

Registered number  
03150505

Meridian Wellbeing  
Report and Accounts  
31 March 2024

**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 2024.

**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  
Outdoor Ground Floor, Paxton Terrace no. 8  
Grosvenor Road  
London SW1V 3DA

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**

Over the course of the year, more than 5,500 people have been supported by Meridian Wellbeing's services. This includes the 1,500 people accessing the Barnet Wellbeing Hub, our mental health social prescribing service that acts as the gateway to community-based mental health and wellbeing services in the borough. This is complemented by the NHS Talking Therapies (formerly IAPT) subcontracted by BEHMH where over 1,000 people accessed our fully NICE Compliant stepped care service. Our close work with the Trust has continued with the Integrated Voluntary and Community Service (IVCS), integrating clinical and non-clinical approaches to over 350 people to provide them with better holistic care. Integration and a client's journey have also been at the core of the Chinese Wellbeing Services, comprising of mental health Befriending, a recovery Social Club and a preventative Wellbeing Club, serving over 300 people. We've also supported around 500 unique HK BN(O)s with services and activities to help them resettle in the UK. In addition to the core services, over 2,000 people have accessed a broad range of wellbeing programme and activities at our centre, specifically designed to encourage participation, build routine and improve physical and mental wellbeing.

Our continued development to create a Wellbeing Centre has enabled us to provide the wide range of services and activities to attract the large number of users to our services. Regardless of culture, background, or belief, the growth of our provision has helped to meet their mental health and wellbeing needs with more people accessing our services year on year.

This year, the Cost-of-Living crisis has gripped the entire country and caused immense challenges for households, businesses, and not least for charities. The price of basic goods and service increased tremendously, and energy prices have skyrocketed. A concerted response was required to not only maintain our operations, but find new ways to deliver our mental health and wellbeing services. From our wellbeing activities and the Grahame Park Pilot Project to the Zero Waste Kitchen and EN4 Wellbeing Café, we targeted our support and provision to the most vulnerable in the community. The continued ethos to make wellbeing open and welcoming to all, combining the use of digital platforms with the 100 monthly in-person activities, have improved accessibility and empowered people to connect and maintain their social connections.

These social and community connections are the cornerstone of the holistic mental health and wellbeing support delivered by the Barnet Wellbeing Hub. The service is well-established and embedded in the borough's health and wellbeing pathway, acting as the gateway to mental health support in the community. It continues to provide a highly valued Emotional Health Check (EHC) and a key component of Barnet's Long-term Prevention and Wellbeing Strategy, as well as integral to the Mental Health Trust's Community Transformation Programme review. Over 1500 people were supported this year with 878 referrals from professionals. Individuals were connected to a range of physical and mental health support, information and advice, talking therapies and advocacy services.

With the far-reaching impacts of Cost-of-Living Crisis, the service encountered many people that had never previously accessed mental health and wellbeing services. Many families were overwhelmed with the struggles to make ends meet, and presented with complex issues, comorbidity, and the continued long-term effects of Covid-19. Throughout the year, this continued to highlight the importance of the community-based, cross-sector multi-disciplinary, Joint Case Management (JCM) meeting where 428 complex cases were presented for discussion and triaged. The relationships and pathways developed by experts from the Trust, Adult Social Care and specialist mental health VCS organisations were critical in ensuring 96% of individuals were kept in the community. Furthermore, 100% of the referrals made into secondary care and other statutory services were suitable.

The community-based intervention is encapsulated by the Grahame Park Pilot Project. This is a three-way partnership project with Mind in Enfield and Barnet (MiEB) and Colindale Communities Trust (CCT), whereby Meridian Wellbeing and MiEB worked collaboratively in offering a holistic package of mental health support services to the local residents of Grahame Park within the CCT's premises. Our staff are positioned there one day a week working alongside the CCT's staff team to help vulnerable individuals in need of mental health support and connect them to services. This is complemented in the evening by the Crisis Café service delivered by MiEB. This is an area of high deprivation. Many of the 100 service users supported in this year-long pilot service have been struggling to engage with statutory services. Through the combined efforts of the partnership, they were provided with practical wellbeing support and the help to access services, improve their knowledge, confidence and willingness to engage with supportive wellbeing activities in the community.

To keep people in the community, individuals need to be empowered to make their choices to engage with community-based services and activities. We have continued to deliver our tai chi, chair yoga, dance and aerobic keep fit activities, and have further enhanced our Stay Active and Connect sessions in collaboration with the Better Gym with weekly Pilates sessions. The range of activities on offer has continued to grow with social dance, singing and a shared reading group now on offer at our centre. We are pleased we have been able to build such strong relationships to create a rich and diverse local community asset. This could not have been achieved without the sustained support from the Barnet Council and the NHS Mental Health Trust, who have shared our vision for a fully integrated Wellbeing Centre. Not only do these activities help to tackle loneliness and isolation, they encourage socialising, learning, promote physical health by keeping fit and active, and building routine and a sense of belonging.

The sense of belonging is encapsulated none more so than in our Peer-Led Wellbeing Café. Co-produced, run and facilitated by peers and volunteers, participants enjoy physical exercise including table tennis, arts and crafts, jewellery making, social card and board games, poetry and more, all over tea, coffee and biscuits. Over 35 users join this activity regularly and it has built a true sense of community and become a thriving hub of socialising, networking and learning.

**Objectives, achievements and performance and financial review cont'd**

With the ongoing success of the café at our centre, we were pleased to work in partnership with the Adult Social Care Prevention & Wellbeing Team and the New Barnet Community Centre to replicate the activity on the other side of the borough. We received funding from the Community Innovation Fund to run a pilot EN4 Wellbeing Café. This was launched in September and provided an opportunity for those in the local area to take part in our Wellbeing Café, particularly those that were unable to travel to the Meritage Centre due to cost or mobility issues. The partnership work and support from our volunteers has been vital in setting this up and steadily growing the community space.

Community space has also been invaluable for our Social and Wellbeing Clubs in our Chinese Wellbeing services. As confidence has grown to participate in in-person activities following the lockdowns, the clubs have enjoyed reinvigorated participation. Cumulative attendance at our Social and Wellbeing Clubs grew by almost 50% from last year to over 2000 and 3500 respectively. These sessions were supported by over 30 skilled volunteers providing bilingual health talks and Co-facilitating sessions. Many new members to these activities came from individuals transitioning from our specialist mental health Befriending service. 21 trained volunteers also supported the specialist Chinese Befriending service. The service continues to be oversubscribed in its 4th year of delivery with over 56 unique clients receiving 1:1 bespoke Befriending support. The seamless journey from intervention to recovery and prevention enhances the ability for individuals to receive support, maintain their wellbeing and re-integrate into the community.

The person-centred approach and ensuring a high-level quality of care and support for individuals at each stage of their recovery is very much aligned in the Integrated Voluntary and Community Service (IVCS). The IVCS service is commissioned by Barnet, Enfield and Haringey Mental Health Trust (BEHMHMT) and delivered as part of the Wellbeing Together CIC (WT CIC) consortium, a partnership comprising Meridian Wellbeing, MiEB, Community Barnet and Inclusion Barnet. The service continues to combine the best practices in clinical treatments with community-based interventions. With the extension of the service to its third year, this enabled the further development of collaborative pathways between NHS secondary care teams and community-based organisations, enhancing the level of care for patients discharged into the community. Never has the experience of this transition into the community been so cohesive. Critical to this is the expert local knowledge and community assets provided by the WT CIC partnership of local Barnet organisations. With the great strides to make mental health and wellbeing care more local and connected, we hope that this invaluable partnership continues and enables us to further embed the key aims of the Community Transformation programme.

The close long-term partnership has been at the core of the success in the NHS Talking Therapy service (formerly IAPT - Improving Access to Psychological Therapies). Working closely with BEHMHMT through the Multilingual Wellbeing Service (MWS) consortium as a sub-contractor, we are pleased to continue our strong delivery of a fully NICE Compliant stepped care service. Across MWS, over 1900 people accessed Step 2 services across triages, treatments and psychoeducational wellbeing workshops. Step 3 Counselling and Step 3 CBT performance continued to be solid, with 140 people completing treatment - over 16% above target. This has all been achieved with low waiting lists, and made a significant impact in helping to reduce waiting times for NHS Talking therapies. Service users are also better able to access services concurrently due to our ability to connect with wider community-based service through our holistic and integrated approach.

At the core of the HK BN(O) project has been the ethos of integration. This was a highly successful project which was funded by the Department of Levelling Up, Housing and Communities (DLUHC). Phase 2 of this project ended last year, but we were pleased to have received the support from the Greater London Authority (GLA) through the London Borough of Barnet (LBB) as part of the Local Welcome Fund to continue supporting the HK BN(O) community. This 6-month project allowed us to deliver 25 sessions each of one-off wellbeing sessions, Tai Chi classes, Table Tennis, Badminton, Pilates and Keep Fit sessions. We were also able to evolve our Zero Waste Kitchen activities which ended in April to deliver cookery demonstrations and life skill activities. The project supported 487 unique HK BN(O)s, providing a platform of shared interest, language and culture, for people to socialise, network, meet new people and make lasting friendships.

Further to the Local Welcome Fund, we have also been able to secure funding via Barnet Council from the DLUHC Hong Kong BN(O) UK Welcome Programme to deliver a targeted programme of English language classes. Through the support of a qualified ESOL teacher and a team of dedicated volunteers, we have supported 160 unique people throughout the year to provide bespoke ESOL classes and conversation café sessions. The language support, confidence building in using English in everyday life and the platforms to practice and engage with other native English speakers have been a crucial part in supporting HK BN(O)s to integrate into the local community. There continues to be a high demand for these ESOL classes. The ESOL Classes, conversation café and the range of activities for the HK BN(O) community have cemented our commitment to support Barnet Council's aims to be a Borough of Sanctuary.

**Objectives, achievements and performance and financial review cont'd**

The influence of global political and economic uncertainties has continued to create a strain on services and organisations. The ongoing Cost-of-Living crisis has impacted people from all backgrounds and walks of life, and alongside the financial challenges has been the increased demand in mental health and wellbeing services. The staff and volunteer team have remained steadfast in supporting others that are vulnerable and most in need. The support from the Local Authority and the NHS Mental Health Trust have been key to this resilience, and the continued motivation to do more for the community. The continued placement of the individual at the centre of care, to not view our services as standalone projects but to resolutely integrate our services will help us navigate whatever the future holds. We are confident that the dedication of the team will continue to drive for innovative and creative solutions to further develop our services to support the community.

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 mental health 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 continue to develop a qualified workforce via 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](mailto: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.14a 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.

**Directors' responsibilities**

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

- 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: 19th Dec 2024

## **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 2024

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  
Chartered Certified Accountants  
8 Paxton Terrace  
Grosvenor Road  
London SW1V 3DA

Dated: 19 December 2024



**Meridian Wellbeing**  
**Statement of Financial Activities**  
**for the year ended 31 March 2024**

	Notes	Restricted £	Unrestricted £	Total 2024 £	Total 2023 £
<b>INCOMING RESOURCES</b>					
<b>Income resources from generated funds:</b>					
Voluntary income					
- Grants receivable		117,997		117,997	92,200
- Other income			568,319	568,319	601,987
- Fundraising				-	-
<b>Income from grants and donations and activities</b>	<b>4</b>	<u>117,997</u>	<u>568,319</u>	<u>686,316</u>	<u>694,187</u>
Bank deposit interest		-	4,845	4,845	1,530
		<u>117,997</u>	<u>573,164</u>	<u>691,161</u>	<u>695,717</u>
<b>RESOURCES EXPENDED</b>					
<b>Cost of generating funds</b>					
- Fundraising costs of grants and donations	<b>5a</b>	-	3,000	3,000	3,000
<b>Charitable activities</b>					
- Preservation and safeguarding of mental health and of the wellbeing of its beneficiaries					
	<b>5b&amp;5c</b>	92,926	496,689	589,615	588,080
<b>Governance costs</b>	<b>6</b>	<u>10,321</u>	<u>52,141</u>	<u>62,462</u>	<u>59,223</u>
		<u>103,247</u>	<u>551,830</u>	<u>655,077</u>	<u>650,303</u>
<b>EXCESS OF INCOME OVER OUTGOINGS</b>		14,750	21,334	36,084	45,414
<b>FUNDS BROUGHT FORWARD</b>		<u>-</u>	<u>317,025</u>	<u>317,025</u>	<u>271,611</u>
<b>FUNDS CARRIED FORWARD</b>		<u>14,750</u>	<u>338,359</u>	<u>353,109</u>	<u>317,025</u>

**Meridian Wellbeing**  
**Income and expenditure account**  
**for the year ended 31 March 2024**

	<b>Notes</b>	<b>2024</b> <b>£</b>	<b>2023</b> <b>£</b>
<b>INCOMING RESOURCES</b>	<b>4</b>	686,316	694,187
<b>CHARITABLE AND ADMINISTRATIVE EXPENSES</b>		(655,077)	(650,303)
<b>OPERATING SURPLUS</b>		<u>31,239</u>	<u>43,884</u>
Interest receivable		4,845	1,530
<b>SURPLUS BEFORE TAXATION</b>		<u>36,084</u>	<u>45,414</u>
Taxation	<b>8</b>	-	-
Opening surplus of funds		317,025	271,611
<b>SURPLUS CARRIED FORWARD</b>		<u>353,109</u>	<u>317,025</u>

**Meridian Wellbeing**  
**Registered number - 03150505**  
**Balance Sheet**  
**as at 31 March 2024**

	Notes	2024 £	2023 £
<b>Fixed assets</b>			
Tangible assets	9	8,391	10,344
<b>Current assets</b>			
Debtors	10	64,341	62,288
Cash at bank and in hand		317,535	272,077
		<u>381,876</u>	<u>334,365</u>
<b>Creditors: amounts falling due within one year</b>	11	(37,158)	(27,684)
<b>Net current assets</b>		<u>344,718</u>	<u>306,681</u>
<b>Total assets less current liabilities</b>		<u>353,109</u>	<u>317,025</u>
<b>Net assets</b>		<u>353,109</u>	<u>317,025</u>
<b>Capital and reserves</b>			
- Restricted	13a	14,750	-
- Unrestricted	14a	338,359	317,025
Premises reserve fund		40,000	40,000
Contractual fund		30,000	20,000
Operational fund		<u>268,359</u>	<u>257,025</u>
		<u>338,359</u>	<u>317,025</u>
		<u>353,109</u>	<u>317,025</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 19 December 2024

**Meridian Wellbeing  
Notes to the Accounts  
for the year ended 31 March 2024**

**1 Accounting policies**

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern.

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 2024**

***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 £250 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	1/3rd of cost straight line
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***Operating leases***

The charity classifies the office lease as operating lease and rental and other related expenses paid under the lease are charged to Revenue Account as they are accrued.

***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 2024**

**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.

**1 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.

**2 Employees**

**2024  
Number**      **2023  
Number**

Average number of persons employed by the company      22      22

**4 INCOME RESOURCES**

**2024**      **2024**      **2023**      **2023**  
£      £      £      £

**Restricted**

Chinese Wellbeing Services - City Bridge Foundation	52,500		52,600	
HK BNO Project - Barnet Council	30,000		39,600	
HK BNO Project - Harrow Council	2,760		-	
Grahame Park Project - Barnet Council	17,987		-	
Meridian Wellbeing Sport Programme - Sport England	<u>14,750</u>		<u>-</u>	
		117,997		92,200

**Unrestricted**

- Contract, donations and other income	565,179		558,821	
- Winter Pressures Project (BEH)	-		37,000	
- Inflation Pressures Payment - City Bridge Foundation	<u>3,140</u>		<u>6,166</u>	
		568,319		601,987
Fundraising		<u>-</u>		<u>-</u>
		<u>686,316</u>		<u>694,187</u>

**Meridian Wellbeing**  
**Notes to the Accounts**  
**for the year ended 31 March 2024**

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>5 Resources Expended</b>		
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	75,106	80,073
Support and Project costs	17,820	28,335
	<u>92,926</u>	<u>108,408</u>
Apportionment of Governance Costs	10,321	9,715
	<u>103,247</u>	<u>118,123</u>
c Charitable Activities - Unrestricted		
Staff Costs	469,246	465,197
Support and Project costs	27,443	14,475
	<u>496,689</u>	<u>479,672</u>
Apportionment of Governance Costs	52,141	49,508
	<u>548,830</u>	<u>529,180</u>
<b>6 Analysis of Governance Costs</b>		
Staff Costs	1,345	2,755
Depreciation	1,149	4,038
Support costs	4,265	1,628
Accountancy & Independent examiners's fees	1,890	1,890
Legal fees re: previous year's insurance	5,657	-
General office administartion and establishment	48,156	48,912
	<u>62,462</u>	<u>59,223</u>
<b>7 Operating surplus</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
This is stated after charging:		
Depreciation of owned fixed assets	12,079	5,433
Pension costs	30,271	13,337
Accountancy & Independent examiner's fees	1,890	1,890
Wages and Salaries	423,287	396,856
Sessional worker	57,636	106,527
Social security costs	33,464	33,942
	<u>548,830</u>	<u>529,180</u>
The average number of employees, including volunteers employed by the organisation during the year was:	<b>75</b>	<b>75</b>
<b>8 Taxation</b>		
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 2024**

**9 Tangible fixed assets**

	<b>Plant and machinery etc £</b>
<b>Cost</b>	
At 1 April 2023	73,360
	<u>9,997</u>
At 31 March 2024	<u>83,357</u>
<b>Depreciation</b>	
At 1 April 2023	63,016
Charge for the year	<u>11,950</u>
At 31 March 2024	<u>74,966</u>
<b>Net book value</b>	
At 31 March 2024	<u>8,391</u>
At 31 March 2023	<u>10,344</u>

**10 Debtors**

	<b>2024 £</b>	<b>2023 £</b>
Accrued income and prepaid expenses	<u>64,341</u>	<u>62,288</u>

**11 Creditors: amounts falling due within one year**

	<b>2024 £</b>	<b>2023 £</b>
Creditors	27,492	16,000
Taxation and social security costs	<u>9,666</u>	<u>11,684</u>
	<u>37,158</u>	<u>27,684</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 2024**

	Balance 01-Apr-23	Grants & Donations	Staff Costs	Project Costs	Other Costs	Governance Cost Shared	Balance 31 March 2024
	£	£	£	£	£	£	£
13a Restricted - This year							
Chinese Wellbeing Services - City Bridge Foundation	-	52,500	38,631	4,431	5,212	4,226	-
HKBNO - Welcome Programme - Barnet Council	-	30,000	22,409	4,267	594	2,730	-
HKBNO - Welcome Programme - Harrow Council	-	2,760	2,061	261	52	386	-
Grahame Park Project - Barnet Council	-	17,987	12,005	3,003	-	2,979	-
Meridian Wellbeing Sport Programme - Sport England	-	14,750	-	-	-	-	14,750
	-	117,997	75,106	11,962	5,858	10,321	14,750
	-						-
13b Restricted - Last year							
Chinese Wellbeing Services - City Bridge Foundation	-	52,600	38,631	4,431	5,212	4,326	-
HKBNO - Welcome Programme	25,923	39,600	41,442	18,692	-	5,389	-
	25,923	92,200	80,073	23,123	5,212	9,715	-
14a Unrestricted - This year							
	Balance 01-Apr-23	Grants & Donations	Staff Costs	Project Costs	Other Costs	Governance cost shared	Balance 31 March 2024
Contract, donations and other income	317,025	565,179	466,392	27,443	-	51,855	336,514
Inflation Pressures Payment - City Bridge Foundation		3,140	2,854			286	-
Bank deposit interest	-	4,845	-	-	-	-	4,845
Fund raising	-	-	3,000	-	-	-	(3,000)
	317,025	573,164	472,246	27,443	-	52,141	338,359
14b Unrestricted - Last year							
Contract, donations and other income	245,688	558,821	425,581	14,475	-	45,958	318,495
Inflation Pressures Payment - City Bridge Foundation	-	6,166	5,659	-	-	507	-
Winter Pressures Project (BEH)	-	37,000	33,957	-	-	3,043	-
Bank deposit interest	-	1,530	-	-	-	-	1,530
Fund raising	-	-	3,000	-	-	-	(3,000)
	245,688	603,517	468,197	14,475	-	49,508	317,025