

MOOD SWINGS NETWORK

England & Wales · Charity number 1077513

Details

Other names	MANIC DEPRESSION FELLOWSHIP NORTH WEST, MOODSWINGS
Status	Registered
Legal form	Charitable company
Company number	03833841
Registered	1999-09-22
Register	View on the Charity Commission register

Contact

Address	36 New Mount Street Manchester M4 4DE
Phone	01618343732
Email	info@moodswings.org.uk
Website	moodswings.org.uk

Activities

Objects: TO HELP PEOPLE WHOSE LIVES ARE AFFECTED BY MOOD DISORDERS

Activities: Mood Swings provides information advice and support to people with mental health problems, specifically mood disorders, and their carers.

Classification

- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£139,561	£223,159	-	-
2024-03-31	£236,210	£185,158	-	-
2023-03-31	£180,011	£185,631	-	-
2022-03-31	£286,289	£186,799	-	-
2021-03-31	£216,493	£215,724	-	-

Trustees

Name	Role	Appointed
Chris Lyons		2015-11-01
Dianne Prudence Scanlon		2016-06-01
Gary Martin Buttriss Holt		2021-02-15
MARTIN FARRAR		2011-07-04
PHILIP JAMES MORRIS		2012-05-01
Philip Lynas		2020-01-09

MOOD SWINGS NETWORK

England & Wales - Charity number 1077513

Accounts

Company registration number: 03833841

Charity registration number: 1077513

Mood Swings Network

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2025

Gordon Levy BA FCA
Chartered Accountant
Gordon Levy Limited
Suite 5 4th Floor
3 Universal Square
Devonshire Street North
Manchester
M12 6JH

Mood Swings Network

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Mood Swings Network

Reference and Administrative Details

Chief Executive Officer

Gary Buttriss Holt

Trustees

Dianne Scanlon (resigned 8 October 2024)

Martin Farrar (resigned 15 October 2024)

Philip Morris

Christopher Lynas

Phil Lynas

Gary Buttriss Holt

Amy Robertson (appointed 9 October 2024)

Hannah Davis (appointed 9 October 2024)

Principal Office

36 New Mount Street

Manchester

M4 4DE

The charity is incorporated in England & Wales.

Company Registration Number

03833841

Charity Registration Number

1077513

Independent Examiner

Gordon Levy BA FCA

Chartered Accountant

Gordon Levy Limited

Suite 5 4th Floor

3 Universal Square

Devonshire Street North

Manchester

M12 6JH

Mood Swings Network

Trustees' Report

The trustees, who are directors for the purposes of company law, present their annual report together with the financial statements of the charitable company for the year ended 31 March 2025.

Objective and Activities

Summary of the Objects of the Charity as set out in the governing document

Object

The primary object of the Charity is to support people whose lives are affected by mood disorders.

Moodswings is a unique charity which gives free, on-going support to people suffering from emotional distress. We are a registered charity and company limited by guarantee, set up in 1999 to support people with mental health problems and their friends and family. Much of our work is done by volunteers, many of whom have suffered the effects of anxiety or emotional distress themselves.

Each year we work with around 1500 people, offering support to Education & Medical workers, the unemployed and people of all ages and backgrounds. Our philosophy is based on the knowledge that any one of us can experience emotional distress if we are subject to the particular kind of stress which makes us vulnerable. Some people can cope effectively, because they have a lot of support around them. For others, we are the friends and family they do not have. For university students, for example, we can represent a lifeline as they struggle in their management of their course and independent living. Merely being away from their parental home, for the first time, may become a trigger to mental health challenges.

All our work centres around 'Positive Recovery', by which we mean 'living the best life you can, with or without, the symptoms of emotional distress'. Our aim is to help people to understand and manage their symptoms, and thereafter achieve the things they want in life regardless of their diagnosis. Mental health problems can be overwhelming, and it is sometimes impossible to see beyond the immediate distress, but our approach at Moodswings is to provide people with an optimistic outlook.

In this, we provide evidence that with proper treatment, support and self-management, it is possible to manage mental distress and lead a full and meaningful life. We encourage people to be as independent as possible, to volunteer or work, enjoy busy social interaction and to achieve their aims in life.

Moodswings provides one to one support and training, as well as other services aimed at supporting people in their progress towards their individual recovery goals. Services include a drama group, mindfulness sessions, arts and crafts workshops, as well as a singing group and a 'Walk & Talk' initiative. Additionally, we also provide a programme of ongoing 6 x 6 monthly self-help courses, based on the 5 Ways To Wellbeing initiative, devised by the New Economics Foundation and evidence based. Our version of this initiative (entitled 'ALPS') has been funded by a Community grant from the National Lottery.

Initial contact for all our services, is now made via our website self-referral form, though we are also recommended by GPs, mental health teams and support workers, who can also signpost beneficiaries to our service.

Moodswings acquired our own building in Manchester in 2012. By doing this we achieved an ambition held by the charity since its formation in 1999 and we secured the charity's future. Since we rely heavily on volunteers, owning our own building ensures the security of the charity and its work, by reducing our running costs to a minimum.

In 2019 we completed work on an extension to our building which now houses our community hub. Our aim was that this service would become a valuable part of the community, providing a space for people with severe and enduring mental health problems. Initially, prior to lockdown, the space was intended and operated for a short time as a community cafe, however due to changes in the local area, it is now being used purely as a community hub and activity space to host our groups and workshops. The hub also hosts partnership organisations such as Mental Health Services & Probation, a safe environment where clients can attend a weekly

Mood Swings Network

Trustees' Report

support drop-in facility; the informal space offering a psychologically informed environment, rather than the more austere Probation premises.

Service & Beneficiaries Year Ending March 2025

Moodswings continues to offer its services, free of charge to our beneficiaries, relying solely on our own in-house fundraising ventures and donations from our supporters. Funding applications are continually rejected by our Local Authority, despite mental health issues being significantly higher in the locality when compared to the rest of UK. Mental Health is no longer a popular cause and any donations are usually directed towards the major National charities. Despite this, and the economic cutbacks which have had a negative impact on the voluntary sector, we work with more people each year and have managed to expand our services. We continue to offer our employees additional responsibility and autonomy, and put in place enhanced opportunities for our volunteers. We are supporting a working environment where volunteers aspire to be employees and beneficiaries, with lived experience, are supported in utilising the skills to facilitate activity groups. This results in a significant benefit to our community as well as the Moodswings vision.

Future Plans

In recent years, Moodswings has benefitted from enhanced recruitment of, volunteers and the launch of our rebranding programme, public facing, interactive web presence. Additionally, professional partnerships within the local community, have all come to fruition and continued to add value, during this reporting period. Our aim for the forthcoming year is to ensure that the Charity offer is sustained, and our waiting list response is managed effectively. Due to our enhanced public presence, self-referrals have significantly increased, and it is a priority of the team to control the beneficiary's pathway, timeously.

Group activities play a significant part in this, as clients can often be signposted to sessions which promote inclusion and reduce isolation. Currently, we are developing further, one-off 'taster' sessions including Music, Tai Chi Emotional Freedom Techniques and Visual Arts. There is a sense that the wider determinants of wellbeing can be effectively supported within this somewhat organic process, with a strong foundation of staff experience and further training in therapeutic models, underpinning the process. Community development models ensure that beneficiaries are up-skilled and supported to shape the future of Moodswings, facilitate group activities and be involved with feedback forums.

Financial Position

Moodswings continues to be financially well. A detailed summary of our finances and reserves policy can be seen in our accounts for the year 2024/2025.

Despite changes in how the student project operates, our provision of non-medical helper support has continued at Manchester University and Salford University. We continue to closely monitor this project to ensure that it remains cost effective. A meeting between administration at the University and ourselves has been scheduled for March 2026. We also continue to provide support to staff at Manchester University and One Manchester, with the recruitment of one of our bank of student mentors all qualified person-centred counsellors. We continue to apply for grants although this was the final year of our Reaching Communities grant from the National Lottery. Additionally, a twice-yearly donation is also received from the Bothwell Charity Trust.

Given the likelihood of mental health being not being grant worthy or being cited as a priority, our fundraising has needed to be more creative during this reporting period. We have partnered with organisations such as 'Run For Charity' and 'Raffle House' in order to attract further funding. Additionally, we have reached out to iconic Manchester musicians and artistes, who have agreed to perform Q & A events, book signing and meet & greet events, to act as fundraising opportunities. Some have also become Patrons of our Charity, which has provided us with enhanced attention on Social media platforms. These initiatives provide us with alternative possibilities to sustain our services financially.

Mood Swings Network

Trustees' Report

Recruitment, Training & Appointment Trustees & Directors

Our management committee are trustees and directors of the company. They are elected, rotated and re-elected according to the requirements of our Memorandum and Articles of Association. All members give their time voluntarily.

The charity aims to ensure that the needs of the group we support are appropriately reflected through the diversity of the trustee body. To enhance this we have actively recruited members who have previously received support from the charity and can use their own lived experience to support us. More traditional business and statutory experience and skills are also represented on the management committee. We regularly run a skills audit within the management committee. All trustees are provided with a full induction pack and sign a confidentiality agreement.

Trustees are already familiar with the practical work of the charity and are encouraged to come into our service to shadow our work and to attend trainings. Trustees are encouraged to consult the Charity commission website to explore the nature, responsibility and demands of being a trustee before they commit to us.

Organisational Structure

Moodswings has a management committee who meet quarterly and are responsible for the strategic direction and policy of the charity. Our staff members also sit on the committee. Day to day responsibility for the provision of services rests with the chief executive along with the recovery support staff. The chief executive is responsible for ensuring that the charity delivers the services specified and key performance indicators are met. The CEO and staff are responsible for the day-to-day operation of Moodswings and supervision of its mentors and volunteers, ensuring that the team continue to develop their skills and working practices in line with good practice.

The management committee instructs our accountants to prepare full financial statements each financial year which give a true and fair view of the situation of the charitable company including income, expenditure and resources. The management company is also responsible for safeguarding any assets of the charitable company and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Risk Management

The management committee regularly reviews the risks to which the charity is exposed. Where appropriate, systems or procedures are established to mitigate the risks faced. Risks to funding in this period of austerity mean that internal procedures have been developed to ensure the diversification of funding and activities. Policies and procedures governing finances and health and safety are regularly reviewed to ensure compliance.

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers who are involved in running Mood Swings Network, office administration helpline and recovery support work. As previously documented, we have been successful in increasing our volunteer base recently. Additionally, we have a solid recruitment and training process for the volunteers we take on, which includes those who facilitate our sessions and activities.

Mood Swings Network

Trustees' Report

Company Status

The company was incorporated on the 31 August 1999 by its Memorandum and Articles of Association to be a company limited by guarantee. In the event of the company's winding up, all its members have agreed to contribute a sum not to exceed £1.

The Charity's Bankers

Cooperative Bank plc, PO Box 101, 1 Balloon St, Manchester M60 4EP

Reserves Policy

The Trustees believe that unrestricted reserves of 12 months' cost of running the core activities of the charity and maintaining the building are required.

Reappointment of Independent Examiner

Gordon Levy, Chartered Accountant, has been reappointed as Independent Examiner for the ensuing year.

The annual report was approved by the trustees of the charity on 29 January 2026 and signed on its behalf by:



.....
Mr Gary Buttriss Holt
Chair of the Trustees

Mood Swings Network

Statement of Trustees' Responsibilities


The trustees (who are also the directors of Mood Swings Network for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

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

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

Approved by the trustees of the charity on 29 January 2026 and signed on its behalf by:



.....
Gary Buttriss Holt
Chief Executive Officer and Trustee

Mood Swings Network

Independent Examiner's Report to the trustees of Mood Swings Network

I report on the accounts of the charity for the year ended 31 March 2025 which are set out on pages 8 to 18.

Respective responsibilities of trustees and 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.

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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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 matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; 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

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.



.....
Gordon Levy BA FCA
Chartered Accountant
ICAEW

Gordon Levy Limited
Suite 5 4th Floor
3 Universal Square
Devonshire Street North
Manchester
M12 6JH

Date: 29 January 2026

Mood Swings Network

Statement of Financial Activities for the Year Ended 31 March 2025 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Notes	Year ended 31/03/2025 £	Year ended 31/03/2024 £
Income from donations and grants	3	137,850	233,862
Less: Expenditure on charitable activities	4	<u>(223,159)</u>	<u>(185,158)</u>
Net expenditure		(85,309)	48,704
Investment income	3	<u>1,711</u>	<u>2,348</u>
Taxation	8	<u>(83,598)</u> <u>0</u>	<u>51,052</u> <u>0</u>
Net movement in funds		<u><u>(83,598)</u></u>	<u><u>51,052</u></u>

Mood Swings Network
(Registration number: 03833841)
Balance Sheet as at 31 March 2025

	Notes	Year ended 31/03/2025 £	Year ended 31/03/2024 £
Fixed assets			
Property	9	551,000	551,000
Tangible assets	9	<u>0</u>	<u>0</u>
		551,000	551,000
Current assets			
Debtors	10	4,440	3,870
Cash at bank (current account)		395,542	482,602
Cash in hand		<u>0</u>	<u>100</u>
		399,982	486,572
Creditors: Amounts falling due within one year	11	<u>(6,406)</u>	<u>(9,398)</u>
Net current assets		<u>393,576</u>	<u>477,174</u>
Net assets		<u>944,576</u>	<u>1,028,174</u>
Funds of the charity:			
Unrestricted funds		385,870	467,422
Restricted funds		<u>7,706</u>	<u>9,752</u>
		393,576	477,174
Property fund		<u>551,000</u>	<u>551,000</u>
		<u>944,576</u>	<u>1,028,174</u>

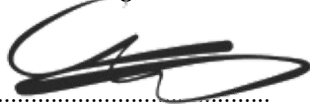
For the financial year ending 31 March 2025, the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

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

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

The financial statements on pages 8 to 18 were approved by the trustees, and authorised for issue on 29 January 2026 and signed on their behalf by:



.....
 Gary Buttriss Holt
 Chief Executive Officer and Trustee

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

1 Charity status

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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.

Basis of preparation

Mood Swings Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

INCOMING RESOURCES

	Note	Unrestricted	Restricted	Property	Total 2025	Total 2024
Grants Received:-						
Big Lottery		0	60,000	0	60,000	60,000
Screwfix Foundation		0	5,000	0	5,000	0
Bothwell		0	12,000	0	12,000	12,000
Employment project		0	23,660	0	23,660	10,360
Student Project		0	24,625	0	24,625	26,865
Donations		8,983	3,582	0	12,565	124,637
Bank Interest		1,711	0	0	1,711	2,348
TOTAL INCOMING RESOURCES		10,694	128,867	0	139,561	236,210
TOTAL RESOURCES FOR THE YEAR	5	92,246	130,913	0	223,159	185,158
NET RESOURCES FOR THE YEAR		(81,552)	(2,046)	0	(83,598)	51,052
TOTAL FUNDS B/FWD		467,422	9,752	551,000	1,028,174	977,122
TOTAL FUNDS C/FWD		385,870	7,706	551,000	944,576	1,028,174

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

5 <u>TOTAL RESOURCES EXPENDED</u>	Unrestricted £	Restricted £	Year ended 2025 £	Year ended 2024 £
Training & Outreach Work	4,065	0	4,065	456
Travel & Volunteer Expenses	0	1,626	1,626	1,069
Marketing and fundraising expenses	0	0	0	0
Premises/utilities	0	5,708	5,708	4,950
General expenses, repairs and insurance	18,588	0	18,588	4,421
Insurance	0	3,825	3,825	3,604
Cleaning	0	1,066	1,066	1,249
Printing, Postage & Stationery	8,700	0	8,700	645
Telephones and computer equipment	6,072	0	6,072	20,103
Wages and Salaries	54,821	110,243	165,064	140,008
Subscriptions	0	3,341	3,341	1,279
Depreciation	0	0	0	0
Professional Fees and Accountancy	0	4,703	4,703	6,730
Bank interest/charges	0	401	401	644
	92,246	130,913	223,159	185,158

£92,246 (2024 - £Nil) of the above expenditure was attributable to unrestricted funds and £130,913 (2024 - £185,158) to restricted funds.

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

6 Staff costs

The aggregate payroll costs were as follows:

	2025 £	2024 £
Staff costs during the year were:		
Wages and salaries	144,992	122,841
Social security costs	12,056	10,420
Pension costs	8,016	6,747
	165,064	140,008

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2025 No	2024 No
Total employees	10	8

No employee received emoluments of more than £60,000 during the year.

7 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £8,016 (2024 - £6,747).

8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

9 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Total £
Cost			
At 1 April 2024	551,000	34,406	585,606
At 31 March 2025	551,000	34,406	585,606
Depreciation			
At 1 April 2024	0	34,406	34,406
At 31 March 2025	0	34,406	34,406
Net book value			
At 31 March 2025	551,000	0	551,000
At 31 March 2024	551,000	0	551,000

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

10 Debtors

	2025 £	2024 £
Other debtors	4,440	3,870
	4,440	3,870

11 Creditors:

Amounts falling due within one year

Taxation and social security	3,059	3,295
Sundry creditors	929	3,800
Pensions	678	563
Accruals	1,740	1,740
	6,406	9,398

12 Funds

	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	Balance at 31 March 2025 £
Unrestricted funds	467,422	10,694	(92,246)	385,870
Restricted funds	9,752	128,867	(130,913)	7,706
Total funds	477,174	139,561	(223,159)	393,576

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds	342,745	124,677	0	467,422
Restricted funds	83,377	111,533	(185,158)	9,752
Total funds	426,122	236,210	(185,158)	477,174

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2025

13	Analysis of net assets between funds		
	Unrestricted funds	Restricted funds	Total funds
Tangible fixed assets	0	551,000	551,000
Current assets	385,870	7,706	393,576
Total net assets	<hr/> 385,870	<hr/> 558,706	<hr/> 944,576 <hr/>

MOOD SWINGS NETWORK

England & Wales - Charity number 1077513

Accounts

Company registration number: 03833841

Charity registration number: 1077513

Mood Swings Network

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2024

Gordon Levy BA FCA
Chartered Accountant
Gordon Levy Limited
Suite 5 4th Floor
3 Universal Square
Devonshire Street North
Manchester
M12 6JH

Mood Swings Network

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Statement of Financial Activities	8
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Notes to the Financial Statements	10 to 18

Mood Swings Network

Reference and Administrative Details

Chief Executive Officer

Gary Buttriss Holt

Trustees

Dianne Scanlon (resigned 8 October 2024)

Martin Farrar (resigned 15 October 2024)

Philip Morris

Christopher Lynas

Jonathan Harvey (resigned 1 September 2023)

Phil Lynas

Gary Buttriss Holt

Amy Robertson (appointed 9 October 2024)

Hannah Davis (appointed 9 October 2024)

Principal Office

36 New Mount Street

Manchester

M4 4DE

The charity is incorporated in England & Wales.

Company Registration Number

03833841

Charity Registration Number

1077513

Independent Examiner

Gordon Levy BA FCA

Chartered Accountant

Gordon Levy Limited

Suite 5 4th Floor

3 Universal Square

Devonshire Street North

Manchester

M12 6JH

Mood Swings Network

Trustees' Report

The trustees, who are directors for the purposes of company law, present their annual report together with the financial statements of the charitable company for the year ended 31 March 2024.

Objective and Activities

Summary of the Objects of the Charity as set out in the governing document

Object

The primary object of the Charity is to support people whose lives are affected by mood disorders.

Moodswings is a unique charity which gives free, on-going support to people suffering from emotional distress. We are a registered charity and company limited by guarantee, set up in 1999 to support people with mental health problems and their friends and family. Much of our work is done by volunteers, many of whom have suffered the effects of anxiety or emotional distress themselves.

Each year we work with around 1500 people. We provide support to teachers, doctors, businessmen, the unemployed and people of all ages and backgrounds. Our philosophy is based on the knowledge that any one of us is vulnerable to emotional distress if we are subject to the particular kind of stress which makes us vulnerable. Some people can cope well because they have a lot of support around them. For others, we are the friends and family they do not have. For university students, we can be a lifeline as they struggle to manage their course whilst managing their mental health away from home for the first time.

All our work centres around 'Positive Recovery', by which we mean 'living the best life you can, with or without, the symptoms of emotional distress'. Our aim is to help people to understand and manage their symptoms, and thereafter achieve the things they want in life regardless of their diagnosis. Mental health problems can be overwhelming, and it is sometimes impossible to see beyond the immediate distress, but our approach at Moodswings is to provide people with an optimistic outlook.

We show them that with proper treatment, support and self-management, it is possible to manage mental distress and lead a full and meaningful life. We encourage people to be as independent as possible, to volunteer or work, enjoy busy social interaction and to achieve their aims in life.

Moodswings provides one to one support and training, as well as other services aimed at supporting people in their progress towards their individual recovery goals. Services include a drama group, mindfulness, arts and crafts, walking, gardening and a carers social group. We also provide a programme of 6 x 6 monthly self-help courses, based on the 5 Ways To Wellbeing initiative, and funded by a Community grant from the National Lottery.

Initial contact for all our services, is now made via our website self-referral form, though we are also recommended by GPs, mental health teams and support workers.

Moodswings acquired our own building in Manchester in 2012. By doing this we achieved an ambition held by the charity since its formation in 1999 and we secured the charity's future. Since we rely heavily on volunteers, owning our own building ensures the security of the charity and its work by cutting down our running costs to a minimum.

In 2019 we completed work on an extension to our building which now houses our community hub. Our aim was that this service would become a valuable part of the community, providing a space for people with severe and enduring mental health problems. Initially, prior to lockdown, the space was intended and operated for a short time as a community cafe, however due to changes in the local area, it is now being used purely as a community hub and activity space to host our groups and workshops. Within this reporting period, we have also reached out to partner organisations, such as NHS & Probation services, to offer availability of the hub environment.

Mood Swings Network

Trustees' Report

Moodswings has good relationships with both the voluntary and statutory sector. We won the Manchester Community Group of the year award in 2007 and were awarded the Queen's Award for Voluntary Service.

Service & Beneficiaries Year Ending March 2024

Moodswings continues to thrive despite economic cutbacks which have had a negative impact on the voluntary sector. We work with more people each year and have expanded our services. Work towards individual recovery plans continues and people make regular progress towards their goals.

We have built on the changes put in place during the last reporting period, with the provision of added responsibility for team members. The process has dialogue with a new transparency between management and colleagues, with each individual acknowledging that their ideas and views can contribute to the shaping of the Charity going forward. Never has this been more apparent than within the team commitment to the recent rebranding programme, which has benefitted the Charity's offer to its beneficiaries.

We have also launched enhanced personal development opportunities for colleagues, to ensure optimum access to appropriate qualification options, with a programme of further education being financed, at Post Graduate level in Cognitive Behavioural Therapies, for one member of the team.

The recruitment of a new staff member has been made possible, which has provided an opportunity for an existing team member to obtain some line management experience. Additionally, we continue to increase our volunteer base, usually through the provision of student placement from local Universities.

We continue to join more partnerships in the Greater Manchester area to widen the support options of our beneficiaries. We have also had increased corporate and fundraising support and benefitted from community days in keeping our building and property maintained.

Future Plans

Recruitment of additional staff, volunteers and the launch of our rebranding programme, public facing, interactive web presence and professional partnerships within the local community, have all come to fruition during this reporting period. Our aim for the forthcoming year is to ensure that the Charity offer is sustained, and our waiting list response is managed effectively. Due to our enhanced public presence, self-referrals have significantly increased, and it is a priority of the team to control the beneficiary's pathway, timeously. Group activities play a significant part in this, as clients can often be signposted to sessions which promote inclusion and reduce isolation. Currently, we are developing further weekly sessions including Music, Tai Chi and Visual Arts. There is a sense that the wider determinants of wellbeing can be effectively supported within this somewhat organic process, with a strong foundation of staff experience and further training in therapeutic models.

Financial Position

Moodswings continues to be financially solid. A detailed summary of our finances and reserves policy can be seen in our accounts for the year 2023/2024.

Despite changes in how the student project operates, our provision of non-medical helper support has continued at Manchester University and Salford University. We continue to closely monitor this project to ensure that it remains cost effective. We also continue to provide support to staff at Manchester University and One Manchester, with the recruitment of one of our student mentors as a person-centred counsellor. We continue to apply for grants and were successful in receiving money from National Lottery during this reporting period. Investment from Manchester City Council, and Lloyds Bank Foundation England and Wales as well as some smaller one-off grants, represents part of the current total of our accounts. Additionally, a twice-yearly donation is also received from the Bothwell Charity Trust.

Mood Swings Network

Trustees' Report

Recruitment, Training & Appointment Trustees & Directors

Our management committee are trustees and directors of the company. They are elected, rotated and re-elected according to the requirements of our Memorandum and Articles of Association. All members give their time voluntarily.

The charity aims to ensure that the needs of the group we support are appropriately reflected through the diversity of the trustee body. To enhance this we have actively recruited members who have previously received support from the charity and can use their own lived experience to support us. More traditional business and statutory experience and skills are also represented on the management committee. We regularly run a skills audit within the management committee. All trustees are provided with a full induction pack and sign a confidentiality agreement.

Trustees are already familiar with the practical work of the charity and are encouraged to come into our service to shadow our work and to attend trainings. Trustees are encouraged to consult the Charity commission website to explore the nature, responsibility and demands of being a trustee before they commit to us.

Although we have had 2 trustees retire from service during this reporting period, we have been able to recruit 2 new trustees, who joined us in October 2024. The new trustees have also provided an appropriate fit in terms of diversity, reflective of the community and team, namely lived experience and gender, as well as having professional skills in mental health.

Organisational Structure

Moodswings has a management committee who meet quarterly and are responsible for the strategic direction and policy of the charity. Our staff members also sit on the committee. Day to day responsibility for the provision of services rests with the chief executive along with the recovery support staff. The chief executive is responsible for ensuring that the charity delivers the services specified and key performance indicators are met. The CEO and staff are responsible for the day-to-day operation of Moodswings and supervision of its mentors and volunteers, ensuring that the team continue to develop their skills and working practices in line with good practice.

The management committee instructs our accountants to prepare full financial statements each financial year which give a true and fair view of the situation of the charitable company including income, expenditure and resources. The management company is also responsible for safeguarding any assets of the charitable company and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Risk Management

The management committee regularly reviews the risks to which the charity is exposed. Where appropriate, systems or procedures are established to mitigate the risks faced. Risks to funding in this period of austerity mean that internal procedures have been developed to ensure the diversification of funding and activities. Policies and procedures governing finances and health and safety are regularly reviewed to ensure compliance.

Public benefit

The trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers who are involved in running Mood Swings Network, office administration helpline and recovery support work. As previously documented, we have been successful in increasing our volunteer base recently. Additionally, we have a solid recruitment and training process for the volunteers we take on, which includes those who facilitate our sessions and activities.

Mood Swings Network

Trustees' Report

Company Status

The company was incorporated on the 31 August 1999 by its Memorandum and Articles of Association to be a company limited by guarantee. In the event of the company's winding up, all its members have agreed to contribute a sum not to exceed £1.

The Charity's Bankers

Cooperative Bank plc, PO Box 101, 1 Balloon St, Manchester M60 4EP

Reserves Policy

The Trustees believe that unrestricted reserves of 12 months' cost of running the core activities of the charity and maintaining the building are required.

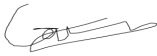
Risk Strategy

The trustees have identified the risks that the charity may be exposed to in the next financial year and have established strategies to mitigate those risks.

Reappointment of Independent Examiner

Gordon Levy, Chartered Accountant, has been reappointed as Independent Examiner for the ensuing year.

The annual report was approved by the trustees of the charity on 27 January 2025 and signed on its behalf by:



.....
Mr Gary Buttriss Holt
Chair of the Trustees

Mood Swings Network

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Mood Swings Network for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

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

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

Approved by the trustees of the charity on 27 January 2025 and signed on its behalf by:



.....
Gary Buttriss Holt
Chief Executive Officer and Trustee

Mood Swings Network

Independent Examiner's Report to the trustees of Mood Swings Network

I report on the accounts of the charity for the year ended 31 March 2024 which are set out on pages 6 to 15 .

Respective responsibilities of trustees and 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.

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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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

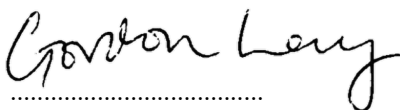
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; 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

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.



.....
Gordon Levy BA FCA
Chartered Accountant
ICAEW

Gordon Levy Limited
Suite 5 4th Floor
3 Universal Square
Devonshire Street North
Manchester
M12 6JH

Date: 27 January 2025

Mood Swings Network

Statement of Financial Activities for the Year Ended 31 March 2024 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Notes	Year ended 31/03/2024 £	Year ended 31/03/2023 £
Income from donations and grants	3	233,862	180,011
Less: Expenditure on charitable activities	4	<u>(185,158)</u>	<u>(184,887)</u>
Net expenditure		48,704	(4,876)
Investment income	3	<u>2,348</u>	<u>0</u>
		51,052	(4,876)
Less transfer to property fund		0	0
Taxation	8	<u>0</u>	<u>0</u>
Net movement in funds		<u><u>51,052</u></u>	<u><u>(4,876)</u></u>

Mood Swings Network
(Registration number: 03833841)
Balance Sheet as at 31 March 2024

	Notes	Year ended 31/03/2024 £	Year ended 31/03/2023 £
Fixed assets			
Property	9	551,000	551,000
Tangible assets	9	<u>0</u>	<u>0</u>
		551,000	551,000
Current assets			
Debtors	10	3,870	7,968
Cash at bank (current account)		482,602	423,120
Cash in hand		<u>100</u>	<u>100</u>
		486,572	431,188
Creditors: Amounts falling due within one year	11	<u>(9,398)</u>	<u>(5,066)</u>
Net current assets		<u>477,174</u>	<u>426,122</u>
Net assets		<u><u>1,028,174</u></u>	<u><u>977,122</u></u>
Funds of the charity:			
Unrestricted funds		467,422	342,745
Restricted funds		<u>9,752</u>	<u>83,377</u>
		477,174	426,122
Property fund		<u>551,000</u>	<u>551,000</u>
		<u><u>1,028,174</u></u>	<u><u>977,122</u></u>

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

Directors' responsibilities:

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

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

The financial statements on pages 6 to 15 were approved by the trustees, and authorised for issue on 27 January 2025 and signed on their behalf by:



.....
 Gary Buttriss Holt
 Chief Executive Officer and Trustee

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

1 Charity status

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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.

Basis of preparation

Mood Swings Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £500.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Statement of Financial Activities over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the charity has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Pensions and other post retirement obligations

The charity operates a defined contribution pension scheme which is a pension plan under which fixed contributions are paid into a pension fund and the charity has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised in the Statement of Financial Activities when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

Financial instruments

Classification

Financial assets and financial liabilities are recognised when the charity becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the charity after deducting all of its liabilities.

Recognition and measurement

All financial assets and liabilities are initially measured at transaction price (including transaction costs), except for those financial assets classified as at fair value through profit or loss, which are initially measured at fair value (which is normally the transaction price excluding transaction costs), unless the arrangement constitutes a financing transaction. If an arrangement constitutes a financing transaction, the financial asset or financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

Financial assets and liabilities are only offset in the statement of financial position when, and only when there exists a legally enforceable right to set off the recognised amounts and the charity intends either to settle on a net basis, or to realise the asset and settle the liability simultaneously.

Financial assets are derecognised when and only when a) the contractual rights to the cash flows from the financial asset expire or are settled, b) the charity transfers to another party substantially all of the risks and rewards of ownership of the financial asset, or c) the charity, despite having retained some, but not all, significant risks and rewards of ownership, has transferred control of the asset to another party.

Financial liabilities are derecognised only when the obligation specified in the contract is discharged, cancelled or expires.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

Debt instruments

Debt instruments which meet the following conditions are subsequently measured at amortised cost using the effective interest method:

(a) The contractual return to the holder is (i) a fixed amount; (ii) a positive fixed rate or a positive variable rate; or (iii) a combination of a positive or a negative fixed rate and a positive variable rate.

(b) The contract may provide for repayments of the principal or the return to the holder (but not both) to be linked to a single relevant observable index of general price inflation of the currency in which the debt instrument is denominated, provided such links are not leveraged.

(c) The contract may provide for a determinable variation of the return to the holder during the life of the instrument, provided that (i) the new rate satisfies condition (a) and the variation is not contingent on future events other than (1) a change of a contractual variable rate; (2) to protect the holder against credit deterioration of the issuer; (3) changes in levies applied by a central bank or arising from changes in relevant taxation or law; or (ii) the new rate is a market rate of interest and satisfies condition (a).

(d) There is no contractual provision that could, by its terms, result in the holder losing the principal amount or any interest attributable to the current period or prior periods.

(e) Contractual provisions that permit the issuer to prepay a debt instrument or permit the holder to put it back to the issuer before maturity are not contingent on future events, other than to protect the holder against the credit deterioration of the issuer or a change in control of the issuer, or to protect the holder or issuer against changes in levies applied by a central bank or arising from changes in relevant taxation or law.

(f) Contractual provisions may permit the extension of the term of the debt instrument, provided that the return to the holder and any other contractual provisions applicable during the extended term satisfy the conditions of paragraphs (a) to (c).

Debt instruments that are classified as payable or receivable within one year on initial recognition and which meet the above conditions are measured at the undiscounted amount of the cash or other consideration expected to be paid or received, net of impairment.

With the exception of some hedging instruments, other debt instruments not meeting these conditions are measured at fair value through profit or loss.

Commitments to make and receive loans which meet the conditions mentioned above are measured at cost (which may be nil) less impairment.

Investments

Investments in non-convertible preference shares and non-puttable ordinary or preference shares (where shares are publicly traded or their fair value is reliably measurable) are measured at fair value through profit or loss. Where fair value cannot be measured reliably, investments are measured at cost less impairment.

Investments in subsidiaries and associates are measured at cost less impairment. For investments in subsidiaries acquired for consideration including the issue of shares qualifying for merger relief, cost is measured by reference to the nominal value of the shares issued plus fair value of other consideration. Any premium is ignored.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

Derivative financial instruments

The charity uses derivative financial instruments to reduce exposure to foreign exchange risk and interest rate movements. The charity does not hold or issue derivative financial instruments for speculative purposes.

Derivatives are initially recognised at fair value at the date a derivative contract is entered into and are subsequently remeasured to their fair value at each reporting date. The resulting gain or loss is recognised in statement of financial activities immediately unless the derivative is designated and effective as a hedging instrument, in which event the timing of the recognition in statement of financial activities depends on the nature of the hedge relationship.

Fair value measurement

The best evidence of fair value is a quoted price for an identical asset in an active market. When quoted prices are unavailable, the price of a recent transaction for an identical asset provides evidence of fair value as long as there has not been a significant change in economic circumstances or a significant lapse of time since the transaction took place. If the market is not active and recent transactions of an identical asset on their own are not a good estimate of fair value, the fair value is estimated by using a valuation technique.

3 Income from donations and legacies

	Note	Unrestricted	Restricted	Property	Total 2024	Total 2023
Big Lottery		0	60,000	0	60,000	0
Manchester City Council		0	0	0	0	26,460
Lloyds Bank Foundation for England and Wales		0	0	0	0	26,767
Manchester City Council Carers Grant		0	0	0	0	20,000
HSBC SFX Foundation		0	0	0	0	2,998
Arnold Clark Community Fund		0	0	0	0	1,000
Bothwell		0	12,000	0	12,000	2,000
Employment project		0	10,360	0	10,360	7,420
Student Project		0	26,865	0	26,865	66,506
Donations		122,329	2,308	0	124,637	26,860
Bank Interest		2,348	0	0	2,348	0
Total incoming resources		124,677	111,533	0	236,210	180,011
Total Expenditure	5	0	185,158	0	185,158	185,631
Net (expenditure)/income		124,677	(73,625)	0	51,052	(5,620)
Total funds brought forward		342,745	83,377	551,000	977,122	982,742
Total funds carried forward		467,422	9,752	551,000	1,028,174	977,122

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

4 Expenditure on charitable activities

	Activity undertaken directly £	Total 2024 £	Total 2023 £
Training & Outreach work	456	456	1,439
Travel & Volunteer expenses	1,068	1,068	1,633
Premises/utilities	4,950	4,950	8,817
General expenses, repairs and insurance	9,274	9,274	7,825
Printing, postage & stationery	645	645	337
Telephones and computer equipment	20,104	20,104	23,760
Wages and salaries	140,008	140,008	130,681
Subscriptions	1,279	1,279	1,753
Depreciation	0	0	744
Professional fees and accountancy	6,730	6,730	8,212
Bank interest/charges	644	644	430
	<u>185,158</u>	<u>185,158</u>	<u>185,631</u>

£Nil (2023 - £Nil) of the above expenditure was attributable to unrestricted funds and £185,158 (2023 - £185,631) to restricted funds.

5 Trustees remuneration and expenses

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any reimbursed expenses or any other benefits from the charity during the year.

6 Staff costs

The aggregate payroll costs were as follows:

	2024 £	2023 £
Staff costs during the year were:		
Wages and salaries	122,841	115,414
Social security costs	10,420	9,286
Pension costs	6,747	5,981
	<u>140,008</u>	<u>130,681</u>

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

The monthly average number of persons (including senior management team) employed by the charity during the year expressed as full time equivalents was as follows:

	2024 No	2023 No
Total employees	8	12

No employee received emoluments of more than £60,000 during the year.

7 Pension and other schemes

Defined contribution pension scheme

The charity operates a defined contribution pension scheme. The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £6,747 (2023 - £5,981).

8 Taxation

The charity is a registered charity and is therefore exempt from taxation.

9 Tangible fixed assets

	Land and buildings £	Furniture and equipment £	Total £
Cost			
At 1 April 2023	551,000	34,406	585,606
At 31 March 2024	551,000	34,406	585,606
Depreciation			
At 1 April 2023	0	34,406	34,406
At 31 March 2024	0	34,406	34,406
Net book value			
At 31 March 2024	551,000	0	551,000
At 31 March 2023	551,000	0	551,000

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

10 Debtors

	2024 £	2023 £
Other debtors	3,870	7,968
	3,870	7,968

11 Creditors:

Amounts falling due within one year

Taxation and social security	3,295	2,804
Sundry creditors	3,800	0
Pensions	563	522
Accruals	1,740	1,740
	9,398	5,066

12 Funds

	Balance at 1 April 2023 £	Incoming resources £	Resources expended £	Balance at 31 March 2024 £
Unrestricted funds	342,745	124,677	0	467,422
Restricted funds	83,377	111,533	(185,158)	9,752
Total funds	426,122	236,210	(185,158)	477,174

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds	315,885	26,860	0	342,745
Restricted funds	115,857	153,151	(185,631)	83,377
Total funds	431,742	180,011	(185,631)	426,122

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2024

13	Analysis of net assets between funds		
	Unrestricted funds	Restricted funds	Total funds
Tangible fixed assets	0	551,000	551,000
Current assets	467,422	9,752	477,174
Total net assets	<u>467,422</u>	<u>560,752</u>	<u>1,028,174</u>

MOOD SWINGS NETWORK

England & Wales - Charity number 1077513

Accounts

Company registration number: 3833841

Charity registration number: 1077513

Mood Swings Network

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Mood Swings Network

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Mood Swings Network

Reference and Administrative Details

Chief Executive Officer

Gary Buttriss Holt

Trustees

Dianne Scanlon

Martin Farrar

Philip Morris

Christopher Lynas

Jonathan Harvey (resigned 1 September 2023)

Wayne Ashbrook (resigned 16 September 2022)

Phil Lynas

Gary Buttriss Holt

Principal Office

36 New Mount Street
Manchester
M4 4DE

The charity is incorporated in England & Wales.

Company Registration Number

03833841

Charity Registration Number

1077513

Charity's Bankers

Cooperative Bank plc, PO Box 101, 1 Balloon St, Manchester M60 4EP

Independent Examiner

Gordon Levy BA FCA
Chartered Accountant
Gordon Levy Limited
Suite 5 4th Floor
3 Universal Square
Devonshire Street North
Manchester
M12 6JH

Mood Swings Network

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2023.

The Trustees (who are also directors of the charity for the purposes of the Companies Act) submit their annual report and the unaudited financial statements of Mood Swings Network (the Company) for the year ended 31 March 2023. The Board of Trustees ("Trustees") confirm the annual report and financial statements of the charity comply with current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005.

PRINCIPAL ACTIVITY

The primary object is to help people whose lives are affected by mood disorders.

PURPOSES AND AIMS OF THE CHARITY

Moodswings is a unique charity which gives free, on-going support to people suffering from emotional distress. We are a registered charity and company limited by guarantee, set up in 1999 to support people with mental health problems and their friends and family. Much of our work is done by volunteers, many of whom have suffered the effects of anxiety or emotional distress themselves.

Each year we work with around 1,500 people. We provide support to teachers, doctors, businessmen, the unemployed and people of all ages and backgrounds. Our philosophy is based on the knowledge that any one of us is vulnerable to emotional distress if we are subject to the particular kind of stress which makes us vulnerable. Some people can cope well because they have a lot of support around them. For others, we are the friends and family they do not have. For university students, we can be a lifeline as they struggle to manage their course whilst managing their mental health away from home for the first time.

All our work centres around 'Positive Recovery', by which we mean 'living the best life you can with, or without, the symptoms of emotional distress'. Our aim is to help people to understand and manage their symptoms, and thereafter achieve the things they want in life regardless of their diagnosis. Mental health problems can be overwhelming and it is sometimes impossible to see beyond the immediate distress. At Moodswings we provide people with an optimistic outlook. We show them that with proper treatment, support and self-management it is possible to manage mental distress and lead a full life. We encourage people to be as independent as possible, to volunteer or work, have busy social lives and achieve their aims in life.

Mood Swings Network

Trustees' Report

We provide one to one support and training as well as other services aimed at supporting people in their progress towards their individual recovery goals. Services include a drama group, mindfulness, arts and crafts, walking, gardening and a carers social group. We also provide a programme of 6 x 6 monthly self-help courses, based on the 5 Ways To Wellbeing initiative, and funded by a Community grant from the National Lottery. Initial contact for all of our services, is often made through our help-line, though we are also recommended by GP's, mental health teams and support workers.

We acquired our own building in Manchester in 2012. By doing this we achieved an ambition held by the charity since its formation in 1999 and we secured the charity's future. Since we rely heavily on volunteers, owning our own building ensures the security of the charity and its work by cutting our running costs to a minimum.

In 2019 we completed work on an extension to our building which now houses our community hub. Our aim was that this service would become a valuable part of the community, providing a space for people with severe and enduring mental health problems. Initially, prior to lockdown, the space was intended and operated for a short time as a community cafe, however due to changes in the local area, it is now being used purely as a community hub and activity space to host our groups and workshops. Within this reporting period, we have also reached out to partner organisations, such as NHS & Probation services, to offer availability of the hub environment.

Moodswings has good relationships with both the voluntary and statutory sector. We won the Manchester Community Group of the year award in 2007 and were awarded the Queen's Award for Voluntary Service.

SERVICES AND BENEFICIARIES THIS YEAR

Moodswings continues to thrive despite economic cutbacks which have had a negative impact on the voluntary sector. We work with more people each year and have expanded our services. Work towards individual recovery plans continues and people make regular progress towards goals.

Some significant changes to our approach have been instigated this year, not least the offer of increased autonomy and responsibility to our long standing team members. We have also launched enhanced personal development opportunities for colleagues, to ensure optimum access to appropriate qualification options, introduced line management experience and incorporated a community development approach to underpin our existing links with beneficiaries. Additionally, we have increased our volunteer base, and sought to raise our profile amongst new & existing networks.

Mood Swings Network

Trustees' Report

We continue to join more partnerships in the Greater Manchester area to widen the support options of our beneficiaries. We have also had increased corporate and fundraising support, and benefitted from community days in keeping our building and property maintained.

FUTURE PLANS

Following a successful grant application, we continue to develop robust self-help groups and a one-to-one support service which affords timeous initial appointments (currently within 14 days of first contact). Further funding to cover an additional full time worker has also been achieved, which ensures that we retain our response to beneficiaries. A programme of relaunching has been also been developed, with a gold standard Marketing Agency, who have offered their services free of charge.

FINANCIAL POSITION

Moodswings continues to be financially solid. A detailed summary of our finances and reserves policy can be seen by consulting our accounts for the year 2022/2023.

Despite changes in how the student project operates, our provision of non-medical helper support has continued at Manchester University and Salford University. We continue to closely monitor this project to ensure that it remains cost effective. We also continue to provide support to staff at Manchester University and One Manchester, with the recruitment of one of our student mentors as a person-centred counsellor.

We continue to apply for grants and were successful in receiving money form BUPA, LWH Winter Grant, and continued to be funded by the Oglesby Charitable Trust, Manchester City Council, and Lloyds Bank Foundation England and Wales as well as some smaller one-off grants.

Mood Swings Network

Trustees' Report

Recruitment, training and appointment of trustees and directors

Our management committee are trustees and directors of the company. They are elected, rotated and re-elected according to the requirements of our Memorandum and Articles of Association. All members give their time voluntarily. The charity aims to ensure that the needs of the group we support are appropriately reflected through the diversity of the trustee body. To enhance this we have actively recruited members who have previously received support from the charity and can use their own lived experience to support us. More traditional business and statutory experience and skills are also represented on the management committee. We regularly run a skills audit within the management committee. All trustees are provided with a full induction pack and sign a confidentiality agreement.

Trustees are already familiar with the practical work of the charity and are encouraged to come into our service to shadow our work and to attend trainings. Trustees are encouraged to consult the Charity commission website to explore the nature, responsibility and demands of being a trustee before they commit to us.

Organisational structure

Moodswings has a management committee who meet quarterly and are responsible for the strategic direction and policy of the charity. Our staff members also sit on the committee.

Day to day responsibility for the provision of services rests with the chief executive along with the recovery support staff. The chief executive is responsible for ensuring that the charity delivers the services specified and key performance indicators are met. The CEO and staff are responsible for the day to day operation of Moodswings and supervision of its mentors and volunteers, ensuring that the team continue to develop their skills and working practices in line with good practice.

The management committee instructs our accountants to prepare full financial statements each financial year which give a true and fair view of the state of affairs of the charitable company including income, expenditure and resources. The management committee is also responsible for safeguarding any assets of the charitable company and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Mood Swings Network

Trustees' Report

Risk Management

The management committee regularly reviews the risks to which the charity is exposed. Where appropriate, systems or procedures are established to mitigate the risks faced. Risks to funding in this period of austerity mean that internal procedures have been developed to ensure the diversification of funding and activities. Policies and procedures governing finances and health and safety are regularly reviewed to ensure compliance.

We continued to deliver all of our services with a blend of face to face, online and telephone support.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers who are involved in running Mood Swings Network, office administration helpline and recovery support work. As previously documented, we have been successful in increasing our volunteer base recently.

Company Status

The company was incorporated on the 31 August 1999 by its Memorandum and Articles of Association to be a company limited by guarantee. In the event of the company's winding up, all its members have agreed to contribute a sum not to exceed £1.

Reserves Policy

The Trustees believe that unrestricted reserves of 12 months' cost of running the core activities of the charity and maintaining the building are required.

Risk Strategy

The trustees have identified the risks that the charity may be exposed to in the next financial year and have established strategies to mitigate those risks.

The annual report was approved by the trustees of the charity on 20 December 2023 and signed on its behalf by:



.....
Mr Gary Buttriss Holt
Chair of the Trustees

Mood Swings Network

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Mood Swings Network for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

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

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

Approved by the trustees of the charity on 20 December 2023 and signed on its behalf by:



.....
Mr Gary Buttriss Holt
Chair of the Trustees

Mood Swings Network

Independent Examiner's Report to the trustees of Mood Swings Network

I report on the accounts of the charity for the year ended 31 March 2023 which are set out on pages 10 to 19.

Respective responsibilities of trustees and 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. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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.

Mood Swings Network

Independent Examiner's Report to the trustees of Mood Swings Network

Independent examiner's statement

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

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; 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

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.

.....

Gordon Levy BA, FCA
Chartered Accountant
ICAEW
Gordon Levy Limited
Suite 5, 4th Floor
3 Universal Square
Devonshire Street North
Manchester
M12 6JH

Date: 20 December 2023

Mood Swings Network

Summary Statement of Financial Activities for the Year Ended 31 March 2023

	Notes	Year ended 31/03/2023 £	Year ended 31/03/2022 £
Operating income	1	180,011	286,289
Less: Expenses		<u>(185,631)</u>	<u>(186,799)</u>
Operating Surplus/ (Deficit)	2	(5,620)	99,490
Investment income	3	<u>0</u>	<u>0</u>
		(5,620)	99,490
Less transfer to property fund		0	0
Taxation	4	<u>0</u>	<u>0</u>
Net surplus on ordinary activities after taxation		<u><u>(5,620)</u></u>	<u><u>99,490</u></u>

The notes on pages 13 to 19 form part of these accounts.

Mood Swings Network

Statement of Financial Activities for the Year Ended 31 March 2023

INCOME AND EXPENDITURE

INCOMING RESOURCES

	Note	Unrestricted	Restricted	Property	Total 2023	Total 2022
Grants Received:-						
Manchester City Council		0	26,460	0	26,460	28,397
Lloyds Bank Foundation for England and Wales		0	26,767	0	26,767	24,211
Carers Grant		0	20,000	0	20,000	10,000
HSBC SFX Foundation		0	2,998	0	2,998	0
Arnold Clark Community Fund		0	1,000	0	1,000	0
Bothwell		0	2,000	0	2,000	10,000
Wellbeing		0	0	0	0	3,000
Workers' Educational Association		0	0	0	0	19,770
Ogelsby		0	0	0	0	9,189
Employment project		0	7,420	0	7,420	8,471
Student Project		0	66,506	0	66,506	87,347
Donations		26,860	0	0	26,860	85,904
TOTAL INCOMING RESOURCES		26,860	153,151	0	180,011	286,289
TOTAL RESOURCES FOR THE YEAR	5	0	185,631	0	185,631	186,799
NET RESOURCES FOR THE YEAR		26,860	(32,480)	0	(5,620)	99,490
TOTAL FUNDS B/FWD		315,885	115,857	551,000	982,742	883,252
TOTAL FUNDS C/FWD		342,745	83,377	551,000	977,122	982,742

The notes on pages 13 to 19 form part of these accounts.

Mood Swings Network
(Registration number: 3833841)
Balance Sheet as at 31 March 2023

	Notes	Year ended 31/03/2023 £	Year ended 31/03/2022 £
FIXED ASSETS			
Property		551,000	551,000
Tangible assets	7	<u>0</u>	<u>744</u>
		551,000	551,744
CURRENT ASSETS			
Debtors	8	7,968	26,140
Cash at bank (current account)		423,120	412,043
Cash in hand		<u>100</u>	<u>100</u>
		431,188	438,283
CREDITORS			
Amounts falling due within one year		<u>5,066</u>	<u>(7,285)</u>
		<u>426,122</u>	<u>430,998</u>
NET ASSETS		<u>977,122</u>	<u>982,742</u>
ACCUMULATED FUNDS			
Unrestricted		342,745	315,885
Restricted funds		<u>83,377</u>	<u>115,857</u>
		426,122	431,742
Property		<u>551,000</u>	<u>551,000</u>
		<u>977,122</u>	<u>982,742</u>

These accounts have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 relating to small entities.

The company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 March 2023. The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements on pages 10 to 19 were approved by the trustees, and authorised for issue on 20 December 2023 and signed on their behalf by:



Mr Gary Buttriss Holt
Chair of the Trustees

The notes on pages 13 to 19 form part of these accounts.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2023

1 Charity status

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £1 towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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.

Basis of preparation

Mood Swings Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2023

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2023

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements. Investment income, gains and losses are allocated to the appropriate fund.

Transfers from restricted to unrestricted funds are made when the expending of the funds has fulfilled the terms of the restriction.

VALUATION CAPITALISATION AND DEPRECIATION OF FIXED ASSETS

Fixed assets are included in the accounts at net book value.

Additions of a single item or a group of similar assets exceeding £500 are capitalised at cost.

Depreciation is provided to write off the cost less the estimated residual value of tangible fixed assets over their estimated useful lives, as follows:

Capital improvements	4% on cost
Office Equipment	33.33% on cost

INVESTMENT INCOME

The charity receives its investment income gross £0 (2021 £51) as a result of its charitable status.

OPERATING INCOME

This represents contract grants, donations & sundry income receivable for the provision of services. The company is a non-profit making organisation and an incorporated registered charity.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2023

4.

OPERATING SURPLUS / (DEFICIT)

	2023	2022
	£	£
The operating surplus / (deficit) is stated after charging:		
Depreciation	0	0
Directors' Remuneration	0	0
Pension Costs	5,981	5,847
Accountancy	1,740	1,740

INVESTMENT INCOME

	£	£
Bank interest received	0	0

TAXATION

No taxation is due as the company is a charity.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2023

5 <u>TOTAL RESOURCES EXPENDED</u>	Unrestricted	Restricted	Year ended 2023	Year ended 2022
	£	£	£	£
Training & Outreach Work	0	1,439	1,439	4,972
Travel & Volunteer Expenses	0	1,633	1,633	1,471
Marketing and fundraising expenses	0	0	0	0
Premises/utilities	0	8,817	8,817	10,742
General expenses, repairs and insurance	0	7,825	7,825	7,167
Printing, Postage & Stationery	0	337	337	120
Telephones and computer equipment	0	23,760	23,760	11,775
Wages and Salaries	0	130,681	130,681	146,558
Subscriptions	0	1,753	1,753	1,686
Depreciation	0	744	744	714
Professional Fees and Accountancy	0	8,212	8,212	1,378
Bank interest/charges	0	430	430	216
	0	185,631	185,631	186,799
	0	185,631	185,631	186,799

Particulars of employees

The average number of persons employed by the company during the year, was as follows:

	2023	2022
Number	12	12

Staff Costs

Wages and Salaries	115,414	131,639
Social Security Costs (incl employment allowance for NIC)	9,286	9,072
Pension costs	5,981	5,847
	130,681	146,558
	130,681	146,558

No employee received emoluments of more than £60,000 during the year.

6 TRUSTEES' REMUNERATION AND EXPENSES

No remuneration directly or indirectly out of the funds of the charity was paid or payable, during the period, to any trustee or to any persons known to be connected with any of them.

No reimbursement of expenses has been made or is due to be made to any of the trustees in respect of the period.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2023

7 TANGIBLE FIXED ASSETS

	Property at 36 New Mount St £	Office and other equipment £	Total £
COST			
At 1 April 2022	551,000	34,606	585,606
Additions in period	<u>0</u>	<u>0</u>	<u>0</u>
	<u>551,000</u>	<u>34,606</u>	<u>585,606</u>
DEPRECIATION			
At 1 April 2022	0	33,862	33,862
Charge for year	<u>0</u>	<u>744</u>	<u>744</u>
At 31 March 2023	<u>0</u>	<u>34,606</u>	<u>34,606</u>
NET BOOK VALUE			
At 31 March 2023	<u>551,000</u>	<u>0</u>	<u>551,000</u>
At 31 March 2022	<u>551,000</u>	<u>744</u>	<u>551,933</u>

8 CAPITAL COMMITMENTS

	2023 £	2022 £
Contracted for but not provided	<u>0</u>	<u>0</u>

9 DEBTORS

Slippage money at period end	<u>7,968</u>	<u>26,140</u>
	<u>7,968</u>	<u>26,140</u>

10 LIABILITIES: AMOUNTS FALLING DUE WITHIN ONE YEAR

Inland Revenue	2,804	4,261
Sundry creditors	0	603
Pension Fund	522	681
Accruals	<u>1,740</u>	<u>1,740</u>
	<u>5,066</u>	<u>7,285</u>

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2023

11 PENSION AND OTHER SCHEMES

Defined contribution pension scheme

The charity operates a defined contribution pension scheme.

The pension cost charge for the year represents contributions payable by the charity to the scheme and amounted to £5,981 (2022 - £5,847).

MOOD SWINGS NETWORK

England & Wales - Charity number 1077513

Accounts

Company registration number: 3833841

Charity registration number: 1077513

Mood Swings Network

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2022

Mood Swings Network

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Mood Swings Network

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2022.

The Trustees (who are also directors of the charity for the purposes of the Companies Act) submit their annual report and the unaudited financial statements of Mood Swings Network (the Company) for the year ended 31 March 2022. The Board of Trustees ("Trustees") confirm the annual report and financial statements of the charity comply with current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005.

REGISTERED ADDRESS AND REGISTRATION NUMBER

The company's registration number is: 3833841 and its registered address is:
36 New Mount Street, Manchester, M4 4DE.

Charity registration number 1077513 (registered as an incorporated charity on 31/8/99)

PRINCIPAL ACTIVITY

The primary object is to help people whose lives are affected by mood disorders.

PURPOSES AND AIMS OF THE CHARITY

Moodswings is a unique charity which gives free, on-going support to people suffering from emotional distress. We are a registered charity and company limited by guarantee, set up in 1999 to support people with mental health problems and their friends and family. Much of our work is done by volunteers, many of whom have suffered the effects of anxiety or emotional distress themselves.

Each year we work with around 1500 people. We provide support to teachers, doctors, businessmen, the unemployed and people of all ages and backgrounds. Our philosophy is based on the knowledge that any one of us is vulnerable to emotional distress if we are subject to the particular kind of stress which makes us vulnerable. Some people can cope well because they have a lot of support around them. For others, we are the friends and family they do not have. For university students, we can be a lifeline as they struggle to manage their course whilst managing their mental health away from home for the first time.

Mood Swings Network

Trustees' Report

All our work centres around 'Positive Recovery', by which we mean 'living the best life you can with, or without, the symptoms of emotional distress'. Our aim is to help people to understand and manage their symptoms, and thereafter achieve the things they want in life regardless of their diagnosis. Mental health problems can be overwhelming and it is sometimes impossible to see beyond the immediate distress. At Moodswings we provide people with an optimistic outlook. We show them that with proper treatment, support and self-management it is possible to manage mental distress and lead a full life. We encourage people to be as independent as possible, to volunteer or work, have busy social lives and achieve their aims in life.

We provide one to one support and training as well as other services aimed at supporting people in their progress towards their individual recovery goals. Services include a drama group, mindfulness, arts and crafts, walking, gardening and a carers social group. We also provide a series of coping workshops on subjects such anxiety management, self-esteem, sleep, awareness of self, etc. Initial contact is often made through our help-line but we are also recommended by doctors, mental health teams or support workers.

We acquired our own building in Manchester in 2012. By doing this we achieved an ambition held by the charity since its formation in 1999 and we secured the charity's future. Since we rely heavily on volunteers, owning our own building ensures the security of the charity and its work by cutting our running costs to a minimum.

In 2019 we completed work on an extension to our building which now houses our community hub known as Thumbs Up. Our aim was that this service would become a valuable part of the community, providing a space for people with severe and enduring mental health problems. Initially, prior to lockdown, the space was intended and operated for a short time as a community cafe, however due to changes in the local area, it is now being used purely as a community hub and activity space to host our groups and workshops.

Moodswings has good relationships with both the voluntary and statutory sector. We won the Manchester Community Group of the year award in 2007 and were awarded the Queen's Award for Voluntary Service.

SERVICES AND BENEFICIARIES THIS YEAR

Moodswings continues to thrive despite economic cutbacks which have had a negative impact on the voluntary sector. We work with more people each year and have expanded our services. Work towards individual recovery plans continues and people make regular progress towards goals.

Mood Swings Network

Trustees' Report

Moodswings staff and trustees have worked particularly hard this year, in light of the unexpected passing of our CEO/General Manager. With the majority of our volunteers' circumstances changing post lockdown, we were left, alongside most charities, in a circumstance with no to little volunteers, and it being difficult to recruit them. We have retained some of our longstanding support and group volunteers and recruited more.

We have phased our services back face to face and blended that with telephone and online support where appropriate and needed for beneficiaries.

We have been well supported as restrictions have lifted, with people entering sponsored events and fundraising in whatever way we can.

We continue to join more partnerships in the Greater Manchester area to widen the support options of our beneficiaries. We have also had increased corporate and fundraising support and benefitted from community days in keeping our building and property maintained.

FUTURE PLANS

Our plan was to ensure the smooth transition safely into operating from Mood Swings offices, retaining volunteers where available, recruiting new ones and making sure staff are supported. As a primarily face to face service, we are in the process of applying for new funding to develop a sustainable project to promote positive recovery and community.

Our workshops and activities are operating from our café space, which we have had positive feedback about. We have connected with the probation service who also use the space and our rooms to provide a less institutionalised environment for us to continue the original idea of the extension developing a sense of community.

FINANCIAL POSITION

Moodswings continues to be financially solid. A detailed summary of our finances and reserves policy can be seen by consulting our accounts for the year 2021/2022.

Despite changes in how the student project operates, our provision of non-medical helper support has continued at Manchester University and Salford University. We continue to closely monitor this project to ensure that it remains cost effective. We also continue to provide support to staff at Manchester University and One Manchester, with the recruitment of one of our student mentors as a person-centred counsellor. This has allowed the previous counselling work of our CEO to continue.

Mood Swings Network

Trustees' Report

We continue to apply for grants and were successful in receiving money from BUPA, LWH Winter Grant, and continued to be funded by the Oglesby Charitable Trust, Manchester City Council, and Lloyds Bank Foundation England and Wales as well as some smaller one-off grants. Funding from our continued funders are all currently up for renewal, and we have had an expression of interest forwarded to the board for The National Lottery Community Fund.

Recruitment, training and appointment of trustees and directors

Our management committee are trustees and directors of the company. They are elected, rotated and re-elected according to the requirements of our Memorandum and Articles of Association. All members give their time voluntarily. The charity aims to ensure that the needs of the group we support are appropriately reflected through the diversity of the trustee body. To enhance this we have actively recruited members who have previously received support from the charity and can use their own lived experience to support us. More traditional business and statutory experience and skills are also represented on the management committee. We regularly run a skills audit within the management committee. All trustees are provided with a full induction pack and sign a confidentiality agreement.

Trustees are already familiar with the practical work of the charity and are encouraged to come into our service to shadow our work and to attend trainings. Trustees are encouraged to consult the Charity commission website to explore the nature, responsibility and demands of being a trustee before they commit to us.

Organisational structure

Moodswings has a management committee who meet quarterly and are responsible for the strategic direction and policy of the charity. Our staff members also sit on the committee.

Day to day responsibility for the provision of services rests with the chief executive along with the recovery support staff. The chief executive is responsible for ensuring that the charity delivers the services specified and key performance indicators are met. The CEO and staff are responsible for the day to day operation of Moodswings and supervision of its mentors and volunteers, ensuring that the team continue to develop their skills and working practices in line with good practice.

The management committee instructs our accountants to prepare full financial statements each financial year which give a true and fair view of the state of affairs of the charitable company including income, expenditure and resources. The management company is also responsible for safeguarding any assets of the charitable company and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Mood Swings Network

Trustees' Report

Risk Management

The management committee regularly reviews the risks to which the charity is exposed. Where appropriate, systems or procedures are established to mitigate the risks faced. Risks to funding in this period of austerity mean that internal procedures have been developed to ensure the diversification of funding and activities. Policies and procedures governing finances and health and safety are regularly reviewed to ensure compliance.

Covid 19

The Trustees have addressed Covid-19 and its effects on the charity and its objectives. Since the Charity has adequate reserves to see it through the crisis, they do not foresee an issue with the long term viability of the charity. We continued to deliver all of our services online and operate remotely for the time being. We are determined to ensure that all services continue as far as possible online and that we return to a full service when it is practical and safe to do so. We do not anticipate severe financial difficulties as a result of this crisis and we are applying for grants and support to cover the costs of the changes.

Volunteers

The charity is grateful for the unstinting efforts of its volunteers who are involved in running Mood Swings Network, office administration helpline and recovery support work.

Property

There have been no major renovations or maintenance issues in this financial year.

Trustees/ Directors

The Trustees, who were all Directors of the company and who held office during the year ended 31 March 2022, were:

Dianne Scanlon
Martin Farrar
Philip Morris
Christopher Lyons
Jonathan Harvey
Wayne Ashbrook
Phil Lynas (Treasurer)
Gary Buttriss Holt (Chair)

Company Secretary

Linda Wilson (deceased 15 August 2021)

Mood Swings Network

Trustees' Report

Company Status

The company was incorporated on the 31 August 1999 by its Memorandum and Articles of Association to be a company limited by guarantee. In the event of the company's winding up, all its members have agreed to contribute a sum not to exceed £1.

The Charity's Bankers

Cooperative Bank plc, PO Box 101, 1 Balloon St, Manchester M60 4EP

Independent Examiner:

Gordon Levy Limited, Suite 5, 4th Floor, 3 Universal Square, Devonshire Street North, Manchester M12 6JH

Reserves Policy

The Trustees believe that unrestricted reserves of 12 months' cost of running the core activities of the charity and maintaining the building are required.

Risk Strategy

The trustees have identified the risks that the charity may be exposed to in the next financial year and have established strategies to mitigate those risks.

The annual report was approved by the trustees of the charity on 22 December 2022 and signed on its behalf by:



.....
Mr Gary Buttriss Holt
Chair of the Trustees

Mood Swings Network

Statement of Trustees' Responsibilities

The trustees (who are also the directors of Mood Swings Network for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

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

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

Approved by the trustees of the charity on 22 December 2022 and signed on its behalf by:



.....
Mr Gary Buttriss Holt
Chair of the Trustees

Mood Swings Network

Independent Examiner's Report to the trustees of Mood Swings Network

I report on the accounts of the charity for the year ended 31 March 2022 which are set out on pages 10 to 18.

Respective responsibilities of trustees and 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. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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.

Mood Swings Network

Independent Examiner's Report to the trustees of Mood Swings Network

Independent examiner's statement

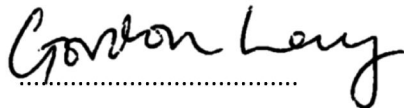
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; 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

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.



Gordon Levy BA, FCA
Chartered Accountant
Suite 5, 4th Floor
3 Universal Square
Devonshire Street North
Manchester
M12 6JH

Date: 22 December 2022

Mood Swings Network

Summary Statement of Financial Activities for the Year Ended 31 March 2022

	Notes	Year ended 31/03/2022 £	Year ended 31/03/2021 £
Operating income	1	286,289	216,442
Other income		0	0
Less: Expenses		<u>(186,799)</u>	<u>(215,724)</u>
Operating Surplus/ (Deficit)	2	99,490	719
Investment income	3	<u>0</u>	<u>51</u>
		99,490	769
Taxation	4	<u>0</u>	<u>0</u>
Net surplus on ordinary activities after taxation		<u>99,490</u>	<u>769</u>

The notes on pages 13 to 18 form part of these accounts.

Mood Swings Network

Statement of Financial Activities for the Year Ended 31 March 2022

INCOME AND EXPENDITURE

INCOMING RESOURCES

	Note	Unrestricted	Restricted	Property	Total 2022	Total 2021
Grants Received:-						
Manchester City Council		0	28,397	0	28,397	29,617
Lloyds Bank Foundation for England and Wales		0	24,211	0	24,211	30,850
Carers Grant		0	10,000	0	10,000	10,000
We Love Manchester			0	0	0	1,000
Wellbeing		0	3,000	0	3,000	430
Workers' Educational Association		0	19,770	0	19,770	16,090
Forever Manchester		0	0	0	0	3,144
5 Boroughs		0	0	0	0	4,000
Ardonagh Community Grant		0	0	0	0	5,025
Project Dirt		0	0	0	0	2,389
Ogelsby		0	9,189	0	9,189	9,149
Wolfson Foundation		0	0	0	0	0
Employment project		0	8,471	0	8,471	9,724
Student Project		0	87,347	0	87,347	77,200
Café		0	0	0	0	0
Donations		60,904	35,000	0	95,904	17,824
Bank Interest		0	0	0	0	51
TOTAL INCOMING RESOURCES		60,904	225,385	0	286,289	216,493
TOTAL RESOURCES FOR THE YEAR	5	0	186,799	0	186,799	215,724
NET RESOURCES FOR THE YEAR		60,904	38,586	0	99,490	769
TOTAL FUNDS B/FWD		254,981	77,271	551,000	883,252	882,483
TOTAL FUNDS C/FWD		315,885	115,857	551,000	982,742	883,252

The notes on pages 13 to 18 form part of these accounts.

Mood Swings Network
(Registration number: 3833841)
Balance Sheet as at 31 March 2022

	Notes	Year ended 31/03/2022 £	Year ended 31/03/2021 £
FIXED ASSETS			
Property		551,000	551,000
Tangible assets	7	<u>744</u>	<u>933</u>
		551,744	551,933
CURRENT ASSETS			
Debtors	8	26,140	0
Cash at bank (current account)		412,043	340,721
Cash in hand		<u>100</u>	<u>100</u>
		438,283	340,821
CREDITORS			
Amounts falling due within one year		<u>(7,285)</u>	<u>(9,502)</u>
		<u>430,998</u>	<u>331,319</u>
NET ASSETS		<u><u>982,742</u></u>	<u><u>883,252</u></u>
ACCUMULATED FUNDS			
Unrestricted		315,885	254,981
Restricted funds		<u>115,857</u>	<u>77,271</u>
		431,742	332,252
Property		<u>551,000</u>	<u>551,000</u>
		<u><u>982,742</u></u>	<u><u>883,252</u></u>

These accounts have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 relating to small entities.

The company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 March 2022. The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements on pages 10 to 18 were approved by the trustees, and authorised for issue on 22 December 2022 and signed on their behalf by:



.....
Mr Gary Buttriss Holt
Chair of the Trustees

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2022

1 Charity status

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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.

Basis of preparation

Mood Swings Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2022

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2022

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements. Investment income, gains and losses are allocated to the appropriate fund.

Transfers from restricted to unrestricted funds are made when the expending of the funds has fulfilled the terms of the restriction.

VALUATION CAPITALISATION AND DEPRECIATION OF FIXED ASSETS

Fixed assets are included in the accounts at net book value.

Additions of a single item or a group of similar assets exceeding £500 are capitalised at cost.

Depreciation is provided to write off the cost less the estimated residual value of tangible fixed assets over their estimated useful lives, as follows:

Capital improvements	4% on cost
Office Equipment	33.33% on cost

INVESTMENT INCOME

The charity receives its investment income gross £0 (2021 £51) as a result of its charitable status.

OPERATING INCOME

This represents contract grants, donations & sundry income receivable for the provision of services. The company is a non-profit making organisation and an incorporated registered charity.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2022

4.

OPERATING SURPLUS / (DEFICIT)

	2022	2021
	£	£
The operating surplus / (deficit) is stated after charging:		
Depreciation	0	0
Directors' Remuneration	0	0
Pension Costs	5,847	7,129
Accountancy	1,740	1,740

INVESTMENT INCOME

	£	£
Bank interest received	0	51

TAXATION

No taxation is due as the company is a charity.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2022

<u>TOTAL RESOURCES EXPENDED</u>	Unrestricted	Restricted	Year ended 2022	Year ended 2021
	£	£	£	£
Training	0	4,972	4,972	5,675
Travel & Volunteer Expenses	0	1,471	1,471	3,466
Marketing and fundraising expenses	0	0	0	0
Premises/utilities	0	10,742	10,742	4,136
General expenses, repairs and insurance	0	7,167	7,167	6,525
Printing, Postage & Stationery	0	120	120	3
Telephones and computer equipment	0	11,775	11,775	9,537
Wages and Salaries	0	146,558	146,558	173,632
Sundries	0	0	0	0
Subscriptions	0	1,686	1,686	692
Café expenses	0	0	0	0
Depreciation	0	714	714	5,307
Professional Fees and Accountancy	0	1,378	1,378	6,535
Bank interest/charges	0	216	216	216
	0	186,799	186,799	215,724

Particulars of employees

The average number of persons employed by the company during the year, was as follows:

	2022	2021
Number	12	12

Staff Costs

Wages and Salaries	131,639	154,599
Social Security Costs (incl employment allowance for NIC)	9,072	11,904
Pension costs	5,847	7,129
	<u>146,558</u>	<u>173,632</u>

No employee earned £50,000 per annum or more and no director was paid remuneration in the year.

TRUSTEES' REMUNERATION AND EXPENSES

No remuneration directly or indirectly out of the funds of the charity was paid or payable, during the period, to any trustee or to any persons known to be connected with any of them.

No reimbursement of expenses has been made or is due to be made to any of the trustees in respect of the period.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2022

7 TANGIBLE FIXED ASSETS

	Property at 36 New Mount St £	Office and other equipment £	Total £
COST			
At 1 April 2021	551,000	33,862	584,862
Additions in period	-	744	744
	<u>551,000</u>	<u>34,606</u>	<u>585,606</u>
DEPRECIATION			
At 1 April 2021	0	32,929	32,929
Charge for year	0	933	933
At 31 March 2022	<u>0</u>	<u>33,862</u>	<u>33,862</u>
NET BOOK VALUE			
At 31 March 2022	<u>551,000</u>	<u>744</u>	<u>551,744</u>
At 31 March 2021	<u>551,000</u>	<u>933</u>	<u>551,933</u>

8 CAPITAL COMMITMENTS

	2022 £	2021 £
Contracted for but not provided	<u>0</u>	<u>0</u>

9 DEBTORS

Slippage money at period end	<u>26,140</u>	<u>0</u>
	<u>26,140</u>	<u>0</u>

10 LIABILITIES: AMOUNTS FALLING DUE WITHIN ONE YEAR

Inland Revenue	4,261	3,310
Sundry creditors	603	3,818
Pension Fund	681	634
Accruals	<u>1,740</u>	<u>1,740</u>
	<u>7,285</u>	<u>9,502</u>

MOOD SWINGS NETWORK

England & Wales - Charity number 1077513

Accounts

Company registration number: 3833841

Charity registration number: 1077513

Mood Swings Network

(A company limited by guarantee)

Annual Report and Financial Statements

for the Year Ended 31 March 2021

Mood Swings Network

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Mood Swings Network

Trustees' Report

The trustees, who are directors for the purposes of company law, present the annual report together with the financial statements of the charitable company for the year ended 31 March 2021.

The Trustees (who are also directors of the charity for the purposes of the Companies Act) submit their annual report and the unaudited financial statements of Mood Swings Network (the Company) for the year ended 31 March 2021. The Board of Trustees ("Trustees") confirm the annual report and financial statements of the charity comply with current statutory requirements, the requirements of the charity's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" issued in March 2005.

REGISTERED ADDRESS AND REGISTRATION NUMBER

The company's registration number is: 3833841 and its registered address is:
36 New Mount Street, Manchester, M4 4DE.

Charity registration number 1077513 (registered as an incorporated charity on 31/8/99)

PRINCIPAL ACTIVITY

The primary object is to help people whose lives are affected by mood disorders.

PURPOSES AND AIMS OF THE CHARITY

Moodswings is a unique charity which gives free, on-going support to people suffering from emotional distress. We are a registered charity and company limited by guarantee, set up in 1999 to support people with mental health problems and their friends and family. Much of our work is done by volunteers, many of whom have suffered the effects of anxiety or emotional distress themselves.

Each year we work with around 1500 people. We provide support to teachers, doctors, businessmen, the unemployed and people of all ages and backgrounds. Our philosophy is based on the knowledge that any one of us is vulnerable to emotional distress if we are subject to the particular kind of stress which makes us vulnerable. Some people can cope well because they have a lot of support around them. For others, we are the friends and family they do not have. For university students, we can be a lifeline as they struggle to manage their course whilst managing their mental health away from home for the first time.

Mood Swings Network

Trustees' Report

All our work centres around 'Positive Recovery', by which we mean 'living the best life you can with, or without, the symptoms of emotional distress'. Our aim is to help people to understand and manage their symptoms, and thereafter achieve the things they want in life regardless of their diagnosis. Mental health problems can be overwhelming and it is sometimes impossible to see beyond the immediate distress. At Moodswings we provide people with an optimistic outlook. We show them that with proper treatment, support and self-management it is possible to manage mental distress and lead a full life. We encourage people to be as independent as possible, to volunteer or work, have busy social lives and achieve their aims in life.

We provide one to one support and training as well as other services aimed at supporting people in their progress towards their individual recovery goals. Services include life skills classes, a singing for confidence group, drama group, craft, walking and gardening. We also provide a series of workshops on subjects such as social skills, anxiety management, anger management, sleep, psychosis management, mindfulness, movement and relaxation etc. Initial contact is often made through our help-line but we are also recommended by doctors, mental health teams or support workers.

We acquired our own building in Manchester in 2012. By doing this we achieved an ambition held by the charity since its formation in 1999 and we secured the charity's future. Since we rely heavily on volunteers, owning our own building ensures the security of the charity and its work by cutting our running costs to a minimum

In 2019 we completed work on an extension to our building which now houses our community hub and café known as Thumbs Up. Our aim was that this service would become a valuable part of the community, relieving isolation and providing voluntary opportunities for people with severe and enduring mental health problems. We did this initially prior to lockdown, however due to changes in the local area we are now intending to use this space purely as a community hub.

Moodswings has good relationships with both the voluntary and statutory sector. We won the Manchester Community Group of the year award in 2007 and were awarded the Queen's Award for Voluntary Service.

SERVICES AND BENEFICIARIES THIS YEAR

Moodswings continues to thrive despite economic cutbacks which have had a negative impact on the voluntary sector. We work with more people each year and have expanded our services. Work towards individual recovery plans continues and people make regular progress towards goals.

Once again we passed our annual DAS/QAG audit with flying colours and our employment support project continues to grow.

Mood Swings Network

Trustees' Report

We have increased our services by providing more successful groups online, including “walk-e-oke”, mindfulness and drama.

In spite of lockdown, we continued to raise funds remotely.

Networking with other organisations has continued and increased online and this year we worked have joined more partnerships in the Greater Manchester area to widen the support options of our beneficiaries.

FUTURE PLANS

Our plan was to ensure the smooth transition safely into operating from Mood Swings offices, retaining volunteers where available and making sure staff are supported.

FINANCIAL POSITION

Moodswings continues to be financially solid. A detailed summary of our finances and reserves policy can be seen by consulting our accounts for the year 2020/2021.

Despite changes in how the student project operates, our provision of non-medical helper support has continued at Manchester University and Salford University. We continue to closely monitor this project to ensure that it remains cost effective. We also continue to provide support to staff at Manchester University, One Manchester, NWB NHS Trust and the Crown Prosecution Service nationally.

We continue to work hard applying for grants and were successful in receiving money from the Oglesby Charitable Trust, Manchester City Council, Workers' Educational Association and a continuation grant for three years from Lloyds Bank Foundation England and Wales as well as some smaller one off grants.

Recruitment, training and appointment of trustees and directors

Our management committee are trustees and directors of the company. They are elected, rotated and re-elected according to the requirements of our Memorandum and Articles of Association. All members give their time voluntarily. The charity aims to ensure that the needs of the group we support are appropriately reflected through the diversity of the trustee body. To enhance this we have actively recruited members who have previously received support from the charity and can use their own lived experience to support us. More traditional business and statutory experience and skills are also represented on the management committee. We regularly run a skills audit within the management committee. All trustees are provided with a full induction pack and sign a confidentiality agreement.

Mood Swings Network

Trustees' Report

Trustees are already familiar with the practical work of the charity and are encouraged to come into our service to shadow our work and to attend trainings. Trustees are encouraged to consult the Charity commission website to explore the nature, responsibility and demands of being a trustee before they commit to us.

Organisational structure

Moodswings has a management committee who meet quarterly and are responsible for the strategic direction and policy of the charity. Our staff members also sit on the committee.

Day to day responsibility for the provision of services rests with the chief executive along with the recovery support staff. The chief executive is responsible for ensuring that the charity delivers the services specified and key performance indicators are met. The CEO and staff are responsible for the day to day operation of Moodswings and supervision of its mentors and volunteers, ensuring that the team continue to develop their skills and working practices in line with good practice.

The management committee instructs our accountants to prepare full financial statements each financial year which give a true and fair view of the state of affairs of the charitable company including income, expenditure and resources. The management company is also responsible for safeguarding any assets of the charitable company and taking reasonable steps for the prevention and detection of fraud and other irregularities.

Risk Management

The management committee regularly reviews the risks to which the charity is exposed. Where appropriate, systems or procedures are established to mitigate the risks faced. Risks to funding in this period of austerity mean that internal procedures have been developed to ensure the diversification of funding and activities. Policies and procedures governing finances and health and safety are regularly reviewed to ensure compliance.

Covid 19

The Trustees have addressed Covid-19 and its effects on the charity and its objectives. Since the Charity has adequate reserves to see it through the crisis, they do not foresee an issue with the long term viability of the charity. We continued to deliver all of our services online and operate remotely for the time being. We are determined to ensure that all services continue as far as possible online and that we return to a full service when it is practical and safe to do so. We do not anticipate severe financial difficulties as a result of this crisis and we are applying for grants and support to cover the costs of the changes.

Mood Swings Network

Trustees' Report

Volunteers

The charity is grateful for the unstinting efforts of its volunteers who are involved in running Mood Swings Network, office administration helpline and recovery support work.

Property

There have been no major renovations or maintenance issues in this financial year.

Trustees/ Directors

The Trustees, who were all Directors of the company and who held office during the year ended 31 March 2021, were:

Dianne Scanlon
Martin Farrar
Philip Morris
Christopher Lyons
Jonathan Harvey
Wayne Ashbrook (Chair)
Phil Lynas (Treasurer)
Gary Buttriss Holt

Company Secretary

Linda Wilson (deceased 15 August 2021)

Company Status

The company was incorporated on the 31 August 1999 by its Memorandum and Articles of Association to be a company limited by guarantee. In the event of the company's winding up, all its members have agreed to contribute a sum not to exceed £1.

The Charity's Bankers

Cooperative Bank plc, PO Box 101, 1 Balloon St, Manchester M60 4EP

Independent Examiner:

Gordon Levy Limited, Arthur House, Chorlton Street, Manchester M1 3FH

Mood Swings Network

Trustees' Report

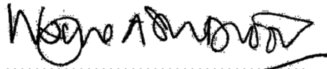
Reserves Policy

The Trustees believe that unrestricted reserves of 12 months' cost of running the core activities of the charity and maintaining the building are required.

Risk Strategy

The trustees have identified the risks that the charity may be exposed to in the next financial year and have established strategies to mitigate those risks.

The annual report was approved by the trustees of the charity on 30 March 2022 and signed on its behalf by:



Mr Wayne Ashbrook
Chair of the Trustees

Mood Swings Network

Statement of Trustees' Responsibilities

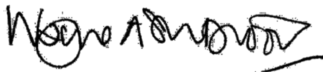
The trustees (who are also the directors of Mood Swings Network for the purposes of company law) are responsible for preparing the trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the trustees are required to:

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

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

Approved by the trustees of the charity on 30 March 2022 and signed on its behalf by:



Mr Wayne Ashbrook
Chair of the Trustees

Mood Swings Network

Independent Examiner's Report to the trustees of Mood Swings Network

I report on the accounts of the charity for the year ended 31 March 2021 which are set out on pages 10 to 18.

Respective responsibilities of trustees and 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. The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England & Wales.

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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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.

Mood Swings Network

Independent Examiner's Report to the trustees of Mood Swings Network

Independent examiner's statement

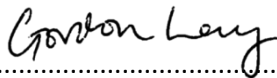
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; 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

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.



.....
Gordon Levy BA, FCA
Chartered Accountant
Arthur House
Chorlton Street
Manchester
M1 3FH

30 March 2022

Mood Swings Network

Summary Statement of Financial Activities for the Year Ended 31 March 2021

	Notes	Year ended 31/03/2021 £	Year ended 31/03/2020 £
Operating income	1	216,442	231,017
Other income		0	1,245
Less: Expenses		<u>(215,724)</u>	<u>(209,737)</u>
Operating Surplus/ (Deficit)	2	719	22,525
Investment income	3	<u>51</u>	<u>208</u>
		769	22,733
Less transfer to property fund		0	0
Taxation	4	<u>0</u>	<u>0</u>
Net surplus on ordinary activities after taxation		<u><u>769</u></u>	<u><u>22,733</u></u>

The notes on pages 13 to 18 form part of these accounts.

Mood Swings Network

Statement of Financial Activities for the Year Ended 31 March 2021

INCOME AND EXPENDITURE

INCOMING RESOURCES

	Note	Unrestricted	Restricted	Property	Total 2021	Total 2020
Grants Received:-						
Manchester City Council		0	29,617	0	29,617	26,460
Lloyds Bank Foundation for England and Wales		0	30,850	0	30,850	30,759
Carers Grant		0	10,000	0	10,000	0
We Love Manchester			1,000	0	1,000	0
Wellbeing		0	430	0	430	470
Woodward		0	0	0	0	1,500
Bernard Sunley		0	0	0	0	10,000
Workers' Educational Association		0	16,090	0	16,090	0
Forever Manchester		0	3,144	0	3,144	0
5 Boroughs		0	4,000	0	4,000	0
Ardonagh Community Grant		0	5,025	0	5,025	0
North West Boroughs Healthcare NHS		0	0	0	0	4,000
Project Dirt		0	2,389	0	2,389	0
Ogelsby		0	9,149	0	9,149	9,107
Wolfson Foundation		0	0	0	0	35,000
Employment project		0	9,724	0	9,724	14,057
Student Project		0	77,200	0	77,200	43,928
Café		0	0	0	0	1,245
Donations		17,824	0	0	17,824	55,736
Bank Interest		51	0	0	51	208
TOTAL INCOMING RESOURCES		17,875	198,618	0	216,493	232,470
TOTAL RESOURCES FOR THE YEAR	5	0	215,724	0	215,724	209,737
NET RESOURCES FOR THE YEAR		17,875	(17,106)	0	769	22,733
TOTAL FUNDS B/FWD		237,106	94,377	551,000	882,483	859,750
TOTAL FUNDS C/FWD		254,981	77,271	551,000	883,252	882,483

The notes on pages 13 to 18 form part of these accounts.

Mood Swings Network
(Registration number: 3833841)
Balance Sheet as at 31 March 2021

	Notes	Year ended 31/03/2021 £	Year ended 31/03/2020 £
FIXED ASSETS			
Property		551,000	551,000
Tangible assets	7	<u>933</u>	<u>4,842</u>
		551,933	555,842
CURRENT ASSETS			
Debtors	8	0	7,832
Cash at bank (current account)		340,721	321,054
Cash in hand		<u>100</u>	<u>100</u>
		340,821	328,986
CREDITORS			
Amounts falling due within one year		<u>(9,502)</u>	<u>(2,345)</u>
		<u>331,319</u>	<u>326,641</u>
NET ASSETS		<u><u>883,252</u></u>	<u><u>882,483</u></u>
ACCUMULATED FUNDS			
Unrestricted		254,981	237,106
Restricted funds		<u>77,271</u>	<u>94,377</u>
		332,252	331,483
Property		<u>551,000</u>	<u>551,000</u>
		<u><u>883,252</u></u>	<u><u>882,483</u></u>

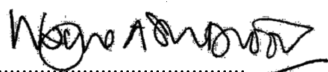
These accounts have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 relating to small entities.

The company is entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 March 2021. The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements on pages 10 to 18 were approved by the trustees, and authorised for issue on 30 March 2022 and signed on their behalf by:



Mr Wayne Ashbrook
Chair of the Trustees

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2021

1 Charity status

The charity is a charity limited by guarantee and consequently does not have share capital. Each of the trustees is liable to contribute an amount not exceeding £Nil towards the assets of the charity in the event of liquidation.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

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.

Basis of preparation

Mood Swings Network meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern nor any significant areas of uncertainty that affect the carrying value of assets held by the charity.

Exemption from preparing a cash flow statement

The charity opted to early adopt Bulletin 1 published on 2 February 2016 and have therefore not included a cash flow statement in these financial statements.

Income and endowments

All income is recognised once the charity has entitlement to the income, it is probable that the income will be received and the amount of the income receivable can be measured reliably.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfilment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2021

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees' meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees' discretion in furtherance of the objectives of the charity.

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the company and which have not been designated for other purposes.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2021

Designated funds comprise unrestricted funds that have been set aside by the Trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements. Investment income, gains and losses are allocated to the appropriate fund.

Transfers from restricted to unrestricted funds are made when the expending of the funds has fulfilled the terms of the restriction.

VALUATION CAPITALISATION AND DEPRECIATION OF FIXED ASSETS

Fixed assets are included in the accounts at net book value.

Additions of a single item or a group of similar assets exceeding £500 are capitalised at cost.

Depreciation is provided to write off the cost less the estimated residual value of tangible fixed assets over their estimated useful lives, as follows:

Capital improvements	4% on cost
Office Equipment	33.33% on cost

INVESTMENT INCOME

The charity receives its investment income gross £51 (2020 £208) as a result of its charitable status.

OPERATING INCOME

This represents contract grants, donations & sundry income receivable for the provision of services. The company is a non-profit making organisation and an incorporated registered charity.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2021

4.

OPERATING SURPLUS / (DEFICIT)

	2021	2020
	£	£
The operating surplus / (deficit) is stated after charging:		
Depreciation	0	0
Directors' Remuneration	0	0
Pension Costs	7,129	6,518
Accountancy	1,740	1,740

INVESTMENT INCOME

	£	£
Bank interest received	51	208

TAXATION

No taxation is due as the company is a charity.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2021

<u>TOTAL RESOURCES EXPENDED</u>	Unrestricted	Restricted	Year ended 2021	Year ended 2020
	£	£	£	£
Training	0	5,675	5,675	5,250
Travel & Volunteer Expenses	0	3,466	3,466	8,757
Marketing and fundraising expenses	0	0	0	8,355
Premises/utilities	0	4,136	4,136	7,986
General expenses, repairs and insurance	0	6,525	6,525	8,936
Printing, Postage & Stationery	0	3	3	1,814
Telephones and computer equipment	0	9,537	9,537	5,790
Wages and Salaries	0	173,632	173,632	146,158
Sundries	0	0	0	427
Subscriptions	0	692	692	2,032
Café expenses	0	0	0	1,691
Depreciation	0	5,307	5,307	7,279
Professional Fees and Accountancy	0	6,535	6,535	6,634
Bank interest/charges	0	216	216	593
	0	215,724	215,724	211,702
	0	215,724	215,724	211,702

Particulars of employees

The average number of persons employed by the company during the year, was as follows:

	2021	2020
Number	12	11

Staff Costs

Wages and Salaries	154,599	129,624
Social Security Costs (incl employment allowance for NIC)	11,904	10,016
Pension costs	7,129	6,518
	173,632	146,158
	173,632	146,158

No employee earned £50,000 per annum or more and no director was paid remuneration in the year.

TRUSTEES' REMUNERATION AND EXPENSES

No remuneration directly or indirectly out of the funds of the charity was paid or payable, during the period, to any trustee or to any persons known to be connected with any of them.

No reimbursement of expenses has been made or is due to be made to any of the trustees in respect of the period.

Mood Swings Network

Notes to the Financial Statements for the Year Ended 31 March 2021

7 TANGIBLE FIXED ASSETS

	Property at 36 New Mount St £	Office and other equipment £	Total £
COST			
At 1 April 2020	551,000	32,464	583,464
Additions in period	-	1,398	1,398
	<u>551,000</u>	<u>33,862</u>	<u>584,862</u>
DEPRECIATION			
At 1 April 2020	0	27,622	27,622
Charge for year	0	5,307	5,307
At 31 March 2021	<u>0</u>	<u>32,929</u>	<u>32,929</u>
NET BOOK VALUE			
At 31 March 2021	<u>551,000</u>	<u>933</u>	<u>551,933</u>
At 31 March 2020	<u>551,000</u>	<u>4,842</u>	<u>555,842</u>

8 CAPITAL COMMITMENTS

	2021 £	2020 £
Contracted for but not provided	<u>0</u>	<u>0</u>

9 DEBTORS

Slippage money at period end	<u>0</u>	<u>7,832</u>
	<u>0</u>	<u>7,832</u>

10 LIABILITIES: AMOUNTS FALLING DUE WITHIN ONE YEAR

Inland Revenue	3,310	288
Sundry creditors	3,818	1,290
Pension Fund	634	767
Accruals	<u>1,740</u>	<u>0</u>
	<u>9,502</u>	<u>2,345</u>