

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

		Year ended 31/03/2023 £	Year ended 31/03/2022 £
	Notes		
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

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
	<u>130,681</u>	<u>146,558</u>

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	0	0	0
	<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	0	744	744
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).