

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, 4<sup>th</sup> 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

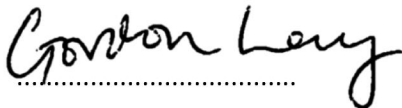
In connection with my examination, no matter has come to my attention:

(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, 4<sup>th</sup> 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<br>31/03/2022<br>£ | Year ended<br>31/03/2021<br>£ |
|--|-------|-------------------------------|-------------------------------|
| 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<br>taxation |       | <u><u>99,490</u></u>          | <u><u>769</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 2022

### INCOME AND EXPENDITURE

#### INCOMING RESOURCES

|  | Note     | Unrestricted   | Restricted     | Property       | Total<br>2022  | Total<br>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             |
| <b>TOTAL INCOMING RESOURCES</b>              |          | <b>60,904</b>  | <b>225,385</b> | <b>0</b>       | <b>286,289</b> | <b>216,493</b> |
| <b>TOTAL RESOURCES FOR THE YEAR</b>          | <b>5</b> | <b>0</b>       | <b>186,799</b> | <b>0</b>       | <b>186,799</b> | <b>215,724</b> |
| <b>NET RESOURCES FOR THE YEAR</b>            |          | <b>60,904</b>  | <b>38,586</b>  | <b>0</b>       | <b>99,490</b>  | <b>769</b>     |
| <b>TOTAL FUNDS B/FWD</b>                     |          | <b>254,981</b> | <b>77,271</b>  | <b>551,000</b> | <b>883,252</b> | <b>882,483</b> |
| <b>TOTAL FUNDS C/FWD</b>                     |          | <b>315,885</b> | <b>115,857</b> | <b>551,000</b> | <b>982,742</b> | <b>883,252</b> |

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**

|                                     |       | Year ended<br>31/03/2022<br>£ | Year ended<br>31/03/2021<br>£ |
|-------------------------------------|-------|-------------------------------|-------------------------------|
|                                     | Notes |                               |                               |
| <b>FIXED ASSETS</b>                 |       |                               |                               |
| Property                            |       | 551,000                       | 551,000                       |
| Tangible assets                     | 7     | <u>744</u>                    | <u>933</u>                    |
|                                     |       | 551,744                       | 551,933                       |
| <b>CURRENT ASSETS</b>               |       |                               |                               |
| 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                       |
| <b>CREDITORS</b>                    |       |                               |                               |
| Amounts falling due within one year |       | <u>(7,285)</u>                | <u>(9,502)</u>                |
|                                     |       | 430,998                       | 331,319                       |
| <b>NET ASSETS</b>                   |       | <u>982,742</u>                | <u>883,252</u>                |
| <b>ACCUMULATED FUNDS</b>            |       |                               |                               |
| 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>982,742</u>                | <u>883,252</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<br>36 New<br>Mount St<br>£ | Office and<br>other<br>equipment<br>£ | Total<br>£     |
|-----------------------|--|---------------------------------------|----------------|
| <b>COST</b>           |  |                                       |                |
| 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> |
| <b>DEPRECIATION</b>   |  |                                       |                |
| 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>  |
| <b>NET BOOK VALUE</b> |  |                                       |                |
| 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<br>£ | 2021<br>£ |
|---------------------------------|-----------|-----------|
| 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> |