

Registered number
03150505

Meridian Wellbeing
Report and Accounts
31 March 2022

**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 2022.

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
85 Great Portland Street
London
W1W 7LT

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 Management Committee:

Shun Au OBE	- Chair
Dr. Stephen Hiew	- Treasurer
Lulu Langtree	- Honorary Secretary
Jason Chan	
Chi Wai Lu	
Pek Lian Watt	

Chief Executive Officer & Company Secretary - L Lee

Structure, Governance and Management

Governing Document

Meridian Wellbeing 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 6 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.

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 saw Meridian Wellbeing emerge from the challenges of the previous year with the pandemic and the rebranding of the organisation to embark on the reintroduction of services based at our centre. In the wake of the pandemic, we have not only developed an efficient hybrid way of working, but also created new partnerships and services to meet the evolving demands of the community. This has included the new Integrated Voluntary and Community Service (IVCS) and the Hong Kong British National Overseas (HK BN(O)) project, successfully introduced this year.

As the country gradually came out of lockdown and restrictions were eased, we began to reintroduce a range of core activities held at the centre from August 2021. These activities focused on creating a safe environment at the Meritage Centre to help people regain the confidence to return to the premises. The hybrid service provision enabled those who were unable or less confident to travel, the opportunity to access activities via our established digital platform.

With the ease of restrictions, it also led to the gradual phasing out of pandemic related funding, namely the London Community Response Fund (LCRF), and the National Lottery Community Fund (NLCF). The LCRF and NLCF funding had enabled the establishment of a digital platform and the development of a wide range of preventative and wellbeing services offered online to the community. The challenge then revolved around sustaining these services going forward.

The innovative and creative approach to involve the help of our volunteers, particularly those with lived experience, has enabled us to maintain the provision of these activities successfully whilst we seek other sources of funding. Supporting the promotion and attendee registration at events such as the International Women's Day, Mental Health Awareness Week, World Mental Health Day, and the extremely popular Wellbeing Café held bi-weekly, the Peer volunteers have been a critical factor in making these events a success. These events have been co-designed and co-produced by our Peer volunteers. They were involved not only in providing feedback to shape the activities, but to run and facilitate these utilising their unique skills, including arts and crafts, games, music and even live drama sessions!

Our commitment to empower services users to participate and get involved in the delivery of activities as Peer facilitators is part of our core ethos. This was a strong element in our new partnership for the Integrated Voluntary and Community Services (IVCS) procured by the Barnet, Enfield and Haringey Mental Health Trust (BEHMH). Bidding for this tender necessitated the rapid formation of a new consortium company with a number of local partners aptly named Wellbeing Together Community Interest Company (WT CIC). The consortium brings together the expertise and community knowledge focusing on each respective partner's key strengths. The IVCS service acts as a bridge between statutory services provided by Community Mental Health Teams, encouraging and empowering individuals to access services in the community and build personal independence and resilience. The person-centred service places the individual at the centre of care and tailors the support offered to ensure they receive the appropriate clinical intervention; empowering them to engage with community-based wellbeing support. With a strong Peer element that runs through the core of the service, the Community and Peer Engagement Practitioners utilise their personal experience and knowledge of the community to support those that have been in statutory settings for many years to take these first steps on their recovery journey in the community.

Alongside the IVCS service, we were also successful with the Winter Pressures Funding, which was geared towards alleviating pressures in local CMHT teams. This service aimed to tackle the seasonal pressures brought on by the winter periods and exacerbated by the dramatic rise in Covid-19 infection. The engagement was highly successful with positive case studies of individuals who were known frequent users of statutory services being connected to community-based interventions instead and showing improvements to their wellbeing. Critically, this service significantly reduced the pressures on emergency services such as crisis lines and the A&E department.

The focus on prevention and early intervention to reduce those needing to access emergency and secondary care services is at the heart of the Barnet Wellbeing Hub (BWH) offer. The mental health social prescribing service continued its strong performance with 1,464 individuals accessing Emotional Health Check this year. It has established itself as a critical component of Barnet's Long-term Prevention and Wellbeing Strategy, and is embedded as a vital pathway between statutory and community services. The service is also integral to the Mental Health Trust's Community Transformation Programme review of mental health provision across North Central London as part of the Integrated Care strategy.

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Directors' Report

Objective, achievements and performance and financial review - 2

The Joint Case Management (JCM) meeting hosted by the BWH, a weekly Multi-Disciplinary Team (MDT) complex case discussion involving health and social care professionals, supported 500 individuals this year. Of which, 96% of these cases were provided with jointly devised wellbeing plans keeping them in the community. The pandemic and the cost-of-living crisis is clearly affecting the wellbeing of the community, with the detrimental impact on the social determinants of their mental health leading to greater rates of comorbidity and severity.

Now in its sixth year of operation, the BWH has provided over 10,000 individuals with tailored wellbeing plans to date, connecting them with over 350 agencies across North London. The continued support from the LBB and NHS's NCL Integrated Care Board has been key to the BWH's success. This long-term support enabled the ongoing organic development of activities such as Chair yoga, Flower Workshops, dancing activities, health talks, the Wellbeing Café, tea and coffee sessions, our Housing Legal Advice service, and many more. The diverse offer of activities has enabled our team of Wellbeing Navigators to connect individuals to the complementary community services to support the core NHS clinical offers.

One of the primary NHS services that the BWH provides streamlined connections into is the Improving Access to Psychological Therapies (IAPT) talking therapy service. We have continued to work closely with BEHMH through our Multilingual Wellbeing Service (MWS) partnership consortium, with 1,777 clients receiving NICE Compliant clinical interventions directly with us. This comprised of 305 cases in Step 2 Triage and Step 2 Treatments, more than 1,400 people accessing psychoeducational wellbeing workshops, and 68 cases access Step 3 interventions. The introduction of Step 3 CBT services this year saw our service work even more closely with the Trust to alleviate the pressures on the extensive waiting lists seen across London and beyond.

Demand and performance in the City Bridge Trust's funded Chinese Wellbeing Service was also strong across the specialist Befriending, Social Club and Wellbeing club activities. As well as maintaining this important core service delivery, we have also introduced interest groups such as singing, dance music and table tennis sessions.

The Befriending service has been particularly over-subscribed with 56 cases out a target of 35 accessing the service, an annual target reached in Quarter 1, and 44 of which are from external referrals. Average attendance at the Social Club and Wellbeing Clubs have been gradually returning to pre-pandemic levels, with over 2,300 cumulative annual attendance across the various activities for each respective club. All these activities formed an important lifeline for the vulnerable and elderly local Chinese community, providing culturally specific activities to support the communities' transition from pandemic lockdown into the new normality. For many suffering from isolation and loneliness, particularly in the elderly Chinese communities, these activities often form their only contact with the outside world. More work is needed to help people regain the confidence in accessing activities, and this will without a doubt require the combined efforts with the core group and volunteer team to ensure these vulnerable service users in the community are not forgotten.

The greater need in the Chinese community will continue to grow with the influx of HK BN(O)s, many of whom have chosen to put down their roots in Barnet and North London. We are pleased to have introduced a much needed and timely HK BN(O) project. Funded by the Department of Levelling Up, Housing and Communities (DLUHC), the service launched in February 2022 and was mobilised rapidly. It aims to support these new arrivals with a wide-ranging life-in-the-UK talks that include navigating health systems, education, employment as well as mental health and wellbeing, and practical support to aid their resettlement.

The service encourages the newly arrived HK BN(O) community to access our services via the Welcome Parties. In its first two months, the service has already attracted 179 unique individuals to the service across two Welcome Party Events, exceeding the project target to engage with 120 service users. Through this welcoming platform, attendees were connected with a wide range of services including one-to-one advocacy and advice sessions offered by our direct partners at New Citizen's Gateway. Employability training sessions in conjunction with BOOST Barnet have also been popular; 13 individuals registered with this programme as soon as the service was introduced. We anticipate this will double if not triple in the first few months. These have been complemented with skills-based training delivered by FIVERR, offering IT classes, CV writing and job application guidance. Another thirty four individuals accessed ESOL Classes, which was delivered in partnership with Barnet & Southgate Colleges as well as in-house sessions. This is the activity with the greatest demand with a large number on the waiting list for these classes. Furthermore, over 100 responses have also been received related to our Wellbeing Programme, which will be vastly expanded in the coming months. Together with the Chinese Wellbeing Services, the organisation has never been able to engage with more people from the East and Southeast Asian Communities than now.

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Directors' Report

Objective, achievements and performance and financial review - 3

Following on from the successes of our service provision during the Covid-19 pandemic, the organisation has continued to build on these creative developments, forging new partnerships and relationships. With the world only just beginning to recover from the impacts of the global pandemic, new challenges continue to present to us all; the war in Ukraine and the cost-of-living crisis will add to the hardship and challenges for the most vulnerable people in the community.

Building on the foundations of our existing offers, the introduction of new services has led to even closer working with statutory partners in the Local Authority and the Mental Health Trust. Joint working and collaborative partnerships that utilise the expertise of the VCS providers have never been more critical in the provision of mental health and wellbeing services. This ultimately will lead to a higher quality of service and achieving better outcomes. The demand for mental health and wellbeing services in the community is expected to grow significantly in the current climate. Through an integrated care approach, Meridian Wellbeing stands ready to meet this growing demand.

Thanks to the continued steadfast diligence of the staff team, and the unwavering managerial leadership to develop new opportunities, the organisation is well placed to not only weather the political and economic uncertainties, but further provide meaningful and impactful services to make a difference to people's lives. We move into the new year with confidence that the team will once again rise to the challenges we face and support the most vulnerable in the community at their time of need.

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 demand for its services
- (3) To promote the development of highly qualified workforce using 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 of between 3 and 6 months, 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.

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.

Meridian Wellbeing

Registered number - 03150505

Directors' Report

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 OBE

Dated: 16th Dec 2022



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 2022

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
 - 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 Charities
 - (b) have 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
85 Great Portland Street
1st Floor
London W1W 7LT

Dated: 16th Dec 2022

Meridian Wellbeing
Statement of Financial Activities
for the year ended 31 March 2022

	Notes	Restricted £	Unrestricted £	Total 2022 £	Total 2021 £
INCOMING RESOURCES					
Income resources from generated funds:					
Voluntary income					
- Grants receivable		91,200		91,200	157,367
- Other income			435,097	435,097	324,434
- Fundraising				-	-
Income from grants and donations and activities	4	91,200	435,097	526,297	481,801
HMRC - JRS Grant			1,013	1,013	2,008
Bank deposit interest		-	24	24	68
		<u>91,200</u>	<u>436,134</u>	<u>527,334</u>	<u>483,877</u>
RESOURCES EXPENDED					
Cost of generating funds					
- Fundraising costs of grants and donations	5a	-	3,000	3,000	3,000
Charitable activities					
- Preservation and safeguarding of mental health and of the wellbeing of its beneficiaries					
	5b&5c	67,131	350,595	417,726	391,864
Governance costs	6	8,046	46,552	54,598	42,211
		<u>75,177</u>	<u>400,147</u>	<u>475,324</u>	<u>437,075</u>
EXCESS OF INCOME OVER OUTGOINGS		16,023	35,987	52,010	46,802
FUNDS BROUGHT FORWARD		9,900	209,701	219,601	172,799
FUNDS CARRIED FORWARD		<u>25,923</u>	<u>245,688</u>	<u>271,611</u>	<u>219,601</u>

Meridian Wellbeing
Income and expenditure account
for the year ended 31 March 2022

	Notes	2022 £	2021 £
INCOMING RESOURCES	4	526,297	481,801
CHARITABLE AND ADMINISTRATIVE EXPENSES		(475,324)	(437,075)
OPERATING SURPLUS		<u>50,973</u>	<u>44,726</u>
HMRC - JRS Grant		1,013	2,008
Interest receivable		24	68
SURPLUS BEFORE TAXATION		<u>52,010</u>	<u>46,802</u>
Taxation	8	-	-
Opening surplus of funds		219,601	172,799
SURPLUS CARRIED FORWARD		<u>271,611</u>	<u>219,601</u>

Meridian Wellbeing
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Balance Sheet
as at 31 March 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	9	9,275	6,738
Current assets			
Debtors	10	181,815	49,619
Cash at bank and in hand		<u>156,209</u>	<u>201,680</u>
		338,024	251,299
Creditors: amounts falling due within one year	11	(75,688)	(38,436)
Net current assets		<u>262,336</u>	<u>212,863</u>
Net assets		<u>271,611</u>	<u>219,601</u>
Capital and reserves			
- Restricted	13a	25,923	9,900
- Unrestricted	14a	245,688	209,701
Premises reserve fund		40,000	30,000
Contractual fund		20,000	15,000
Operational fund		<u>185,688</u>	<u>164,701</u>
		245,688	209,701
		<u>271,611</u>	<u>219,601</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 OBE
Director

Approved by the board on 16th Dec 2022

Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2022

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 2022

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 2022**

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

**2022
Number** **2021
Number**

Average number of persons employed by the company 18 11

4 INCOME RESOURCES

2022 2022 2021 2021
£ £ £ £

Restricted

Grants, donations and other income

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	51,600		50,700	
Covid 19 Winter Project - LCRF Wave 4	-		9,900	
HK BNO Project	39,600		-	
		91,200		157,367

Unrestricted

Contract, donations and other income

- Core Fund from City bridge trust	-		12,675	
- Core Fund from Indigo Trust	-		10,000	
- Others	435,097		301,759	
		435,097		324,434
Fundraising		-		-
Others		-		-
		526,297		481,801

Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2022

5 Resources Expended

a	Fund raising costs of Grants and Donations		
	Staff costs	3,000	3,000
	Apportionment of Governance Costs	-	-
		<u>3,000</u>	<u>3,000</u>
b	Charitable Activities - Restricted		
	Staff Costs	62,202	115,468
	Support and Project costs	4,929	16,103
		<u>67,131</u>	<u>131,571</u>
	Apportionment of Governance Costs	8,046	15,896
		<u>75,177</u>	<u>147,467</u>
c	Charitable Activities - Unrestricted		
	Staff Costs	330,995	233,183
	Support and Project costs	19,600	27,110
		<u>350,595</u>	<u>260,293</u>
	Apportionment of Governance Costs	46,552	26,315
		<u>397,147</u>	<u>286,608</u>
6	Analysis of Governance Costs		
	Staff Costs	2,927	9,235
	Depreciation	2,342	350
	Support costs	292	1,722
	Accountancy & Independent examiners's fees	2,160	1,800
	Consultancy incl. legal	11,517	-
	General office administration and establishment	35,360	29,104
		<u>54,598</u>	<u>42,211</u>

7	Operating surplus	2022	2021
		£	£
	This is stated after charging:		
	Depreciation of owned fixed assets	2,342	5,100
	Pension costs	19,782	8,574
	Accountancy & Independent examiner's fees	2,160	1,800
	Wages and Salaries	306,576	250,327
	Sessional & freelance worker	42,401	75,589
	Social security costs	<u>31,864</u>	<u>27,911</u>

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

65

60

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 2022

9 Tangible fixed assets

	Plant and machinery etc £
Cost	
At 1 April 2021	54,903
	<u>12,265</u>
At 31 March 2022	<u>67,168</u>
Depreciation	
At 1 April 2021	48,165
Charge for the year	<u>9,728</u>
At 31 March 2022	<u>57,893</u>
Net book value	
At 31 March 2022	<u>9,275</u>
At 31 March 2021	<u>6,738</u>

10 Debtors

	2022 £	2021 £
Accrued income and prepaid expenses	<u>181,815</u>	<u>49,619</u>

11 Creditors: amounts falling due within one year

	2022 £	2021 £
Creditors	63,188	35,897
Taxation and social security costs	<u>12,500</u>	<u>2,539</u>
	<u>75,688</u>	<u>38,436</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
for the year ended 31 March 2022

13a Restricted - This year

	Balance 01-Apr-21	Grants & Donations	Staff Costs	Project Costs	Other Costs	Governance Cost Shared	Balance 31 March 2022
Chinese Wellbeing Services - City Bridge Trust	£	£	£	£	£	£	£
Covid 19 Winter Project - LCRF Wave 4	-	51,600	42,641	675	3,030	5,254	-
HKBN0 - Welcome Programme	9,900	-	8,892	-	-	1,008	-
		39,600	10,669	1,224	-	1,784	25,923
	9,900	91,200	62,202	1,899	3,030	8,046	25,923

13b Restricted - Last year

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	-	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
	-	157,367	115,468	15,503	600	15,896	9,900

14a Unrestricted - This year

Contract, donations and other income	Balance 01-Apr-21	Grants & Donations	Staff Costs	Project Costs	Other Costs	Governance cost shared	Balance 31 March 2022
Bank deposit interest	209,701	435,097	330,995	19,600	-	46,552	247,651
Fund raising	-	24	-	-	-	-	24
HMRC - JRS Grant	-	-	3,000	-	-	-	-3,000
	-	1,013	-	-	-	-	1,013
	209,701	436,134	333,995	19,600	-	46,552	245,688

14b Unrestricted - Last year

Contract, donations and other income	164,164	324,434	233,183	17,556	9,554	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
	172,799	326,510	236,183	17,556	9,554	26,315	209,701