cases discussed were kept safely in the community and not requiring secondary care interventions.

This effort continued with other BWH activities including the Wellbeing Café, which continued to run monthly online with no disruption. Chair Yoga, Creative Flower Workshops, dancing activities, wellbeing workshops converted to wellbeing webinars and much more also moved swiftly to digital platforms; it included a series of 6 wellbeing day activities delivered in partnership with other local charities as well as the provision of music therapy sessions and a therapeutic Arts course; a monumental team effort culminating in 100 online activities delivered each month.

These activities were made possible by our consecutive funding successes from the London Community Response Fund (LCRF) Wave 2, 3 and 4 and the National Lottery Community Fund (NLCF) that provided the grant funding to enable the further development of our digital platform. In the space of 6 months between September and February 2021, 622 online activities were held with a total attendance of 6,571 people, with close to four thousand attending physical activities. This is an astounding achievement by the team in such a short timeframe.

The funding enabled the delivery of a wide variety of activities on our digital platform, all accessible from our new website launched in November 2020. The outcomes of our rebrand has enabled a truly astonishing 23,000 views of the website in the first 6 months, with over 13,000 which were unique viewers. Over 650 individuals have subscribed to our weekly newsletter and growing, all receiving up-to-date information on the pandemic and our various activities.

The NLCF funding also enabled the development of our Peer Support Club. 29 volunteers were recruited and provided vital support to 82 unique service users. Trained through weekly sessions provided by a qualified therapist, this Peer Led co-produced project helped to tackle the social isolation and the disproportionate effect of the pandemic on those suffering with mental health issues. The project encouraged social connections, tackling loneliness and building self-resilience through engaging with virtual interactions via one-to-one and group-based support; such has been the success of providing the opportunity to 'help out' and the mutual benefits of regular contact, the group-based activities have continued beyond the life of the project and includes peer-led Festive Fun Days, International Women's Day events, World Mental Health Day, and more.

The team showed a desire to support disseminating important and accurate information on the pandemic in a live and interactive way. Although not direct project deliverables, this led to a series of blog articles on Covid-19 related topics including vaccinations and impacts of mental health due to the lockdown and isolation. These were complemented by 'The Word on Wellbeing' podcast series that invited guests such as local Clinical Mental Health and Adults Safeguarding Board leads, as well as an esteemed epidemiologist, Local MP's and Councillors, and importantly our service users for their perspective. These episodes gave a voice to the experts and opened discussions around the impacts of the pandemic and the socio-economic issues people experienced during the lockdowns.

Having a voice was also at the heart of the Hate Crime Project. The pandemic brought to the public eye the underlying anti-Chinese/Southeast Asian sentiment in pockets of society. Our project aimed to raise awareness of Hate Crime and provided information for the community, with direct Advocacy and Advice support provided by our partners at the Chinese Association of Tower Hamlets (CATH) and through a series of six webinars inviting guests to speak about Hate Crime and invite the community around London and indeed across the country to find out more. Inviting guests to speak about Hate Crime and invite the community around London and indeed across the country to find out more.

Presentations included guests such as Unmesh Desai, the Chair of Police and Crime Committee, and Sara Owen MP for Luton North who shared her own experience being British Chinese. Over 240 unique individuals attended the series of 6 online awareness sessions, complemented by the 15 tablets shared through our Digital Inclusion element of the project and 11 'How-To' digital inclusion video guides delivered in Chinese. 146 vulnerable individuals were supported via direct interventions, of which 89 were new to our service.

We also successfully secured a Wave 4 funding from the LCRF to run a Winter programme to support vulnerable people through the lockdown over the winter months. This programme delivered a series of 10 activities on a weekly basis, helping to tackle the isolation and loneliness experienced by our beneficiaries over the festive period, and continued to run until the early Spring.

We were pleased to capture these achievements throughout the pandemic not only via our internal reports but through the voices of our service users. We were pleased that the amazing amount of work has been documented and reviewed by an independent evaluator, Therapeutic Solutions. Through the evidenced work and interviews with the service users the evaluation report exhibited that those who accessed our service were better able to cope during the last year.

Meridian Wellbeing

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Directors' Report

Objectives, achievements and performance and financial review - 3

We look back at this tumultuous period of uncertainty with great pain and sorrow for those that have suffered and have lost their loved ones; but also with immense pride and admiration at the truly tremendous efforts and astounding support that the managerial and staff team have delivered to the community. The Management Committee would like to thank the managerial team and staff for their unwavering diligence and conscientiousness, as a shining beacon of hope and innovation in the community in the most challenging of times.

We can now look forwards armed with better knowledge to continue to support the community and make further strides to reach those in need. It is without doubt that the experience has made Meridian Wellbeing a stronger organisation. The future holds great promise with greater close collaboration work with NHS Trusts, and the potential for further growth in our IAPT service. The pandemic is still with us, but it is with determination that we face the continued adversity and challenges with a renewed motivation for innovation and creativity.

Our thanks go to the Management Committee for their steadfast support, providing the encouragement and positive enthusiasm to help the organisation continue to develop and grow. We go into the new financial year with caution and prudence, but with determination and confidence to tackle this adversity through creativity and innovation, and the belief we will come out of this pandemic with renewed vigour and dynamism as a stronger organisation.

As part of this business planning process Meridian Wellbeing has identified the following strategic objectives for the subsequent period:-

- (1) To continue to provide a high quality of wellbeing services to the generic population in Barnet, the Chinese Community all over London and UK, setting the highest quality standard.
- (2) To identify new sources of funding for the organisation so that it can meet the increasing demands for its services.
- (3) To promote the development of a highly qualified workforce using a comprehensive training programme.

We welcome the views and contributions of all our service users and their families. If any one wishes to comment on our strategic objectives or any other aspect of our annual report please write to:

Shun Au - OBE

Chair

Meritage Centre

Church End

Hendon

NW4 4JT

Or e-mail; info@meridianwellbeing.com

Investment power and policy

Under the Memorandum and Articles of Association, the charity has the power to invest in any way the trustees wish. However, bearing in mind the liquidity requirements of providing high quality direct services such as counselling, advice and information to the Charity's beneficiaries of all ages, the trustees have decided to keep available funds in an interest bearing deposit account.

Reserve Policy

The management committee has established a policy of working towards maintaining unrestricted funds which is a general fund to be available for use at the discretion of the directors/trustees in furtherance of the general charitable objectives. The directors have identified three purposes to which the unrestricted fund is earmarked and note no.13 is showing the analysis of the fund.

Meridian Wellbeing

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Directors' Report

Plans for future periods

A significant part of our work will be directed towards increasing capacity to provide a wider range of wellbeing services to the Charity's beneficiaries and developing a fully fledged Wellbeing Centre.

Indemnity insurance

The charity has insured against loss arising from the neglect or default of any of the Management Committee Members.

Insurance, against the possibility of claims, arising during the course of assistance provided by its workers, is already in place and is also continuing.

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Directors' responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations and in doing so:

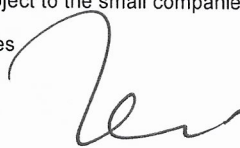
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

On behalf of board of trustees

-Shun Au

Dated: 16 Dec 2021



Meridian Wellbeing

Statement of Directors' Responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Meridian Wellbeing
Independent examiner's report
to the trustees of Meridian Wellbeing

I report on the accounts of the company for the year ended 31 March 2021

This report is made solely to the charity's trustees, as a body, in accordance with the regulations under part 8 and section 130 to 173 of the Charities Act 2011. My work was undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinion I have formed.

Respective responsibilities of trustees and the examiner

The trustees' (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed and I am qualified to undertake the examination by being a member of the Association of Chartered Certified Accountants.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- 1) examine the accounts under section 145 of the 2011 Act;
- 2) to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 3) to state whether particular matters have come to my attention.

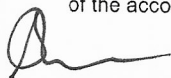
Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - (a) to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 130 of Charities Act ; and
 - (b) to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



R B Thakkar FCCA
Such & Co Associates Limited
Association of Chartered Certified Accountants
Office D-160
New Covent Garden Market
London SW8 5LL

Dated: 16 Dec 2021

Meridian Wellbeing

Statement of Financial Activities

for the year ended 31 March 2021

	Notes	Restricted £	Unrestricted £	Total 2021 £	Total 2020 £
INCOMING RESOURCES					
Income resources from generated funds:					
Voluntary income					
- Grants receivable		157,367		157,367	-
- Other income			324,434	324,434	368,894
- Fundraising				-	17
Income from grants and donations and activities	4	<u>157,367</u>	<u>324,434</u>	<u>481,801</u>	<u>368,911</u>
HMRC - JRS Grant			2,008	2,008	
Bank deposit interest		-	68	68	219
		<u>157,367</u>	<u>326,510</u>	<u>483,877</u>	<u>369,130</u>
RESOURCES EXPENDED					
Cost of generating funds					
- Fundraising costs of grants and donations	5a	-	3,000	3,000	2,500
Charitable activities					
- Preservation and safeguarding of mental health and of the wellbeing of its beneficiaries	5b&5c	131,571	260,293	391,864	303,151
Governance costs	6	<u>15,896</u>	<u>26,315</u>	<u>42,211</u>	<u>39,903</u>
		<u>147,467</u>	<u>289,608</u>	<u>437,075</u>	<u>345,554</u>
EXCESS OF INCOME OVER OUTGOINGS		9,900	36,902	46,802	23,576
FUNDS BROUGHT FORWARD		<u>-</u>	<u>172,799</u>	<u>172,799</u>	<u>149,223</u>
FUNDS CARRIED FORWARD		<u><u>9,900</u></u>	<u><u>209,701</u></u>	<u><u>219,601</u></u>	<u><u>172,799</u></u>

Meridian Wellbeing
Income and expenditure account
for the year ended 31 March 2021

	Notes	2021 £	2020 £
INCOMING RESOURCES	4	481,801	368,911
CHARITABLE AND ADMINISTRATIVE EXPENSES		(437,075)	(345,554)
OPERATING SURPLUS		<u>44,726</u>	<u>23,357</u>
HMRC - JRS Grant		2,008	
Interest receivable		68	219
SURPLUS BEFORE TAXATION		<u>46,802</u>	<u>23,576</u>
Taxation	8	-	-
Opening surplus of funds		172,799	149,223
SURPLUS CARRIED FORWARD		<u>219,601</u>	<u>172,799</u>

Meridian Wellbeing
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Balance Sheet
as at 31 March 2021

	Notes	2021 £	2020 £
Fixed assets			
Tangible assets	9	6,738	11,838
Current assets			
Debtors	10	49,619	39,544
Cash at bank and in hand		201,680	145,622
		<u>251,299</u>	<u>185,166</u>
Creditors: amounts falling due within one year	11	(38,436)	(24,205)
Net current assets		<u>212,863</u>	<u>160,961</u>
Net assets		<u>219,601</u>	<u>172,799</u>
Capital and reserves			
- Restricted	13a	9,900	-
- Unrestricted	14a	209,701	172,799
Premises reserve fund		40,000	30,000
Contractual fund		20,000	15,000
Operational fund		149,701	127,799
		<u>209,701</u>	<u>172,799</u>
		<u>219,601</u>	<u>172,799</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Shun Au
Director



Approved by the board on 16 December 2021

**Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2021**

1 Accounting policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows: a) Basis of preparation The financial statements have been prepared in accordance with 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 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Income

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and local authorities grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the Trust's work or for specific charitable projects being undertaken by the organisation.

Expenditure and irrecoverable VAT

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:

- Costs of raising funds comprise directly attributable costs and appropriate amount of overhead incurred for that purpose.
- Expenditure on charitable activities includes directly attributable costs and appropriate level of overheads incurred in respect of promoting and the preservation and safeguarding of mental health and the relief of persons who are Chinese origin suffering from mental illness and distress .
- Other expenditure represents those items not falling into any other heading.

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

**Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2021**

Allocation of support costs

Support costs are those costs that assist the project and includes administration and establishment expenses incurred or attributed while carrying out the work of the project.

Tangible fixed assets

Individual fixed assets costing £150 or more are capitalised at cost.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant, machinery and MV	25% straight line
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Operating leases

The charity classifies the office lease as operating lease and rental paid under the lease are charged to Revenue Account on a straight line basis over the period of the lease.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

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 or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Pensions

Existing employees of the charity were entitled to join the Workplace Pension Scheme which is funded by contributions from employee and employer. Additionally for one employee, the charity has undertaken to take out an Additional Voluntary Contribution scheme.

Legal status of the Trust

The Trust is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £5 per member of the charity.

Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2021

Resources expended

Charitable activities:

Directly attributable costs and appropriate level of overheads incurred in respect of promoting the preservation and safeguarding of mental health and the relief of persons suffering from mental illness and distress are treated as expenditure for charitable activities.

Governance costs:

This represents expenses relating to the management, organisational administration and compliance work and include the appropriate level of overheads. Such costs are allocated to each project on the basis of revenue generated by each project and estimated appropriation of some of the overheads by each project.

2 Cost of generating funds:

This represents fundraising costs which include appropriate apportionment of staff members' remuneration who are engaged directly in fundraising. Also apportioned is the appropriate level of overheads.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of resources. Costs relating to particular projects on hand are allocated directly where appropriate, others are apportioned on an appropriate basis e.g labour cost, revenue or estimated usage.

3 Employees			2021 Number	2020 Number
Average number of persons employed by the company			10	8
4 INCOME RESOURCES	2021	2021	2020	2020
	£	£	£	£
Restricted				
<i>Grants, donations and other income</i>				
Covid 19 Response and Transition Project - LCRF Wave 2	9,740		-	
Covid 19 Mental Health Digital Hub - NLCF & HM Government	48,393		-	
Covid 19 Response Project for the Chinese Community - LCRF Wave 3	35,782		-	
Covid 19 Partnership Project Led by Barnet CAB - LCRF Wave 3	2,852		-	
Chinese Wellbeing Services - City Bridge Trust	50,700		-	
Covid 19 Winter Project - LCRF Wave 4	9,900		-	
		157,367		-
Unrestricted				
Contract, donations and other income				
- Core Fund from City bridge trust	12,675		-	-
- Core Fund from Indigo Trust	10,000		-	-
- Others	301,759		368,894	
		324,434		368,894
Fundraising		-	17	17
		<u>481,801</u>		<u>368,911</u>

Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2021

5 Resources Expended

a	Fund raising costs of Grants and Donations		
	Staff costs	3,000	2,500
	Apportionment of Governance Costs	-	1
		<u>3,000</u>	<u>2,501</u>
b	Charitable Activities - Restricted		
	Staff Costs	115,468	-
	Support and Project costs	16,103	-
		<u>131,571</u>	<u>-</u>
	Apportionment of Governance Costs	15,896	-
		<u>147,467</u>	<u>-</u>
c	Charitable Activities - Unrestricted		
	Staff Costs	236,183	275,442
	Support and Project costs	24,110	27,709
		<u>260,293</u>	<u>303,151</u>
	Apportionment of Governance Costs	26,315	39,903
		<u>286,608</u>	<u>343,054</u>

6 Analysis of Governance Costs

Staff Costs	9,235	3,516
Depreciation	350	-
Support costs	1,722	503
Accountancy & Independent examiners's fees	1,800	2,080
General office administration and establishment	29,104	33,804
	<u>42,211</u>	<u>39,903</u>

7 Operating surplus

	2021	2020
	£	£
This is stated after charging:		
Depreciation of owned fixed assets	6,070	8,294
Pension costs	5,735	8,616
Accountancy & Independent examiner's fees	2,000	2,080
Wages and Salaries	250,327	204,000
Sessional & freelance worker	75,589	48,857
Social security costs	<u>27,911</u>	<u>21,369</u>

The average number of employees, including volunteers employed by the organisation during the

60

55

8 Taxation

As the organisation's activities are exempt from taxation, no provision for corporation tax has been made.

Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2021

9 Tangible fixed assets

	Plant and machinery etc £
Cost	
At 1 April 2020	54,903
At 31 March 2021	<u>54,903</u>
Depreciation	
At 1 April 2020	43,065
Charge for the year	<u>5,100</u>
At 31 March 2021	<u>48,165</u>
Net book value	
At 31 March 2021	<u>6,738</u>
At 31 March 2020	<u>11,838</u>

10 Debtors	2021 £	2020 £
Accrued income and prepaid expenses	<u>49,619</u>	<u>39,544</u>
11 Creditors: amounts falling due within one year	2021 £	2020 £
Creditors	35,897	19,400
Taxation and social security costs	<u>2,539</u>	<u>4,805</u>
	<u>38,436</u>	<u>24,205</u>

12 Other information

Meridian Wellbeing is a private company limited by guarantee and has no shares capital. Each member's liability in the event of being wound up is not exceeding ten pounds.

Meridian Wellbeing
Notes to the accounts
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13a Restricted - This year	Balance 01-Apr-20	Grants & Donations	Staff Costs	Project Costs	Other Costs	Governance Cost Shared	Balance 31 March 2021
	£	£	£	£	£	£	£
Covid 19 Response and Transition Project - LCRF Wave 2	-	9,740	8,070	-	-	1,670	-
Covid 19 Mental Health Digital Hub - NLCF & HM Government	-	48,393	43,789	-	-	4,604	-
Covid 19 Response Project for the Chinese Community - LCRF Wave 3	-	35,782	18,235	14,498	-	3,049	-
Covid 19 Partnership Project Led by Barnet CAB - LCRF Wave 3	-	2,852	2,250	-	240	362	-
Chinese Wellbeing Services - City Bridge Trust	-	50,700	43,124	1,005	360	6,211	-
Covid 19 Winter Project - LCRF Wave 4	-	9,900	-	-	-	-	9,900
	<u>-</u>	<u>157,367</u>	<u>115,468</u>	<u>15,503</u>	<u>600</u>	<u>15,896</u>	<u>9,900</u>
13b Restricted - Last year	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
14a Unrestricted - This year	Balance 01-Apr-20	Grants & Donations	Staff Costs	Project Costs	Other Costs	Governance cost shared	Balance 31 March 2021
Contract, donations and other income	164,164	324,434	236,183	13,556	10,554	26,315	201,990
Bank deposit interest	8,635	68	-	-	-	-	8,703
Fund raising	-	-	3,000	-	-	-	(3,000)
HMRC - JRS Grant	-	2,008	-	-	-	-	2,008
	<u>172,799</u>	<u>326,510</u>	<u>239,183</u>	<u>13,556</u>	<u>10,554</u>	<u>26,315</u>	<u>209,701</u>
14b Unrestricted - Last year							
Contract, donations and other income	140,807	368,894	275,442	27,709	-	39,902	166,648
Bank deposit interest	8,416	219	-	-	-	-	8,635
Fund raising	-	17	2,500	-	-	1	(2,484)
	<u>149,223</u>	<u>369,130</u>	<u>277,942</u>	<u>27,709</u>	<u>-</u>	<u>39,903</u>	<u>172,799</u>