

INDEPENDENT NEWHAM USER'S FORUM (MENTAL HEALTH)

England & Wales · Charity number 1077850

Details

Other names	INDEPENDENT NEWHAM USER'S FORUM (MENTAL HEALTH), INDEPENDENT NEWHAM USER'S FORUM (MENTAL HEALTH) LTD, INUF
Status	Registered
Legal form	Charitable company
Company number	03853697
Registered	1999-10-19
Register	View on the Charity Commission register

Contact

Address Independent Newham Users Forum
Ithaca House
27 Romford Road
London
E15 4LJ

Phone 02085342488

Email team@inuf.org

Website www.inuf.org

Activities

Objects: A) THE RELIEF OF PERSONS WITH MENTAL HEALTH PROBLEMS WITHIN THE LONDON BOROUGH OF NEWHAM AND SURROUNDING BOROUGHES WITH A PREFERENCE FOR THE LONDON BOROUGH OF NEWHAM THROUGH ENABLING SUCH PERSONS TO PARTICIPATE FULLY IN SOCIETY AND OBTAIN THEIR FULL RIGHTS AS CITIZENS. B) EDUCATING THE GENERAL PUBLIC IN THE CAUSES, TREATMENT AND CONSEQUENCES OF MENTAL HEALTH DISORDERS AND RAISING THE PUBLIC'S AWARENESS OF THE NEEDS OF PERSONS WITH SUCH DISORDERS.

Activities: TO SUPPORT PEOPLE WITH MENTAL HEALTH NEEDS IN EAST LONDON

Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** People With Disabilities, Other Defined Groups

Geography

- **Area of benefit:** LONDON BOROUGH OF NEWHAM AND SURROUNDING AREAS
- Newham

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£163,881	£139,550	-	-
2024-03-31	£128,533	£145,457	-	-
2023-03-31	£113,506	£226,813	-	-
2022-03-31	£149,044	£183,112	-	-
2021-03-31	£160,676	£157,189	-	-

Trustees

Name	Role	Appointed
Sarah Ruiz	Chair	
JULIAN MEEK		
MARTHA QUINLAN		2013-02-01
RESHMI SANGANI		2013-02-01
VICTORIA PETERS		

INDEPENDENT NEWHAM USER'S FORUM (MENTAL HEALTH)

England & Wales - Charity number 1077850

Accounts

REGISTERED COMPANY NUMBER: 03853697 (England and Wales)
REGISTERED CHARITY NUMBER: 1077850

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2025
for
The Independent Newham Users Forum
(Mental Health)

Accountability London Limited
London

The Independent Newham Users Forum
(Mental Health)

Contents of the Financial Statements
for the Year Ended 31 March 2025

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The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2025

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2025. The trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mission statement: Supporting people with mental health needs in East London.

Our objectives are:

- a) To enable and encourage persons with mental health problems under the care of the East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation.
- b) To assist persons with mental health problems to obtain their full rights and privileges as citizens.
- c) To educate the general public in the causes, treatment and consequences of mental health disorders, and raise the public's awareness of the needs of persons with such disorders.

To achieve our objectives The Independent Newham Users Forum (Mental Health) ("INUF") will:

- Retain a user-led approach in all its activities and developments.
- Provide access to a safe and supportive environment in which skills can be developed and views shared.
- Provide opportunities for people to develop greater confidence and individual capacity to be involved at a strategic level.
- Support emerging, user-led initiatives by offering access to community facilities.
- Provide access to information related to matters impacting on people's daily lives and mental health needs.
- Ensure mental health service users are provided with an opportunity to be consulted on local services and developments.
- Maintain an 'open-door' policy at all times for mental health service users and members of the charity.
- Celebrate the diversity of cultures in East London, by listening to people's needs and promoting equality of service provision.

Significant activities

INUF experienced major financial difficulties during this financial year. This was a year for stabilisation. We secured two grants during the year £6,425 from London Borough of Newham, and £25,000 from Lloyds Bank. Additionally, we renovated the IT suite and are now using it as a therapy room which is more suitable for as it is on the ground floor. The old Therapy room has been let as an office to a Training company since January 2025.

The area used as a restaurant which is leased to Spice Villa was closed for refurbishment until July 2025 so this reduced the rental income received by the Charity. Despite the renovations the restaurant is struggling to pay the rent. We are monitoring the situation.

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2025

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Charities Commission in determining the activities undertaken by INUF, which defines the requirement that the charitable purpose of a charity must be “for the public benefit”.

The objectives and activities, and achievement and performance sections of this report clearly set out that the activities which the charity undertakes are for the public benefit.

Volunteers

INUF is highly reliant on and values its volunteers, the majority of whom are service users/survivors. Volunteers assist in many aspects of INUF’s activities, including strategy development, providing peer support, facilitating activities, attending consultation events with the local authority and providing administrative and reception support. INUF currently has around 80 volunteers recorded. A regular core of 20+ volunteers participates in a variety of activities.

Volunteers are included in all strategic planning to ensure they feel valued and play an active role in INUF’s future developments. Each entry point requires the completion of a simple, 4-page membership form, along with two proofs of identity for an Enhanced DBS check. An interview takes place which then leads on to training.

Volunteering is a route for many to find employment, both with INUF and also with outside organisations. It also provides an opportunity for volunteers to return to education and explore opportunities available there.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In a normal year there are a number of ongoing objectives that INUF fulfils. These include consultations and user involvement in service planning and development. In the current financial year these activities were on a limited scale.

Fundraising activities

Funding has been difficult in the current economic climate. All community and charity groups are suffering, due to the reduction in the total amount of funding available. Given this situation INUF has been looking at maximising income generated by Ithaca House itself. During the year we were awarded 2 new grants totalling £31,425 to support our work.

FINANCIAL REVIEW

Reserves policy

The trustees are working towards agreeing a suitable reserves policy within the next financial year.

Currently our monthly income is approximately £10,870 (excluding any Grant income) expenses each month are £11,650. So, INUF needs additional income of £730 each month.

Based on the current financial costs we need to have reserves of £32,000 to ensure INUF can continue to operate for a full 12 months on its own resources without requiring additional grants. Currently INUF has no reserves in place.

Where funds can be raised to cover the Core Costs the money generated from the building can be used to build up reserves to this level.

Income from Ithaca House rose this year from £100,848 to £124,382. The building continues to be the main source of funds for the activities INUF provides for its members. To improve cashflow, INUF has engaged in a process of aged debt recovery, and the Trustees are active in debtor management, to ensure strict financial management.

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2025

FINANCIAL REVIEW (continued)

Many of our costs are linked to the grants we receive. Although our gas and electricity costs have stabilised this year they remain historically high, our total Health and Education costs have fallen this year from £55,090 to £49,302. We fixed our gas and electricity prices until July 2027 so have not been further impacted by the rise in cost. However, our rental income was reduced due to the part closure of the restaurant. The Trustees will continue to monitor the financial situation very carefully.

INUF can meet its day-to-day expenses. However, to continue to provide excellent service to its users, the building shall require a restoration project given on going wear and tear.

All expenses are monitored and approved before being incurred. All hirers and tenants are followed up promptly to ensure they have paid for the room hire or office rent. A finance report is presented at each Trustees meeting highlighting the financial position of the organisation.

FUTURE PLANS

The Trustees of INUF prepare a Business Plan whilst keeping in mind its financial position and lack of building restoration reserves. The plan directs the future direction of INUF, including whether it retains its current projects or allows them to reach their natural conclusion.

To date INUF has not advertised the centre as widely as it could, and this is one area that will be made a priority to ensure sustainability is not jeopardized.

The year was very difficult for INUF and our reserves all but disappeared. The year to 31 March 2026 has been even more as we need to raise funds to decorate the building which is in a very poor state of repair.

With effect from April 2026 the office rents will increase by 5%. The spaces and room hires have not been extensively advertised. Despite this we do have many regular bookings.

The lease with the fast-food takeaway has been renegotiated with the rent increasing to £18,500 per year. However, they have also failed to keep up with the monthly rent, leading to arrears in the rent, which currently being cleared.

Our largest single expense is the wages bill. We have reduced the bill by about £9,000 compared to 2024.

With regards grant funding INUF has made several applications. However, only two have been successful to date.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by a deed of its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Trustees are democratically elected and/or co-opted under the terms of the Memorandum and Articles of Association by Individual Members and/or Open Members. Trustees serve for a period of one year after which time they may offer themselves for reappointment.

Organisational structure

Its Memorandum of Association sets out the objects and powers of the Charity. The Articles of Association establishes its governance. In the event of INUF being wound up members are required to contribute an amount not exceeding £1. Legal responsibility for the management and stewardship of the charity is vested in the Board of Trustees.

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2025

Normally the Trustees meet every two months. However, during these unprecedented times it has been difficult to find suitable times. So, meetings have been very ad hoc. From time to time the Board of Trustees creates sub-committees, reporting on matters concerned with finance, strategic planning and fundraising. The sub-committees report to the Board of Trustees where decisions are ratified.

The Board of Trustees includes a mix of skilled and knowledgeable individuals that support the charity in its activities. These skills range from business management, mental health, community organisation to IT and teaching. To remain as a user-led charity, INUF feels that it is important to be able to ensure the governing body reflects the community it serves whilst expert assistance is received from skilled non-board volunteers and other training organisations. In an effort to enhance skills, Trustees are encouraged to attend all appropriate training identified.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Each new Trustee receives an induction pack including key policies and procedures at the first Board meeting they attend. They are also given an overview and introduction to the charity.

Trustees are provided with the following information at their induction:

- Trustee roles and responsibilities;
- Memorandum and Articles of Association;
- Values;
- Annual and Financial Report;
- Key policies and procedures;
- List of training days if available;
- Future plans for the charity.

Although some Trustees are familiar with INUF and have served as Trustees for some years. INUF feels it is beneficial for all Trustees to remind themselves of our mission statement, aims and objectives each year they are elected to maintain focus.

Key management remuneration

The total compensation paid to key management personnel amounted to £32,215 (2024: £29,690 as restated). This includes contributions to a Workplace Pension of £677 (2024: £612).

Risk management

The Trustees conduct an annual review of the major risks to which INUF is exposed through business planning. Where appropriate and identified, systems or procedures will be established to mitigate the risks the charity faces.

Most community groups face external risks to funding which has led INUF towards developing a strategic plan. This will allow for diversification of funding if possible and shape the charity's future direction. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety, security and other potential risk areas by staff, volunteers, beneficiaries, trustees, occupants and visitors to the centre. There are annual inspections and servicing of the fire alarm systems, security alarms and central heating systems. A Third-Party Company carries out a DBS check for all of our volunteers.

INUF operates a Zero Tolerance policy relating to alcohol and recreational drugs on its premises. This has proved very effective in reducing potential untoward incidents and ensuring safety for all building users.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03853697 (England and Wales)

Registered Charity number

1077850

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2025

REFERENCE AND ADMINISTRATIVE DETAILS

Registered office

Ithaca House
27 Romford Road
Stratford
London
E15 4LJ

Trustees

J Meek	Director
V Peters	Director
Ms S Ruiz	Director
Ms M Quinlan	Director
R Sangani	Director
T Crookes	Director

Independent examiner

Elizabeth Liberda-Moreni FCCA DChA
Accountability London Limited
16 Makepeace Avenue,
London,
N6 6EJ

Approved by order of the board of trustees on ...20.November 2025... and signed on its behalf by:

J Meek - Trustee

Independent Examiner's Report to the Trustees of
The Independent Newham Users Forum
(Mental Health)

Independent examiner's report to the trustees of The Independent Newham Users Forum (Mental Health) ('the Company')

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2025 which are set out on pages 7 to 22.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Elizabeth Liberda-Moreni FCCA DChA

Accountability London Limited
16 Makepeace Avenue,
London,
N6 6EJ

Date:

The Independent Newham Users Forum
(Mental Health)

Statement of Financial Activities
for the Year Ended 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		-	2,015	2,015	3,049
Charitable activities					
Health and Education		-	31,425	31,425	17,038
Other trading activities	3	6,041		6,041	7,464
Investment income	4	124,400	-	124,400	100,982
Total		<u>130,441</u>	<u>33,440</u>	<u>163,881</u>	<u>128,533</u>
EXPENDITURE ON					
Raising funds	5	87,995		87,995	86,523
Charitable activities					
Health and Education		26,046	23,256	49,302	55,090
Governance		1,386	-	1,386	2,730
Other		867	-	867	1,114
Total		<u>116,294</u>	<u>23,256</u>	<u>139,550</u>	<u>145,457</u>
NET INCOME/(EXPENDITURE)		<u>14,147</u>	<u>10,184</u>	<u>24,331</u>	<u>(16,924)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		(13,408)	1,044	(12,364)	4,560
TOTAL FUNDS CARRIED FORWARD		<u>739</u>	<u>11,228</u>	<u>11,967</u>	<u>(12,364)</u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The Independent Newham Users Forum
(Mental Health) (Registered number: 03853697)

Balance Sheet
At 31 March 2025

	Notes	Unrestricted funds £	Restricted funds £	31.3.25 Total funds £	31.3.24 Total funds £
FIXED ASSETS					
Tangible assets	11	2,363	-	2,363	4,274
CURRENT ASSETS					
Debtors	12	22,424	-	22,424	15,312
Cash at bank and in hand		<u>12,057</u>	<u>11,228</u>	<u>23,285</u>	<u>12,642</u>
		34,481	11,228	45,709	27,954
CREDITORS					
Amounts falling due within one year	13	(11,517)	-	(11,517)	(26,315)
NET CURRENT ASSETS		<u>22,964</u>	<u>11,228</u>	<u>34,192</u>	<u>1,639</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		25,327	11,228	36,555	5,913
Amounts falling after more than one year	14	(24,588)	-	(24,588)	(18,277)
NET ASSETS		<u>739</u>	<u>11,228</u>	<u>11,967</u>	<u>(12,364)</u>
FUNDS					
Unrestricted funds	16			739	(13,408)
Restricted funds				<u>11,228</u>	<u>1,044</u>
				<u>11,967</u>	<u>(12,364)</u>

The notes form part of these financial statements

The Independent Newham Users Forum
(Mental Health) (Registered number: 03853697)

Balance Sheet - continued
At 31 March 2025

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2025.

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 trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 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 charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 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 charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 20 November 2025 and were signed on its behalf by:

J Meek -Trustee

The Independent Newham Users Forum
(Mental Health)

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

1. ACCOUNTING POLICIES

Charitable activities

The Independent Newham Users Forum (Mental Health) ("INUF") is a charity, limited by guarantee, incorporated in England and Wales.

The charity's registered office is Ithaca House, 27 Romford Road, Stratford, London, E15 4LJ.

The charitable activities of the charity continues to be:

- a) To enable and encourage persons with mental health problems within the London Borough of Newham, and other boroughs under the care of East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation and to assist persons with mental health problems to obtain his or her full rights and privileges as citizens.
- b) To educate the general public in the causes, treatment and consequences of mental health disorders and raising the public's awareness of the needs of persons with such disorders.

Basis of preparing the financial statements

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity's functional and presentational currency is Pound Sterling.

The charity's financial statements are presented to the nearest pound.

Going concern

The charity's main source of income is from the letting of office spaces and room hire of Ithaca House.

To meet its day to day working capital requirements the charity is dependent upon this rental income. The year was very difficult for INUF and our reserves all but disappeared. The year to 31 March 2025 has been even more challenging as the spaces have not been let and the costs have continued to rise. To improve cashflow INUF agreed to reduce payments to Electricity, Gas and Water suppliers to a minimum of £5 per month. Additionally, a 6 month payment holiday was granted on the Bounce Back loan from 1 January 2025. Our largest single expense is the wages bill. We are looking at all options to reduce this bill whilst maintaining our services.

INUF has been able to rent rooms to therapists and the NHS Newham Recovery college since the beginning of 2025. Additionally with effect from April 2025 the office rents will increase by 5%. The lease with the fast-food takeaway is currently being negotiated and it should be finalised in March to April 2025. The rent being negotiated is between £2,100 and £2,500 per month.

With regards grant funding INUF has secured two grants totalling £11,000 in the first quarter of the 2025 calendar year which will be used to cover the salaries.

After making enquires, the Trustees have a reasonable expectation that the Charity will have adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt a going concern basis in preparing the financial statements.

1. ACCOUNTING POLICIES - continued

Income

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

For legacies, entitlement is taken as the earlier of the date on which either: the company is aware that probate has been granted, the estate has been finalised and notification has been made by the executors to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the company has been notified of the executor's intention to make a distribution. Where legacies have been notified to the company, or the company is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Other income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on cost
Fixtures and fittings	- 25% on reducing balance

Debtors

Trade debtors are recognised at the settlement amount after any trade discount offered.

Cash and cash equivalents

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Taxation

The charitable company 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 charitable company 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.

1. ACCOUNTING POLICIES – continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Operating leases

Rentals under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Debt instruments (other than those wholly repayable or receivable within one year), including loans and other accounts receivable and payable, are initially measured at present value of the future cash flows and subsequently at amortised cost using the effective interest method. Debt instruments that are payable or receivable within one year, typically trade payables or receivables, are measured, initially and subsequently, at the undiscounted amount of the cash or other consideration expected to be paid or received. However, if the arrangements of a short-term instrument constitute a financing transaction, like the payment of a trade debt deferred beyond normal business terms or financed at a rate of interest that is not a market rate or in case of an out-right short-term loan not at market rate, the financial asset or liability is measured, initially, at the present value of the future cash flow discounted at a market rate of interest for a similar debt instrument and subsequently at amortised cost.

Financial assets that are measured at cost and amortised cost are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the profit and loss account.

For financial assets measured at amortised cost, the impairment loss is measured as the difference between an assets' carrying amount and the present value of estimated cash flows discounted at the assets original effective interest rate. If a financial asset has a variable interest rate, the discount rate for measuring any impairment loss is the current effective interest rate determined under the contract.

For financial assets measured at cost less impairment, the impairment loss is measured as the difference between an asset's carrying amount and best estimate of the recoverable amount, which is an approximation of the amount that the company would receive for the asset if it were to be sold at the balance sheet date.

Financial assets and liabilities are offset and the net amount reported in the balance sheet when there is an enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

2. JUDGEMENT IN APPLYING ACCOUNTING POLICIES AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The preparation of the financial statements requires the directors to make judgements, estimates and assumptions that can affect the amounts reported for assets and liabilities, and the results for the year. The nature of estimation is such though that actual outcomes could differ significantly from those estimates.

The following are the company's key sources of estimation uncertainty:

Tangible fixed assets

The charity has recognised tangible fixed assets with a carrying value of £2,363 at the reporting date (see note 11). These assets are stated at their cost less provision for depreciation and impairment. For material assets such as land and buildings the charity determines at acquisition reliable estimates for the useful life of the asset, its residual value and decommissioning costs. These estimates are based upon such factors as the expected use of the acquired asset and market conditions. At subsequent reporting dates the trustees consider whether there are any factors such as technological advancements or changes in market conditions that indicate a need to reconsider the estimates used.

Where there are indicators that the carrying value of tangible assets may be impaired the charity undertakes tests to determine the recoverable amount of assets. These tests require estimates of the fair value of assets less cost to sell and of their value in use. Wherever possible the estimate of the fair value of assets is based upon observable market prices less incremental cost for disposing of the asset. The value in use calculation is based upon a discounted cash flow model, based upon the charity's forecasts for the foreseeable future which do not include any restructuring activities that the charity is not yet committed to or significant future investments that will enhance the asset's performance. The recoverable amount is most sensitive to the discount rate used for the discounted cash flow model as well expected future cash flows and the growth rate used for extrapolation purposes.

3. OTHER TRADING ACTIVITIES

	31.3.25	31.3.24
	£	£
Photocopy usage	130	285
Miscellaneous room hire income	5,911	7,179
	<u>6,041</u>	<u>7,464</u>

4. INVESTMENT INCOME

	31.3.25	31.3.24
	£	£
Rents received	72,670	59,991
Income from room hire	51,712	40,857
Deposit account interest	18	134
	<u>124,400</u>	<u>100,982</u>

The Independent Newham Users Forum
(Mental Health)

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

5. RAISING FUNDS

	31.3.25	31.3.24
	£	£
Staff costs	54,256	63,490
Administrative expenses	388	718
Telephone	1,702	1,254
Property repairs & maintenance	685	792
Accountancy	3,330	3,482
Council Tax	2,148	2,377
Heat & light	9,479	3,906
Cleaning	2,536	3,023
Insurance	4,463	1,084
Fire Safety	2,014	673
PRS subscription	978	94
Waste Collection	554	338
Equipment rental	142	142
Bank service charge	11	101
Travel	-	6
Refreshments	71	116
Bad debt Provision	4,878	3,365
Volunteer expenses	360	1,562
	<u>87,995</u>	<u>86,523</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.25	31.3.24
	£	£
Depreciation - owned assets	1,912	2,155
Independent examination	<u>1,350</u>	<u>1,310</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2025 nor for the year ended 31 March 2024.

The Independent Newham Users Forum
(Mental Health)

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

8 STAFF COSTS

	31.3.25	31.3.24
	£	£
Wages and salaries	80,473	89,744
Other pension costs	1,028	1,024
	<u>81,501</u>	<u>90,768</u>

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Administrative	<u>7</u>	<u>9</u>

No employees received emoluments in excess of £60,000. The total compensation paid to key management personnel amounted to £32,215 (2024: £29,690). This includes contributions to a Workplace Pension of £677 (2024:£612).

9. PENSION COST

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions payable by the Charity to the fund and amount to £1,028 (2024: £1,024). Contributions totalling £228 (2024: £228) were payable to the fund at the balance sheet date.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,049	-	3,049
Charitable activities			
Health and Education	-	17,038	17,038
Other trading activities	6,724	740	7,464
Investment income	100,982	-	100,982
Total	<u>110,755</u>	<u>17,778</u>	<u>128,533</u>
EXPENDITURE ON			
Raising funds	86,523	-	86,523
Charitable activities			
Health and Education	36,271	18,819	55,090
Governance	2,730	-	2,730
Other	1,114	-	1,114
Total	<u>126,638</u>	<u>18,819</u>	<u>145,457</u>
NET INCOME/(EXPENDITURE)	<u>(15,883)</u>	<u>(1,041)</u>	<u>(16,924)</u>
Carried forward	<u>(15,883)</u>	<u>(1,041)</u>	<u>(16,924)</u>

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Brought forward	(15,883)	(1,041)	(16,924)
Total funds brought forward	2,475	2,085	4,560
TOTAL FUNDS CARRIED FORWARD	<u><u>(13,408)</u></u>	<u><u>1,044</u></u>	<u><u>(12,364)</u></u>

11. TANGIBLE FIXED ASSETS

	Improvements to property £	Fixtures and fittings £	Totals £
COST			
As at 1 April 2024	786,605	84,656	871,261
as at 31 March 2025	<u>786,605</u>	<u>84,656</u>	<u>871,261</u>
DEPRECIATION			
As at 1 April 2024	785,561	81,426	866,987
Charge for the Year	1,044	867	1,911
as at 31 March 2025	<u>786,605</u>	<u>82,293</u>	<u>868,898</u>
NET BOOK VALUE			
as at 31 March 2025	<u>-</u>	<u>2,363</u>	<u>2,363</u>
as at 31 March 2024	<u>1,044</u>	<u>3,230</u>	<u>4,274</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25	31.3.24
	£	£
Trade debtors	22,424	15,003
Other debtors	-	309
	<u>22,424</u>	<u>15,312</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25	31.3.24
	£	£
Bank loan	9,139	9,139
Rent deposit	-	10,423
Other creditors	-	1,377
Tax and social security	798	1,078
Workplace Pension Contribution	229	228
Accrued expenses	1,351	4,070
	<u>11,517</u>	<u>26,315</u>

The Independent Newham Users Forum
(Mental Health)

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

14. CREDITORS: AMOUNTS FALLING AFTER MORE THAN ONE YEAR

	31.3.25	31.3.24
	£	£
Bank loan	14,165	18,277
Rent deposit	10,423	-
	<u>24,588</u>	<u>18,277</u>

The charity received a Coronavirus Bounce Back Loan totalling £50,000 from The Co-operative Bank in 2020. Repayments commenced from August 2021, with interest accruing at a fixed rate of 2.5% per annum.

15. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.25	31.3.24
	£	£
Within one year	945	945
Between one and five years	<u>945</u>	<u>1,890</u>

16. MOVEMENT IN FUNDS

	At 1.4.24	Net movement in funds	At 31.3.25
	£	£	£
Unrestricted funds			
General fund	(13,408)	14,147	739
Restricted funds			
Improvements to Building	1,044	(1,044)	-
Mental Health Support Fund	<u>-</u>	<u>11,228</u>	<u>11,228</u>
TOTAL FUNDS	<u>(12,364)</u>	<u>24,331</u>	<u>11,967</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	130,441	(116,294)	14,147
Restricted funds			
Improvements to Building	-	(1,044)	(1,044)
Mental Health Support Fund	<u>33,440</u>	<u>(22,212)</u>	<u>11,228</u>
	<u>33,440</u>	<u>(23,256)</u>	<u>10,184</u>
TOTAL FUNDS	163,881	(139,550)	24,331

The Independent Newham Users Forum
(Mental Health)

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

16. MOVEMENT IN FUNDS-continued

Comparatives for movement in funds

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	2,475	(15,883)	(13,408)
Restricted funds			
Improvements to Building	2,085	(1,041)	1,044
Mental Health Support Fund	-	-	-
	<u>4,560</u>	<u>(16,924)</u>	<u>(12,364)</u>

Comparatives net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	110,755	(126,638)	(15,883)
Restricted funds			
Improvements to Building	-	(1,041)	(1,041)
Mental Health Support Fund	17,778	(17,778)	-
	<u>17,778</u>	<u>(18,819)</u>	<u>(1,041)</u>
TOTAL FUNDS	<u>128,533</u>	<u>(145,457)</u>	<u>(16,924)</u>

Current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.23	Net movement in funds as restated	At 31.3.25
	£	£	£
Unrestricted funds			
General fund	2,475	(1,736)	739
Restricted funds			
Improvements to Building	2,085	(2,085)	-
Mental Health Support Fund	-	11,228	11,228
TOTAL FUNDS	<u>4,560</u>	<u>7,407</u>	<u>11,967</u>

The Independent Newham Users Forum
(Mental Health)

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

	Incoming resources as restated £	Resources expended as restated £	Movement in funds as restated £
16. MOVEMENT IN FUNDS-continued			
Current year 12 months and prior year 12 months combined net movement in funds, included in the above			
Unrestricted funds			
General fund	241,196	(242,932)	(1,736)
Restricted funds			
Improvements to Building	-	(2,085)	(2,085)
Mental Health Support Fund	51,218	(39,990)	11,228
	<u>51,218</u>	<u>(42,075)</u>	<u>9,143</u>
TOTAL FUNDS	<u>292,414</u>	<u>(285,007)</u>	<u>7,407</u>

Improvements to Building relate to costs incurred in renovating the building from 2002 and were being amortised over 20 years at £39,331 per year. This year the residual balance has been cleared.

Mental Health Support Fund related to grants which have been obtained to support the charity's work to support its members. This can be in the form of Advocacy, health and well-being activities and Art therapy.

17. RELATED PARTY DISCLOSURES

There were no other related party transactions for the year ended 31 March 2025 or 31 March 2024.

The Independent Newham Users Forum
(Mental Health)

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31.3.25	31.3.24
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	2,004	3,036
Book sale	11	13
	<u>2,015</u>	<u>3,049</u>
Other trading activities		
Photocopy usage	130	285
Miscellaneous room hire income	5,911	7,179
	<u>6,041</u>	<u>7,464</u>
Investment income		
Rents received	72,670	59,991
Income from room hire	51,712	40,857
Deposit account interest	18	134
	<u>124,400</u>	<u>100,982</u>
Charitable activities		
Grants	<u>31,425</u>	<u>17,038</u>
Total incoming resources	163,881	128,533
EXPENDITURE		
Raising donations and legacies		
Wages	6,042	6,550
Pensions	88	103
Telephone	-	1
Accountancy	-	-
	<u>6,130</u>	<u>6,654</u>
Other trading activities		
Wages	-	-
Office supplies	-	-
Printing and reproduction	16	214
	<u>16</u>	<u>214</u>
Investment management costs		
Wages	47,544	56,264
Pensions	582	573
Carried forward	<u>48,126</u>	<u>56,837</u>

This page does not form part of the statutory financial statements

The Independent Newham Users Forum
(Mental Health)

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31.3.25	31.3.24
	£	£
Investment management costs		
Brought forward	48,126	56,837
Administrative expenses	372	504
Telephone	1,702	1,253
Property repairs & maintenance	685	792
Accountancy	3,330	3,482
Council Tax	2,148	2,377
Heat & light	9,479	3,906
Cleaning	2,536	3,023
Insurance	4,463	1,084
Fire Safety	2,014	673
PRS subscription	978	94
Waste Collection	554	338
Equipment rental	142	142
Bank service charge	11	101
Travel	-	6
Refreshments	71	116
Bad debt Provision	4,878	3,365
Volunteer expenses	360	1,562
	<hr/>	<hr/>
	81,849	79,655
Charitable activities		
Wages	26,888	26,930
Pensions	359	348
Consulting	2,847	-
Insurance	590	776
Telephone	52	821
Refreshments	872	655
Room hire	300	-
Local Council Rates	921	944
Heat & light	6,854	9,367
Office costs	50	520
Equipment rental	818	818
Staff travel and subsistence	370	33
Waste collection	450	337
Postage and delivery	25	10
	<hr/>	<hr/>
Carried forward	41,396	41,559

The Independent Newham Users Forum
(Mental Health)

Detailed Statement of Financial Activities
for the Year Ended 31 March 2025

	31.3.25	31.3.24
	£	£
Charitable activities		
Brought forward	41,396	41,559
Beneficiary equipment	179	0
Beneficiary expenses	2,144	4321
Accountancy	706	2,390
Cleaning and security	-	2
Dues and subscription	349	417
Bank service charge	-	26
Volunteer expenses	2688	4,653
Loan interest	485	531
Marketing	310	150
Depreciation of tangible fixed assets	1,045	1,041
	<u>49,302</u>	<u>55,090</u>
Other		
Depreciation of tangible fixed assets	867	1,114
	<u>867</u>	<u>1,114</u>
Support costs		
Governance costs		
Independent examination	1,350	1,310
Accountancy fees	-	1,384
Equipment Rental	36	36
Refreshments	-	-
	<u>1,386</u>	<u>2,730</u>
Total resources expended	<u>139,550</u>	<u>145,457</u>
Net expenditure	<u>24,331</u>	<u>(16,924)</u>

INDEPENDENT NEWHAM USER'S FORUM (MENTAL HEALTH)

England & Wales - Charity number 1077850

Accounts

REGISTERED COMPANY NUMBER: 03853697 (England and Wales)
REGISTERED CHARITY NUMBER: 1077850

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2024
for
The Independent Newham Users Forum
(Mental Health)

Accountability London Limited
London

The Independent Newham Users Forum
(Mental Health)

Contents of the Financial Statements
for the Year Ended 31 March 2024

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The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2024

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2024. The trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mission statement: Supporting people with mental health needs in East London.

Our objectives are:

- a) To enable and encourage persons with mental health problems under the care of the East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation.
- b) To assist persons with mental health problems to obtain their full rights and privileges as citizens.
- c) To educate the general public in the causes, treatment and consequences of mental health disorders, and raise the public's awareness of the needs of persons with such disorders.

Aims of the charity:

To achieve our aims The Independent Newham Users Forum (Mental Health) ("INUF") will:

- Retain a user-led approach in all its activities and developments.
- Provide access to a safe and supportive environment in which skills can be developed and views shared.
- Provide opportunities for people to develop greater confidence and individual capacity to be involved at a strategic level.
- Support emerging, user-led initiatives by offering access to community facilities.
- Provide access to information related to matters impacting on people's daily lives and mental health needs.
- Ensure mental health service users are provided with an opportunity to be consulted on local services and developments.
- Maintain an 'open-door' policy at all times for mental health service users and members of the charity.
- Celebrate the diversity of cultures in East London, by listening to people's needs and promoting equality of service provision.

Significant activities

INUF experienced major financial difficulties during this financial year. Costs exceeded income. Sources of income declined over time. We managed to obtain the following grants during the year £6,425 from London Borough of Newham, £3,000 from London Catalyst, £375 from Groundworks and £7,238 from Sport England. The area used as a restaurant which is leased to Spice Villa was closed for refurbishment for six months from 1 November 2023 so this reduced the rental income received by the Charity. A new tenant was found for one of the empty offices in October 2023.

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2024

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Charities Commission in determining the activities undertaken by INUF, which defines the requirement that the charitable purpose of a charity must be “for the public benefit”.

The objectives and activities, and achievement and performance sections of this report clearly set out that the activities which the charity undertakes are for the public benefit.

Volunteers

INUF is highly reliant on and values its volunteers, the majority of whom are service users/survivors. Volunteers assist in many aspects of INUF’s activities, including strategy development, providing peer support, facilitating activities, attending consultation events with the local authority and providing administrative and reception support. INUF currently has around 80 volunteers recorded. A regular core of 20+ volunteers participates in a variety of activities.

Volunteers are included in all strategic planning to ensure they feel valued and play an active role in INUF’s future developments. Each entry point requires the completion of a simple, 4-page membership form, along with two proofs of identity for an Enhanced DBS check. An interview takes place which then leads on to training.

Volunteering is a route for many to find employment, both with INUF and also with outside organisations. It also provides an opportunity for volunteers to return to education and explore opportunities available there.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In a normal year there are a number of ongoing objectives that INUF fulfils. These include consultations and user involvement in service planning and development. In the current financial year these activities were on a limited scale.

Fundraising activities

Funding has been difficult in the current economic climate. All community and charity groups are suffering, due to the reduction in the total amount of funding available. Given this situation INUF has been looking at maximising income generated by Ithaca House itself. During the year we were awarded 4 new grants totalling £17,038 to support our work.

FINANCIAL REVIEW

Reserves policy

The trustees are working towards agreeing a suitable reserves policy within the next financial year..

Currently our monthly income is approximately £10,700 (excluding any Grant income) expenses each month are £11,850. So, INUF needs additional income of £1,150 each month.

Based on the current financial costs we need to have reserves of £32,000 to ensure INUF can continue to operate for a full 12 months on its own resources without requiring additional grants. Currently INUF has no reserves in place.

Where funds can be raised to cover the Core Costs the money generated from the building can be used to build up reserves to this level.

Income from Ithaca House fell this year from £104,373 to £100,848. The building continues to be the main source of funds for the activities INUF provides for its members. To improve cashflow, INUF has engaged in a process of aged debt recovery, and the Trustees are active in debtor management, to ensure strict financial management.

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2024

FINANCIAL REVIEW (continued)

Many of our costs are linked to the grants we receive. Although our gas and electricity costs have stabilised this year they remain historically high, our total Health and Education costs have fell this year from £105,596 to £55,090. The deficit this year is due to the depreciation charge on the building improvements and higher costs of gas and electricity coupled with the fact that two major offices had not been let for most of the year. The Trustees will continue to monitor the financial situation very carefully.

The accounts include the costs incurred in renovating the building as a fixed asset under restricted funds and this is being depreciated. This treatment is used to reflect the usage INUF makes of Ithaca House. This cost was fully depreciated by the end of the financial year.

INUF can meet its day-to-day expenses. However, to continue to provide excellent service to its users, the building shall require a restoration project given on going wear and tear.

All expenses are monitored and approved before being incurred. All hirers and tenants are followed up promptly to ensure they have paid for the room hire or office rent. A finance report is presented at each Trustees meeting highlighting the financial position of the organisation.

FUTURE PLANS

The Trustees of INUF prepare a Business Plan whilst keeping in mind its financial position and lack of building restoration reserves. The plan directs the future direction of INUF, including whether it retains its current projects or allows them to reach their natural conclusion.

To date INUF has not advertised the centre as widely as it could, and this is one area that will be made a priority to ensure sustainability is not jeopardized.

The year was very difficult for INUF and our reserves all but disappeared. The year to 31 March 2025 has been even more challenging as the spaces have not been let and the costs have continued to rise.

With effect from April 2024 the office rents will increase by 5%. The spaces and room hires have been extensively advertised. We have been able to rent out meeting spaces to therapists and to the NHS Newham Recovery College for their training meetings.

The lease with the fast-food takeaway has been renegotiated with the rent increasing to £18,500 per year.

Our largest single expense is the wages bill. We have reduced the bill as two employees have left the payroll, and another has taken a reduced salary.

With regards grant funding INUF has made several applications. However, none have been successful to date.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by a deed of its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Trustees are democratically elected and/or co-opted under the terms of the Memorandum and Articles of Association by Individual Members and/or Open Members. Trustees serve for a period of one year after which time they may offer themselves for reappointment.

Organisational structure

Its Memorandum of Association sets out the objects and powers of the Charity. The Articles of Association establishes its governance. In the event of INUF being wound up members are required to contribute an amount not exceeding £1. Legal responsibility for the management and stewardship of the charity is vested in the Board of Trustees.

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2024

Normally the Trustees meet every two months. However, during these unprecedented times it has been difficult to find suitable times. So, meetings have been very ad hoc. From time to time the Board of Trustees creates sub-committees, reporting on matters concerned with finance, strategic planning and fundraising. The sub-committees report to the Board of Trustees where decisions are ratified.

The Board of Trustees includes a mix of skilled and knowledgeable individuals that support the charity in its activities. These skills range from business management, mental health, community organisation to IT and teaching. To remain as a user-led charity, INUF feels that it is important to be able to ensure the governing body reflects the community it serves whilst expert assistance is received from skilled non-board volunteers and other training organisations. In an effort to enhance skills, Trustees are encouraged to attend all appropriate training identified.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Each new Trustee receives an induction pack including key policies and procedures at the first Board meeting they attend. They are also given an overview and introduction to the charity.

Trustees are provided with the following information at their induction:

- Trustee roles and responsibilities;
- Memorandum and Articles of Association;
- Values;
- Annual and Financial Report;
- Key policies and procedures;
- List of training days if available;
- Future plans for the charity.

Although some Trustees are familiar with INUF and have served as Trustees for some years. INUF feels it is beneficial for all Trustees to remind themselves of our mission statement, aims and objectives each year they are elected to maintain focus.

Key management remuneration

The total compensation paid to key management personnel amounted to £29,690 (2023: £32,461 as restated). This includes contributions to a Workplace Pension of £612 (2023: £677).

Risk management

The Trustees conduct an annual review of the major risks to which INUF is exposed through business planning. Where appropriate and identified, systems or procedures will be established to mitigate the risks the charity faces.

Most community groups face external risks to funding which has led INUF towards developing a strategic plan. This will allow for diversification of funding if possible and shape the charity's future direction. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety, security and other potential risk areas by staff, volunteers, beneficiaries, trustees, occupants and visitors to the centre. There are annual inspections and servicing of the fire alarm systems, security alarms and central heating systems. A Third-Party Company carries out a DBS check for all of our volunteers.

INUF operates a Zero Tolerance policy relating to alcohol and recreational drugs on its premises. This has proved very effective in reducing potential untoward incidents and ensuring safety for all building users.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03853697 (England and Wales)

Registered Charity number
1077850

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2024

REFERENCE AND ADMINISTRATIVE DETAILS

Registered office

Ithaca House
27 Romford Road
Stratford
London
E15 4LJ

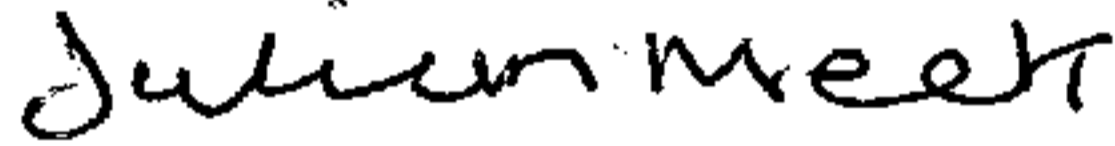
Trustees

J Meek	Director
V Peters	Director
Ms S Ruiz	Director
Ms M Quinlan	Director
R Sangani	Director
T Crookes	Director

Independent examiner

Elizabeth Liberda-Moreni FCCA DChA
Accountability London Limited
16 Makepeace Avenue,
London,
N6 6EJ

Approved by order of the board of trustees on ...28.November 2024... and signed on its behalf by:



J Meek - Trustee

Independent Examiner's Report to the Trustees of
The Independent Newham Users Forum
(Mental Health)

Independent examiner's report to the trustees of The Independent Newham Users Forum (Mental Health) ('the Company')

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2024 which are set out on pages 7 to 22.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Elizabeth Liberda-Moreni FCCA

Accountability London Limited
16 Makepeace Avenue,
London,
N6 6EJ

Date: 3rd December 2024

The Independent Newham Users Forum
(Mental Health)

Statement of Financial Activities
for the Year Ended 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		3,049	-	3,049	6,432
Charitable activities					
Health and Education		-	17,038	17,038	1,325
Other trading activities	3	6,724	740	7,464	1,301
Investment income	4	100,982	-	100,982	104,448
Total		110,755	17,778	128,533	113,506
EXPENDITURE ON					
Raising funds	5	86,523	-	86,523	106,325
Charitable activities					
Health and Education		36,271	18,819	55,090	105,596
Governance		2,730	-	2,730	13,471
Other		1,114	-	1,114	1,421
Total		126,638	18,819	145,457	226,813
NET INCOME/(EXPENDITURE)		(15,883)	(1,041)	(16,924)	(113,307)
RECONCILIATION OF FUNDS					
Total funds brought forward		2,475	2,085	4,560	117,867
TOTAL FUNDS CARRIED FORWARD		(13,408)	1,044	(12,364)	4,560

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The Independent Newham Users Forum
(Mental Health) (Registered number: 03853697)

Balance Sheet
At 31 March 2024

	Notes	Unrestricted funds £	Restricted funds £	31.3.24 Total funds £	31.3.23 Total funds £
FIXED ASSETS					
Tangible assets	11	3,230	1,044	4,274	6,429
CURRENT ASSETS					
Debtors	12	15,312	-	15,312	15,084
Prepayments and accrued income		-	-	-	2,055
Cash at bank and in hand		12,642	-	12,642	27,975
		<u>27,954</u>	<u>-</u>	<u>27,954</u>	<u>45,114</u>
CREDITORS					
Amounts falling due within one year	13	(26,315)	-	(26,315)	(23,456)
		<u>1,639</u>	<u>-</u>	<u>1,639</u>	<u>21,658</u>
NET CURRENT ASSETS					
TOTAL ASSETS LESS					
CURRENT LIABILITIES					
		4,869	1,044	5,913	28,087
Amounts falling after more than one year	14	(18,277)	-	(18,277)	(23,527)
		<u>(13,408)</u>	<u>1,044</u>	<u>(12,364)</u>	<u>4,560</u>
NET ASSETS					
FUNDS					
Unrestricted funds	16			(13,408)	2,475
Restricted funds				1,044	2,085
				<u>(12,364)</u>	<u>4,560</u>

The notes form part of these financial statements

The Independent Newham Users Forum
(Mental Health) (Registered number: 03853697)

Balance Sheet - continued
At 31 March 2024

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

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 trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 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 charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 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 charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 28. November 2024 and were signed on its behalf by:

Julian Meek

J Meek -Trustee

1. ACCOUNTING POLICIES

Charitable activities

The Independent Newham Users Forum (Mental Health) ("INUF") is a charity, limited by guarantee, incorporated in England and Wales.

The charity's registered office is Ithaca House, 27 Romford Road, Stratford, London, E15 4LJ.

The charitable activities of the charity continues to be:

- a) To enable and encourage persons with mental health problems within the London Borough of Newham, and other boroughs under the care of East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation and to assist persons with mental health problems to obtain his or her full rights and privileges as citizens.
- b) To educate the general public in the causes, treatment and consequences of mental health disorders and raising the public's awareness of the needs of persons with such disorders.

Basis of preparing the financial statements

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity's functional and presentational currency is Pound Sterling.

The charity's financial statements are presented to the nearest pound.

Going concern

The charity's main source of income is from the letting of office spaces and room hire of Ithaca House.

To meet its day to day working capital requirements the charity is dependent upon this rental income. The year was very difficult for INUF and our reserves all but disappeared. The year to 31 March 2024 has been even more challenging as the spaces have not been let and the costs have continued to rise. To improve cashflow INUF agreed to reduce payments to Electricity, Gas and Water suppliers to a minimum of £5 per month. Additionally, a 6 month payment holiday was granted on the Bounce Back loan from 1 January 2024. Our largest single expense is the wages bill. We are looking at all options to reduce this bill whilst maintaining our services.

INUF has been able to rent rooms to therapists and the NHS Newham Recovery college since the beginning of 2024. Additionally with effect from April 2024 the office rents will increase by 5%. The lease with the fast-food takeaway is currently being negotiated and it should be finalised in March to April 2024. The rent being negotiated is between £2,100 and £2,500 per month.

With regards grant funding INUF has secured two grants totalling £11,000 in the first quarter of the 2024 calendar year which will be used to cover the salaries.

After making enquires, the Trustees have a reasonable expectation that the Charity will have adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt a going concern basis in preparing the financial statements.

1. ACCOUNTING POLICIES - continued

Income

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

For legacies, entitlement is taken as the earlier of the date on which either: the company is aware that probate has been granted, the estate has been finalised and notification has been made by the executors to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the company has been notified of the executor's intention to make a distribution. Where legacies have been notified to the company, or the company is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Other income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on cost
Fixtures and fittings	- 25% on reducing balance

Debtors

Trade debtors are recognised at the settlement amount after any trade discount offered.

Cash and cash equivalents

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Taxation

The charitable company 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 charitable company 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.

1. ACCOUNTING POLICIES – continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Operating leases

Rentals under operating leases are charged to the Statement of financial activities on a straight-line basis over the lease term.

Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Debt instruments (other than those wholly repayable or receivable within one year), including loans and other accounts receivable and payable, are initially measured at present value of the future cash flows and subsequently at amortised cost using the effective interest method. Debt instruments that are payable or receivable within one year, typically trade payables or receivables, are measured, initially and subsequently, at the undiscounted amount of the cash or other consideration expected to be paid or received. However, if the arrangements of a short-term instrument constitute a financing transaction, like the payment of a trade debt deferred beyond normal business terms or financed at a rate of interest that is not a market rate or in case of an out-right short-term loan not at market rate, the financial asset or liability is measured, initially, at the present value of the future cash flow discounted at a market rate of interest for a similar debt instrument and subsequently at amortised cost.

Financial assets that are measured at cost and amortised cost are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the profit and loss account.

For financial assets measured at amortised cost, the impairment loss is measured as the difference between an assets' carrying amount and the present value of estimated cash flows discounted at the assets original effective interest rate. If a financial asset has a variable interest rate, the discount rate for measuring any impairment loss is the current effective interest rate determined under the contract.

For financial assets measured at cost less impairment, the impairment loss is measured as the difference between an asset's carrying amount and best estimate of the recoverable amount, which is an approximation of the amount that the company would receive for the asset if it were to be sold at the balance sheet date.

Financial assets and liabilities are offset and the net amount reported in the balance sheet when there is an enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

2. JUDGEMENT IN APPLYING ACCOUNTING POLICIES AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The preparation of the financial statements requires the directors to make judgements, estimates and assumptions that can affect the amounts reported for assets and liabilities, and the results for the year. The nature of estimation is such though that actual outcomes could differ significantly from those estimates.

The following are the company's key sources of estimation uncertainty:

Tangible fixed assets

The charity has recognised tangible fixed assets with a carrying value of £4,274 at the reporting date (see note 11). These assets are stated at their cost less provision for depreciation and impairment. For material assets such as land and buildings the charity determines at acquisition reliable estimates for the useful life of the asset, its residual value and decommissioning costs. These estimates are based upon such factors as the expected use of the acquired asset and market conditions. At subsequent reporting dates the trustees consider whether there are any factors such as technological advancements or changes in market conditions that indicate a need to reconsider the estimates used.

Where there are indicators that the carrying value of tangible assets may be impaired the charity undertakes tests to determine the recoverable amount of assets. These tests require estimates of the fair value of assets less cost to sell and of their value in use. Wherever possible the estimate of the fair value of assets is based upon observable market prices less incremental cost for disposing of the asset. The value in use calculation is based upon a discounted cash flow model, based upon the charity's forecasts for the foreseeable future which do not include any restructuring activities that the charity is not yet committed to or significant future investments that will enhance the asset's performance. The recoverable amount is most sensitive to the discount rate used for the discounted cash flow model as well expected future cash flows and the growth rate used for extrapolation purposes.

3. OTHER TRADING ACTIVITIES

	31.3.24	31.3.23
	£	£
Photocopy usage	285	288
Miscellaneous room hire income	<u>7,179</u>	<u>1,013</u>
	<u>7,464</u>	<u>1,301</u>

4. INVESTMENT INCOME

	31.3.24	31.3.23
	£	£
Rents received	59,991	66,920
Income from room hire	40,857	37,453
Deposit account interest	<u>134</u>	<u>75</u>
	<u>100,982</u>	<u>104,448</u>

5. RAISING FUNDS

	31.3.24	31.3.23
	£	£
Staff costs	63,490	59,340
Administrative expenses	718	211
Telephone	1,254	1,053
Property repairs & maintenance	792	861
Accountancy	3,482	15,040
Council Tax	2,377	1,574
Heat & light	3,906	15,939
Cleaning	3,023	2,022
Insurance	1,084	4,367
Fire Safety	673	828
PRS subscription	94	403
Waste Collection	338	384
Equipment rental	142	261
Expensed equipment	-	252
Bank service charge	101	-
Travel	6	10
Refreshments	116	-
Bad debt Provision	3,365	-
Volunteer expenses	1,562	2,794
Marketing	-	986
	<u>86,523</u>	<u>106,325</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.24	31.3.23
	£	£
Depreciation - owned assets	2,155	37,935
Independent examination	<u>1,310</u>	<u>2,400</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

8. STAFF COSTS

	31.3.24	31.3.23
	£	£
Wages and salaries	89,744	87,449
Other pension costs	<u>1,024</u>	<u>1,152</u>
	<u>90,768</u>	<u>88,601</u>

The average monthly number of employees during the year was as follows:

	31.3.24	31.3.23
Administrative	<u>9</u>	<u>9</u>

No employees received emoluments in excess of £60,000. The total compensation paid to key management personnel amounted to £29,690 (2023: £31,332). This includes contributions to a Workplace Pension of £612 (2023:£677).

9. PENSION COST

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions payable by the Charity to the fund and amount to £1,024 (2023: £1,152). Contributions totalling £228 (2023: £256) were payable to the fund at the balance sheet date.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	6,412	20	6,432
Charitable activities			
Health and Education	-	1,325	1,325
Other trading activities	561	740	1,301
Investment income	104,448	-	104,448
Total	<u>111,421</u>	<u>2,085</u>	<u>113,506</u>
EXPENDITURE ON			
Raising funds	106,325	-	106,325
Charitable activities			
Health and Education	66,997	38,599	105,596
Governance	13,471	-	13,471
Other	1,421	-	1,421
Total	<u>188,214</u>	<u>38,599</u>	<u>226,813</u>
NET INCOME/(EXPENDITURE)	<u>(76,793)</u>	<u>(36,514)</u>	<u>(113,307)</u>
Carried forward	<u>(76,793)</u>	<u>(36,514)</u>	<u>(113,307)</u>

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Brought forward	(76,793)	(36,514)	(113,307)
Total funds brought forward	79,268	38,599	117,867
TOTAL FUNDS CARRIED FORWARD	<u>2,475</u>	<u>2,085</u>	<u>4,560</u>

11. TANGIBLE FIXED ASSETS

	Improvements to property £	Fixtures and fittings £	Totals £
COST			
As at 1 April 2023	786,605	84,656	871,261
as at 31 March 2024	<u>786,605</u>	<u>84,656</u>	<u>871,261</u>
DEPRECIATION			
As at 1 April 2023	784,520	80,312	864,832
Charge for the Year	1,041	1,114	2,155
As at 31 March 2024	<u>785,561</u>	<u>81,426</u>	<u>866,987</u>
NET BOOK VALUE			
As at 31 March 2024	<u>1,044</u>	<u>3,230</u>	<u>4,274</u>
As at 31 March 2023	<u>2,085</u>	<u>4,344</u>	<u>6,429</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Trade debtors	18,368	14,775
Other debtors	309	309
	<u>18,677</u>	<u>15,084</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24	31.3.23
	£	£
Bank loan	9,139	10,457
Rent deposit	10,423	10,423
Other creditors	1,377	-
Tax and social security	1,078	520
Workplace Pension Contribution	228	256
Accrued expenses	4,070	1,800
	<u>26,315</u>	<u>23,456</u>

14. CREDITORS: AMOUNTS FALLING AFTER MORE THAN ONE YEAR

	31.3.24	31.3.23
	£	£
Bank loan	<u>18,277</u>	<u>23,527</u>

The charity received a Coronavirus Bounce Back Loan totalling £50,000 from The Co-operative Bank in 2020. Repayments commenced from August 2021, with interest accruing at a fixed rate of 2.5% per annum.

15. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.24	31.3.23
	£	£
Within one year	945	945
Between one and five years	<u>1,890</u>	<u>2,834</u>

16. MOVEMENT IN FUNDS

	At 1.4.23	Net movement in funds	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	2,475	(15,883)	(13,408)
Restricted funds			
Improvements to Building	2,085	(1,041)	1,044
Mental Health Support Fund	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>4,560</u>	<u>(16,924)</u>	<u>(12,364)</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	110,755	(126,638)	(15,883)
Restricted funds			
Improvements to Building	-	(1,041)	(1,041)
Mental Health Support Fund	<u>17,778</u>	<u>(17,778)</u>	<u>-</u>
	<u>17,778</u>	<u>(18,819)</u>	<u>(1,041)</u>
TOTAL FUNDS	128,533	(145,457)	(16,924)

The Independent Newham Users Forum
(Mental Health)

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

16. MOVEMENT IN FUNDS-continued

Comparatives for movement in funds

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	79,268	(76,793)	2,475
Restricted funds			
Improvements to Building	38,599	(36,514)	2,085
Mental Health Support Fund	-	-	-
TOTAL FUNDS	<u>117,867</u>	<u>(113,307)</u>	<u>4,560</u>

Comparatives net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	111,421	(188,214)	(76,793)
Restricted funds			
Improvements to Building	-	(36,514)	(36,514)
Mental Health Support Fund	2,085	(2,085)	-
	<u>2,085</u>	<u>(38,599)</u>	<u>(36,514)</u>
TOTAL FUNDS	<u>113,506</u>	<u>(226,813)</u>	<u>(113,307)</u>

Current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22	Net movement in funds as restated	At 31.3.24
	£	£	£
Unrestricted funds			
General fund	79,268	(204,097)	(124,829)
Restricted funds			
Improvements to Building	38,599	(37,555)	1,044
Mental Health Support Fund	-	-	-
TOTAL FUNDS	<u>117,867</u>	<u>(241,652)</u>	<u>(123,785)</u>

16. MOVEMENT IN FUNDS-continued

Current year 12 months and prior year 12 months combined net movement in funds, included in the above

	Incoming resources as restated	Resources expended as restated	Movement in funds as restated
	£	£	£
Unrestricted funds			
General fund	110,755	(314,852)	(204,097)
Restricted funds			
Improvements to Building	-	(37,555)	(37,555)
Mental Health Support Fund	19,863	(19,863)	-
	<u>19,863</u>	<u>(57,418)</u>	<u>(37,555)</u>
TOTAL FUNDS	<u>130,618</u>	<u>(372,270)</u>	<u>(241,652)</u>

Improvements to Building relate to costs incurred in renovating the building from 2002 and are being amortised over 20 years at £39,331 per year.

Mental Health Support Fund related to grants which have been obtained to support the charity's work to support its members. This can be in the form of Advocacy, health and well-being activities and Art therapy.

17. RELATED PARTY DISCLOSURES

There were no other related party transactions for the year ended 31 March 2024 or 31 March 2023.

The Independent Newham Users Forum
(Mental Health)

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31.3.24	31.3.23
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,036	5,878
Book sale	13	554
	<u>3,049</u>	<u>6,432</u>
Other trading activities		
Photocopy usage	285	288
Miscellaneous room hire income	7,179	1,013
	<u>7,464</u>	<u>1,301</u>
Investment income		
Rents received	59,991	66,920
Income from room hire	40,857	37,453
Deposit account interest	134	75
	<u>100,982</u>	<u>104,448</u>
Charitable activities		
Grants	<u>17,038</u>	<u>1,325</u>
Total incoming resources	128,533	113,506
EXPENDITURE		
Raising donations and legacies		
Wages	6,550	7,076
Pensions	103	119
Telephone	1	-
Printing, postage & stationary	-	-
Accountancy	-	370
	<u>6,654</u>	<u>7,565</u>
Other trading activities		
Wages	-	-
Office supplies	-	-
Printing and reproduction	214	53
	<u>214</u>	<u>53</u>
Investment management costs		
Wages	56,264	51,501
Pensions	573	644
Carried forward	<u>56,837</u>	<u>52,145</u>

This page does not form part of the statutory financial statements

The Independent Newham Users Forum
(Mental Health)

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31.3.24	31.3.23
	£	£
Investment management costs		
Brought forward	56,837	52,145
Administrative expenses	504	158
Telephone	1,253	1,053
Property repairs & maintenance	792	861
Accountancy	3,482	14,670
Council Tax	2,377	1,574
Heat & light	3,906	15,939
Cleaning	3,023	2,022
Insurance	1,084	4,367
Fire Safety	673	828
PRS subscription	94	403
Waste Collection	338	384
Equipment rental	142	261
Expensed equipment	-	252
Bank service charge	101	-
Travel	6	10
Refreshments	116	-
Bad debt Provision	3,365	-
Volunteer expenses	1,562	2,794
Consulting	-	986
	<u>79,655</u>	<u>98,707</u>
Charitable activities		
Wages	26,930	28,872
Pensions	348	390
Gifts and donations	-	-
Insurance	776	5,098
Telephone	821	1,063
Refreshments	655	484
Room hire	-	-
Local Council Rates	944	1,574
Heat & light	9,367	15,939
Office costs	520	484
Equipment rental	818	980
Staff travel and subsistence	33	286
Waste collection	337	384
Postage and delivery	10	43
Carried forward	<u>41,559</u>	<u>55,597</u>

This page does not form part of the statutory financial statements

The Independent Newham Users Forum
(Mental Health)

Detailed Statement of Financial Activities
for the Year Ended 31 March 2024

	31.3.24	31.3.23
	£	£
Charitable activities		
Brought forward	41,559	55,597
Beneficiary equipment	-	40
Beneficiary expenses	4321	665
Accountancy	2,390	10,632
Cleaning and security	2	112
Dues and subscription	417	924.67
Bank service charge	26	-
Volunteer expenses	4653	120
Loan interest	531	991
Marketing	150	-
Depreciation of tangible fixed assets	<u>1,041</u>	<u>36,514</u>
	55,090	105,596
Other		
Depreciation of tangible fixed assets	<u>1,114</u>	<u>1,421</u>
	1,114	1,421
Support costs		
Governance costs		
Independent examination	1,310	2,400
Accountancy fees	1,384	11,002
Equipment Rental	36	65
Refreshments	-	4
	<u>2,730</u>	<u>13,471</u>
Total resources expended	<u>145,457</u>	<u>226,813</u>
Net expenditure	<u>(16,924)</u>	<u>(113,307)</u>

INDEPENDENT NEWHAM USER'S FORUM (MENTAL HEALTH)

England & Wales - Charity number 1077850

Accounts

REGISTERED COMPANY NUMBER: 03853697 (England and Wales)
REGISTERED CHARITY NUMBER: 1077850

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2023
for

The Independent Newham Users Forum
(Mental Health)

Kreston Reeves LLP
Canterbury

The Independent Newham Users Forum
(Mental Health)

Contents of the Financial Statements
for the Year Ended 31 March 2023

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The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2023

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2023. The trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mission statement: Supporting people with mental health needs in East London.

Our objectives are:

- a) To enable and encourage persons with mental health problems under the care of the East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation.
- b) To assist persons with mental health problems to obtain their full rights and privileges as citizens.
- c) To educate the general public in the causes, treatment and consequences of mental health disorders, and raise the public's awareness of the needs of persons with such disorders.

Aims of the charity:

To achieve our aims The Independent Newham Users Forum (Mental Health) ("INUF") will:

- Retain a user-led approach in all its activities and developments.
- Provide access to a safe and supportive environment in which skills can be developed and views shared.
- Provide opportunities for people to develop greater confidence and individual capacity to be involved at a strategic level.
- Support emerging, user-led initiatives by offering access to community facilities.
- Provide access to information related to matters impacting on people's daily lives and mental health needs.
- Ensure mental health service users are provided with an opportunity to be consulted on local services and developments.
- Maintain an 'open-door' policy at all times for mental health service users and members of the charity.
- Celebrate the diversity of cultures in East London, by listening to people's needs and promoting equality of service provision.

Significant activities

We also managed to obtain 2 small grants. A grant for the football team of £200 and a grant of £1,125 for the Podcast. A donation of £2,250 was received from Primark.

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Charities Commission in determining the activities undertaken by INUF, which defines the requirement that the charitable purpose of a charity must be “for the public benefit”.

The objectives and activities, and achievement and performance sections of this report clearly set out that the activities which the charity undertakes are for the public benefit.

Volunteers

INUF is highly reliant on and values its volunteers, the majority of whom are service users/survivors. Volunteers assist in many aspects of INUF’s activities, including strategy development, providing peer support, facilitating activities, attending consultation events with the local authority and providing administrative and reception support. INUF currently has around 100 volunteers recorded. A regular core of 40+ volunteers participates in a variety of activities.

Volunteers are included in all strategic planning to ensure they feel valued and play an active role in INUF’s future developments. Each entry point requires the completion of a simple, 4-page membership form, along with two proofs of I.D. for an Enhanced DBS check. An interview takes place which then leads on to training.

Volunteering is a route for many to find employment, both with INUF and also with outside organisations. It also provides an opportunity for volunteers to return to education and explore opportunities available there.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In a normal year there are a number of ongoing objectives that INUF fulfils. These include consultations and user involvement in service planning and development. In the current financial year these activities were on a limited scale.

Fundraising activities

Funding has been difficult in the current economic climate. All community and charity groups are suffering, due to the reduction in the total amount of funding available. Given this situation INUF has been looking at maximising income generated by Ithaca House itself. During the year we were awarded three new grants totalling £3,575 to support our work.

FINANCIAL REVIEW

Reserves policy

The trustees have not been able to formulate a consistent reserves policy. The Board are still in discussions as to an appropriate level of Reserves.

Currently our monthly income is approximately £10,000 (excluding any Grant income) expenses each month are £12,500. So INUF needs additional income of £2,500 each month.

Based on the current financial costs we need to have reserves of £32,000 to ensure INUF can continue to operate for a full 12 months on its own resources without requiring additional grants. Currently INUF has no reserves in place.

Where funds can be raised to cover the Core Costs the money generated from the building can be used to build up reserves to this level.

Income from Ithaca House rose this year from £102,697 to £104,373. The building continues to produce regular income for the charity which ensures the centre remains open and functional for our beneficiaries. In addition, INUF have engaged in a process of aged debt recovery, and the Trustees are active in debtor management, to ensure more robust financial management.

FINANCIAL REVIEW (continued)

Many of our costs are linked to the grants we receive. Although we did face increased costs of our Gas and electricity. Our total Health and Education costs have rose this year from £95,527 to £105,596. The deficit this year is due to the depreciation charge on the building improvements and increasing costs of Gas and Electricity coupled with the fact that two major offices had not been let for the year. The Trustees will continue to monitor the financial situation very carefully.

The accounts include the costs incurred in renovating the building as a fixed asset under restricted funds and this is being depreciated. This treatment is used to reflect the usage INUF makes of Ithaca House.

INUF can meet its day-to-day expenses. However, to continue to provide excellent service to its users, the building shall require a restoration project given on going wear and tear reflected in the depreciation charge.

All expenses are monitored and approved before being incurred. All hirers and tenants are followed up promptly to ensure they have paid for the room hire or office rent. A finance report is presented at each Trustees meeting highlighting the financial position of the organisation.

FUTURE PLANS

The Trustees of INUF prepare a Business Plan whilst keeping in mind its financial position and lack of building restoration reserves. The plan directs the future direction of INUF, including whether it retains its current projects or allows them to reach their natural conclusion.

To date INUF has not advertised the centre as widely as it could, and this is one area that will be made a priority to ensure sustainability is not jeopardized.

The year was very difficult for INUF and our reserves all but disappeared. The year to 31 March 2024 has been even more challenging as the spaces have not been let and the costs have continued to rise. To improve cashflow INUF agreed to reduce payments to Electricity, Gas and Water suppliers to a minimum of £5 per month. With effect from 1 January 2024 INUF agreed a 6 month payment holiday on the Bounce back loan which was taken out as part of the COVID support offered by the Government.

With effect from April 2024 the office rents will increase by 5%. The spaces and room hires have been extensively advertised. We have been able to rent out meeting spaces to therapists and to the NHS Newham Recovery College for their training meetings.

The lease with the fast-food takeaway is currently being negotiated and it should be finalised in March to April 2024. The rent being negotiated is between £2,100 and £2,500 per month.

Our largest single expense is the wages bill. We are looking at all options to reduce this bill whilst maintaining our services.

With regards grant funding INUF has secured two grants totalling £11,000 in the first quarter of the 2024 calendar year which will be used to cover the salaries.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by a deed of its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Trustees are democratically elected and/or co-opted under the terms of the Memorandum and Articles of Association by Individual Members and/or Open Members. Trustees serve for a period of one year after which time they may offer themselves for reappointment.

Organisational structure

Its Memorandum of Association sets out the objects and powers of the Charity. The Articles of Association establishes its governance. In the event of INUF being wound up members are required to contribute an amount not exceeding £1. Legal responsibility for the management and stewardship of the charity is vested in the Board of Trustees.

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2023

Normally the Trustees meet every two months. However, during these unprecedented times it has been difficult to find suitable times. So, meetings have been very ad hoc. From time to time the Board of Trustees creates sub-committees, reporting on matters concerned with finance, strategic planning and fundraising. The sub-committees report to the Board of Trustees where decisions are ratified.

The Board of Trustees includes a mix of skilled and knowledgeable individuals that support the charity in its activities. These skills range from business management, mental health, community organisation to IT and teaching. To remain as a user-led charity, INUF feels that it is important to be able to ensure the governing body reflects the community it serves whilst expert assistance is received from skilled non-board volunteers and other training organisations. In an effort to enhance skills, Trustees are encouraged to attend all appropriate training identified.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Each new Trustee receives an induction pack including key policies and procedures at the first Board meeting they attend. They are also given an overview and introduction to the charity.

Trustees are provided with the following information at their induction:

- Trustee roles and responsibilities;
- Memorandum and Articles of Association;
- Values;
- Annual and Financial Report;
- Key policies and procedures;
- List of training days if available;
- Future plans for the charity.

Although some Trustees are familiar with INUF and have served as Trustees for some years. INUF feels it is beneficial for all Trustees to remind themselves of our mission statement, aims and objectives each year they are elected to maintain focus.

Key management remuneration

The total compensation paid to key management personnel amounted to £32,461 (2022: £30,460 as restated). This includes contributions to a Workplace Pension of £677 (2022: £633).

Risk management

The Trustees conduct an annual review of the major risks to which INUF is exposed through business planning. Where appropriate and identified, systems or procedures will be established to mitigate the risks the charity faces.

Most community groups face external risks to funding which has led INUF towards developing a strategic plan. This will allow for diversification of funding if possible and shape the charity's future direction. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety, security and other potential risk areas by staff, volunteers, beneficiaries, trustees, occupants and visitors to the centre. There are annual inspections and servicing of the fire alarm systems, security alarms and central heating systems. A Third-Party Company carries out a DBS check for all of our volunteers.

INUF operates a Zero Tolerance policy relating to alcohol and recreational drugs on its premises. This has proved very effective in reducing potential untoward incidents and ensuring safety for all building users.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03853697 (England and Wales)

Registered Charity number
1077850

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered office

Ithaca House
27 Romford Road
Stratford
London
E15 4LJ

Trustees

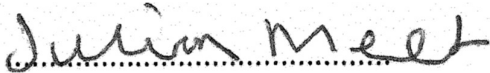
J Meek	Director
V Peters	Director
Ms S Ruiz	Director
Ms M Quinlan	Director
R Sangani	Director
T Crookes	Director

Appointed 1 April 2023

Independent examiner

Samantha Rouse FCCA DChA
Kreston Reeves LLP
37 St Margaret's Street
Canterbury
Kent
CT1 2TU

Approved by order of the board of trustees on ...27.March 2024... and signed on its behalf by:



J Meek - Trustee

Independent Examiner's Report to the Trustees of
The Independent Newham Users Forum
(Mental Health)

Independent examiner's report to the trustees of The Independent Newham Users Forum (Mental Health) ('the Company')

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2023 which are set out on pages 7 to 22.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').


Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Samantha Rouse FCCA DChA

Kreston Reeves
37 St Margaret's Street
Canterbury
Kent
CT1 2TU

Date: 27 March 2024

The Independent Newham Users Forum
(Mental Health)

Statement of Financial Activities
for the Year Ended 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		6,412	20	6,432	4,825
Charitable activities					
Health and Education		-	1,325	1,325	1,960
Government grant income		-	-	-	28,432
Other trading activities	3	561	740	1,301	11,107
Investment income	4	104,448	-	104,448	102,720
Total		111,421	2,085	113,506	149,044
EXPENDITURE ON					
Raising funds	5	106,325		106,325	77,765
Charitable activities					
Health and Education		66,997	38,599	105,596	95,527
Governance		13,471	-	13,471	8,069
Other		1,421	-	1,421	1,751
Total		188,214	38,599	226,813	183,112
NET INCOME/(EXPENDITURE)		(76,793)	(36,514)	(113,307)	(34,068)
RECONCILIATION OF FUNDS					
Total funds brought forward		79,268	38,599	117,867	151,935
TOTAL FUNDS CARRIED FORWARD		2,475	2,085	4,560	117,867

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The Independent Newham Users Forum
(Mental Health) (Registered number: 03853697)

Balance Sheet
At 31 March 2023

	Notes	Unrestricted funds £	Restricted funds £	31.3.23 Total funds £	31.3.22 Total funds £
FIXED ASSETS					
Tangible assets	11	4,344	2,085	6,429	43,851
CURRENT ASSETS					
Debtors	12	15,084	-	15,084	18,138
Prepayments and accrued income		2,055	-	2,055	5,525
Cash at bank and in hand		27,976	-	27,976	106,071
		<u>45,115</u>	<u>-</u>	<u>45,115</u>	<u>129,734</u>
CREDITORS					
Amounts falling due within one year	13	(23,456)	-	(23,456)	(22,345)
NET CURRENT ASSETS		<u>21,659</u>	<u>-</u>	<u>21,659</u>	<u>107,389</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		26,003	2,085	28,088	151,240
Amounts falling after more than one year	14	(23,527)	-	(23,527)	(33,373)
NET ASSETS		<u>2,476</u>	<u>2,085</u>	<u>4,561</u>	<u>117,867</u>
FUNDS					
Unrestricted funds	16			2,476	79,268
Restricted funds				<u>2,085</u>	<u>38,599</u>
				<u>4,561</u>	<u>117,867</u>

The notes form part of these financial statements

Balance Sheet - continued
At 31 March 2023

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

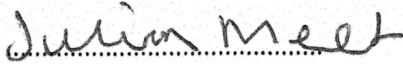
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 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 charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 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 charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 27. March 2024 and were signed on its behalf by:



J Meek -Trustee

1. ACCOUNTING POLICIES

Charitable activities

The Independent Newham Users Forum (Mental Health) ("INUF") is a charity, limited by guarantee, incorporated in England and Wales.

The charity's registered office is Ithaca House, 27 Romford Road, Stratford, London, E15 4LJ.

The charitable activities of the charity continues to be:

- a) To enable and encourage persons with mental health problems within the London Borough of Newham, and other boroughs under the care of East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation and to assist persons with mental health problems to obtain his or her full rights and privileges as citizens.
- b) To educate the general public in the causes, treatment and consequences of mental health disorders and raising the public's awareness of the needs of persons with such disorders.

Basis of preparing the financial statements

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity's functional and presentational currency is Pound Sterling.

The charity's financial statements are presented to the nearest pound.

Going concern

The charity's main source of income is from the letting of office spaces and room hire of Ithaca House.

To meet its day to day working capital requirements the charity is dependent upon this rental income. The year was very difficult for INUF and our reserves all but disappeared. The year to 31 March 2024 has been even more challenging as the spaces have not been let and the costs have continued to rise. To improve cashflow INUF agreed to reduce payments to Electricity, Gas and Water suppliers to a minimum of £5 per month. Additionally, a 6 month payment holiday was granted on the Bounce Back loan from 1 January 2024. Our largest single expense is the wages bill. We are looking at all options to reduce this bill whilst maintaining our services.

INUF has been able to rent rooms to therapists and the NHS Newham Recovery college since the beginning of 2024. Additionally with effect from April 2024 the office rents will increase by 5%. The lease with the fast-food takeaway is currently being negotiated and it should be finalised in March to April 2024. The rent being negotiated is between £2,100 and £2,500 per month.

With regards grant funding INUF has secured two grants totalling £11,000 in the first quarter of the 2024 calendar year which will be used to cover the salaries.

After making enquires, the Trustees have a reasonable expectation that the Charity will have adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt a going concern basis in preparing the financial statements.

1. ACCOUNTING POLICIES - continued

Income

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

For legacies, entitlement is taken as the earlier of the date on which either: the company is aware that probate has been granted, the estate has been finalised and notification has been made by the executors to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the company has been notified of the executor's intention to make a distribution. Where legacies have been notified to the company, or the company is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

Other income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on cost
Fixtures and fittings	- 25% on reducing balance

Debtors

Trade debtors are recognised at the settlement amount after any trade discount offered.

Cash and cash equivalents

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Taxation

The charitable company 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 charitable company 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.

1. ACCOUNTING POLICIES – continued

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Operating leases

Rentals under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Debt instruments (other than those wholly repayable or receivable within one year), including loans and other accounts receivable and payable, are initially measured at present value of the future cash flows and subsequently at amortised cost using the effective interest method. Debt instruments that are payable or receivable within one year, typically trade payables or receivables, are measured, initially and subsequently, at the undiscounted amount of the cash or other consideration expected to be paid or received. However, if the arrangements of a short-term instrument constitute a financing transaction, like the payment of a trade debt deferred beyond normal business terms or financed at a rate of interest that is not a market rate or in case of an out-right short-term loan not at market rate, the financial asset or liability is measured, initially, at the present value of the future cash flow discounted at a market rate of interest for a similar debt instrument and subsequently at amortised cost.

Financial assets that are measured at cost and amortised cost are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the profit and loss account.

For financial assets measured at amortised cost, the impairment loss is measured as the difference between an assets carrying amount and the present value of estimated cash flows discounted at the assets original effective interest rate. If a financial asset has a variable interest rate, the discount rate for measuring any impairment loss is the current effective interest rate determined under the contract.

For financial assets measured at cost less impairment, the impairment loss is measured as the difference between an asset's carrying amount and best estimate of the recoverable amount, which is an approximation of the amount that the company would receive for the asset if it were to be sold at the balance sheet date.

Financial assets and liabilities are offset and the net amount reported in the balance sheet when there is an enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

2. JUDGEMENT IN APPLYING ACCOUNTING POLICIES AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The preparation of the financial statements requires the directors to make judgements, estimates and assumptions that can affect the amounts reported for assets and liabilities, and the results for the year. The nature of estimation is such though that actual outcomes could differ significantly from those estimates.

The following are the company's key sources of estimation uncertainty:

Tangible fixed assets

The charity has recognised tangible fixed assets with a carrying value of £6,429 at the reporting date (see note 10). These assets are stated at their cost less provision for depreciation and impairment. For material assets such as land and buildings the charity determines at acquisition reliable estimates for the useful life of the asset, its residual value and decommissioning costs. These estimates are based upon such factors as the expected use of the acquired asset and market conditions. At subsequent reporting dates the trustees consider whether there are any factors such as technological advancements or changes in market conditions that indicate a need to reconsider the estimates used.

Where there are indicators that the carrying value of tangible assets may be impaired the charity undertakes tests to determine the recoverable amount of assets. These tests require estimates of the fair value of assets less cost to sell and of their value in use. Wherever possible the estimate of the fair value of assets is based upon observable market prices less incremental cost for disposing of the asset. The value in use calculation is based upon a discounted cash flow model, based upon the charity's forecasts for the foreseeable future which do not include any restructuring activities that the charity is not yet committed to or significant future investments that will enhance the asset's performance. The recoverable amount is most sensitive to the discount rate used for the discounted cash flow model as well expected future cash flows and the growth rate used for extrapolation purposes.

3. OTHER TRADING ACTIVITIES

	31.3.23	31.3.22
	£	£
Photocopy usage	288	20
Miscellaneous room hire income	1,013	11,087
	<u>1,301</u>	<u>11,107</u>

4. INVESTMENT INCOME

	31.3.23	31.3.22
	£	£
Rents received	66,920	73,705
Income from room hire	37,453	28,992
Deposit account interest	75	23
	<u>104,448</u>	<u>102,720</u>

The Independent Newham Users Forum
(Mental Health)

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

5. RAISING FUNDS

	31.3.23	31.3.22
	£	£
Staff costs	59,340	46,438
Administrative expenses	211	464
Telephone	1,053	1,290
Property repairs & maintenance	861	5,315
Accountancy	15,040	6,388
Council Tax	1,574	2,355
Heat & light	15,939	2,541
Cleaning	2,022	1,852
Insurance	4,367	2,746
Fire Safety	828	826
PRS subscription	403	583
Waste Collection	384	376
Equipment rental	261	147
Expensed equipment	252	514
Bank service charge	-	3
Travel	10	117
Refreshments	-	1
Volunteer expenses	2,794	1,049
Marketing	986	4,760
	<u>106,325</u>	<u>77,765</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.23	31.3.22
	£	£
Depreciation - owned assets	37,935	41,082
Independent examination	<u>2,400</u>	<u>1,762</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2023 nor for the year ended 31 March 2022.

8. STAFF COSTS

	31.3.23	31.3.22
	£	£
Wages and salaries	87,449	80,495
Other pension costs	<u>1,152</u>	<u>1,068</u>
	<u>88,601</u>	<u>81,563</u>

The average monthly number of employees during the year was as follows:

	31.3.23	31.3.22
Administrative	<u>9</u>	<u>8</u>

No employees received emoluments in excess of £60,000. The total compensation paid to key management personnel amounted to £32,461 (2022: £30,460 as restated). This includes contributions to a Workplace Pension of £677 (2022:£633).

9. PENSION COST

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions payable by the Charity to the fund and amount to £1,152 (2022: £1,067). Contributions totalling £256 (2022: £231) were payable to the fund at the balance sheet date.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	4,825	-	4,825
Charitable activities			
Health and Education	-	1,960	1,960
Government grant income	28,432	-	28,432
Other trading activities	11,107	-	11,107
Investment income	102,720	-	102,720
Total	<u>147,084</u>	<u>1,960</u>	<u>149,044</u>
EXPENDITURE ON			
Raising funds	77,765	-	77,765
Charitable activities			
Health and Education	50,424	45,103	95,527
Governance	8,069	-	8,069
Other	1,751	-	1,751
Total	<u>138,009</u>	<u>45,103</u>	<u>183,112</u>
NET INCOME/(EXPENDITURE)	<u>9,075</u>	<u>(43,143)</u>	<u>(34,068)</u>
Carried forward	<u>9,075</u>	<u>(43,143)</u>	<u>(34,068)</u>

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Brought forward	9,075	(43,143)	(34,068)
Total funds brought forward	70,193	81,742	151,935
TOTAL FUNDS CARRIED FORWARD	<u>79,268</u>	<u>38,599</u>	<u>117,867</u>

11. TANGIBLE FIXED ASSETS

	Improvements to property £	Fixtures and fittings £	Totals £
COST			
As at 1 April 2022	786,605	84,143	870,748
Additions		513	513
as at 31 March 2023	<u>786,605</u>	<u>84,656</u>	<u>871,261</u>
DEPRECIATION			
As at 1 April 2022	748,006	78,891	826,897
Charge for the Year	36,514	1,421	37,935
As at 31 March 2023	<u>784,520</u>	<u>80,312</u>	<u>864,832</u>
NET BOOK VALUE			
As at 31 March 2023	<u>2,085</u>	<u>4,344</u>	<u>6,429</u>
As at 31 March 2022	<u>38,599</u>	<u>5,252</u>	<u>43,851</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Trade debtors	14,775	17,829
Other debtors	309	309
	<u>15,084</u>	<u>18,138</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.23	31.3.22
	£	£
Bank loan	10,457	10,269
Rent deposit	10,423	10,423
Tax and social security	520	-
Workplace Pension Contribution	256	231
Accrued expenses	1,800	1,422
	<u>23,456</u>	<u>22,345</u>

14. CREDITORS: AMOUNTS FALLING AFTER MORE THAN ONE YEAR

	31.3.23	31.3.22
	£	£
Bank loan	<u>23,527</u>	<u>33,373</u>

The charity received a Coronavirus Bounce Back Loan totalling £50,000 from The Co-operative Bank in 2020. Repayments commenced from August 2021, with interest accruing at a fixed rate of 2.5% per annum.

15. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.23	31.3.22
	£	£
Within one year	945	-
Between one and five years	<u>2,834</u>	<u>-</u>

16. MOVEMENT IN FUNDS

	At 1.4.22	Net movement in funds	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	79,268	(76,793)	2,475
Restricted funds			
Improvements to Building	38,599	(36,514)	2,085
Mental Health Support Fund	<u>-</u>	<u>-</u>	<u>-</u>
TOTAL FUNDS	<u>117,867</u>	<u>(113,307)</u>	<u>4,560</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	111,421	(188,214)	(76,793)
Restricted funds			
Improvements to Building	-	(36,514)	(36,514)
Mental Health Support Fund	<u>2,085</u>	<u>(2,085)</u>	<u>-</u>
	<u>2,085</u>	<u>(38,599)</u>	<u>(36,514)</u>
TOTAL FUNDS	113,506	(226,813)	(113,307)

The Independent Newham Users Forum
(Mental Health)

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

16. **MOVEMENT IN FUNDS-continued**

Comparatives for movement in funds

	At 1.4.21 as restated	Net movement in funds as restated	At 31.3.22 as restated
	£	£	£
Unrestricted funds			
General fund	70,193	9,075	79,268
Restricted funds			
Improvements to Building	77,930	(39,331)	38,599
Mental Health Support Fund	<u>3,812</u>	<u>(3,812)</u>	<u>-</u>
TOTAL FUNDS	<u><u>151,935</u></u>	<u><u>(34,068)</u></u>	<u><u>117,867</u></u>

Comparatives net movement in funds, included in the above are as follows:

	Incoming resources as restated	Resources expended as restated	Movement in funds as restated
	£	£	£
Unrestricted funds			
General fund	147,084	(138,009)	9,075
Restricted funds			
Improvements to Building	-	(39,331)	(39,331)
Mental Health Support Fund	<u>1,960</u>	<u>(5,772)</u>	<u>(3,812)</u>
	<u>1,960</u>	<u>(45,103)</u>	<u>(43,143)</u>
TOTAL FUNDS	<u><u>149,044</u></u>	<u><u>(183,112)</u></u>	<u><u>(34,068)</u></u>

Current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.21 as restated	Net movement in funds as	At 31.3.23
	£	£	£
Unrestricted funds			
General fund	70,193	(67,717)	2,476
Restricted funds			
Improvements to Building	77,930	(75,845)	2,085
Mental Health Support Fund	<u>3,812</u>	<u>(3,812)</u>	<u>-</u>
TOTAL FUNDS	<u><u>151,935</u></u>	<u><u>(147,374)</u></u>	<u><u>4,561</u></u>

16. MOVEMENT IN FUNDS-continued

Current year 12 months and prior year 12 months combined net movement in funds, included in the above

	Incoming resources as restated £	Resources expended as restated £	Movement in funds as restated £
Unrestricted funds			
General fund	111,421	(326,223)	(214,802)
Restricted funds			
Improvements to Building	-	(75,845)	(75,845)
Mental Health Support Fund	<u>4,045</u>	<u>(7,857)</u>	<u>(3,812)</u>
	<u>4,045</u>	<u>(83,702)</u>	<u>(79,657)</u>
TOTAL FUNDS	<u><u>115,466</u></u>	<u><u>(409,925)</u></u>	<u><u>(294,459)</u></u>

Improvements to Building relate to costs incurred in renovating the building from 2002 and are being amortised over 20 years at £39,331 per year.

Mental Health Support Fund related to grants which have been obtained to support the charity's work to support its members. This can be in the form of Advocacy, health and well-being activities and Art therapy.

17. RELATED PARTY DISCLOSURES

There were no other related party transactions for the year ended 31 March 2023 or 31 March 2022.

The Independent Newham Users Forum
(Mental Health)

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

	31.3.23	31.3.22
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	5,878	4,815
Book sale	554	10
	<u>6,432</u>	<u>4,825</u>
Other trading activities		
Photocopy usage	288	20
Miscellaneous room hire income	1,013	11087
	<u>1,301</u>	<u>11,107</u>
Investment income		
Rents received	66,920	73,705
Income from room hire	37,453	28,992
Deposit account interest	75	23
	<u>104,448</u>	<u>102,720</u>
Charitable activities		
Grants	<u>1,325</u>	<u>30,392</u>
Total incoming resources	113,506	149,044
EXPENDITURE		
Raising donations and legacies		
Wages	7,076	7,230
Pensions	119	143
Telephone	-	157
Printing, postage & stationary	-	4
Accountancy	370	360
	<u>7,565</u>	<u>7,894</u>
Other trading activities		
Wages	-	183
Office supplies	-	320
Printing and reproduction	53	21
	<u>53</u>	<u>524</u>
Investment management costs		
Wages	51,501	38,464
Pensions	644	418
Carried forward	<u>52,145</u>	<u>38,882</u>

This page does not form part of the statutory financial statements

The Independent Newham Users Forum
(Mental Health)

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

	31.3.23	31.3.22
	£	£
Investment management costs		
Brought forward	52,145	38,882
Administrative expenses	158	119
Telephone	1,053	1,133
Property repairs & maintenance	861	5,315
Accountancy	14,670	6,028
Council Tax	1,574	2,355
Heat & light	15,939	2,541
Cleaning	2,022	1,852
Insurance	4,367	2,746
Fire Safety	828	826
PRS subscription	403	583
Waste Collection	384	376
Equipment rental	261	147
Expensed equipment	252	514
Bank service charge	-	3
Travel	10	117
Refreshments	-	1
Volunteer expenses	2,794	1,049
Consulting	986	4,760
	<u>98,707</u>	<u>69,347</u>
Charitable activities		
Wages	28,872	33,087
Pensions	390	471
Gifts and donations	-	150
Insurance	5,098	2,082
Telephone	1,063	1,352
Refreshments	484	383
Room hire	-	2,352
Local Council Rates	1,574	2,355
Heat & light	15,939	3,894
Office costs	484	21
Equipment rental	980	231
Staff travel and subsistence	286	963
Waste collection	384	376
Postage and delivery	43	7
Carried forward	<u>55,597</u>	<u>47,724</u>

This page does not form part of the statutory financial statements

The Independent Newham Users Forum
(Mental Health)

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

	31.3.23	31.3.22
	£	£
Charitable activities		
Brought forward	55,597	47,724
Beneficiary equipment	40	473
Beneficiary expenses	665	381
Accountancy	10,632	4,161
Cleaning and security	112	104
Dues and subscription	925	1108
Printing and reproduction	-	3
Volunteer expenses	120	1,500
Loan interest	991	742
Marketing	-	-
Depreciation of tangible fixed assets	36,514	39,331
	<u>105,596</u>	<u>95,527</u>
Other		
Depreciation of tangible fixed assets	1,421	1,751
	<u>1,421</u>	<u>1,751</u>
Support costs		
Governance costs		
Wages	-	1,531
Pensions	-	36
Independent examination	2,400	1,762
Accountancy fees	11,002	4,671
Telephone	-	32
Equipment rental	65	37
Refreshments	4	-
	<u>13,471</u>	<u>8,069</u>
Total resources expended	<u>226,813</u>	<u>183,112</u>
Net expenditure	<u>(113,307)</u>	<u>(34,068)</u>

INDEPENDENT NEWHAM USER'S FORUM (MENTAL HEALTH)

England & Wales - Charity number 1077850

Accounts

REGISTERED COMPANY NUMBER: 03853697 (England and Wales)
REGISTERED CHARITY NUMBER: 1077850

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2022
for

The Independent Newham Users Forum
(Mental Health)

Kreston Reeves LLP
Canterbury

The Independent Newham Users Forum
(Mental Health)

Contents of the Financial Statements
for the Year Ended 31 March 2022

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The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2022

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mission statement: Supporting people with mental health needs in East London.

Our objectives are:

- a) To enable and encourage persons with mental health problems under the care of the East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation.
- b) To assist persons with mental health problems to obtain their full rights and privileges as citizens.
- c) To educate the general public in the causes, treatment and consequences of mental health disorders, and raise the public's awareness of the needs of persons with such disorders.

Aims of the charity:

To achieve our aims The Independent Newham Users Forum (Mental Health) ("INUF") will:

- Retain a user-led approach in all its activities and developments.
- Provide access to a safe and supportive environment in which skills can be developed and views shared.
- Provide opportunities for people to develop greater confidence and individual capacity to be involved at a strategic level.
- Support emerging, user-led initiatives by offering access to community facilities.
- Provide access to information related to matters impacting on people's daily lives and mental health needs.
- Ensure mental health service users are provided with an opportunity to be consulted on local services and developments.
- Maintain an 'open-door' policy at all times for mental health service users and members of the charity.
- Celebrate the diversity of cultures in East London, by listening to people's needs and promoting equality of service provision.

Significant activities

The building was subject to lockdown restrictions until July 2021. This led to a fall in rental income. We utilised job retention scheme to ensure staff salaries could be paid until it ceased in October 2021.

We also managed to obtain 2 small grants. A grant for the football coaching of £960 and a grant of £1,000 for the Art Group. A donation of £2,250 was received from Primark.

With assistance from Altus Group we were able to get a reduction in the Business Rates. The amount payable was reduced by £11,000.

Towards the end of the financial year the two tenants based on the Mezzanine floor gave notice that they would be leaving. We did acquire a new tenant in May 2022.

From August 2021 we have managed to increase the spaces available and consequently income has risen.

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Charities Commission in determining the activities undertaken by INUF, which defines the requirement that the charitable purpose of a charity must be “for the public benefit”.

The objectives and activities, and achievement and performance sections of this report clearly set out that the activities which the charity undertakes are for the public benefit.

Volunteers

INUF is highly reliant on and values its volunteers, the majority of whom are service users/survivors. Volunteers assist in many aspects of INUF’s activities, including strategy development, providing peer support, facilitating activities, attending consultation events with the local authority and providing administrative and reception support. INUF currently has around 100 volunteers recorded. A regular core of 40+ volunteers participates in a variety of activities.

Volunteers are included in all strategic planning to ensure they feel valued and play an active role in INUF’s future developments. Each entry point requires the completion of a simple, 4-page membership form, along with two proofs of I.D. for an Enhanced DBS check. An interview takes place which then leads on to training.

Volunteering is a route for many to find employment, both with INUF and also with outside organisations. It also provides an opportunity for volunteers to return to education and explore opportunities available there.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In a normal year there are a number of ongoing objectives that INUF fulfils. These include consultations and user involvement in service planning and development. However, due to the COVID 19 lockdowns no such consultations took place. Even now with things returning to normality these activities are slow to get off the ground.

Fundraising activities

Funding has been difficult in the current economic climate. All community and charity groups are suffering, due to the reduction in the total amount of funding available. Given this situation INUF has been looking at maximising income generated by Ithaca House itself. During the year we were awarded three new grants totalling £4,210 to support our work.

FINANCIAL REVIEW

Reserves policy

As a result of the Covid-19 restrictions the trustees have not been able to formulate a consistent reserves policy. Hence, we have not officially documented a reserves policy. As the restrictions have been lifted we are prioritising the creation of a specific reserves policy.

Where funds can be raised to cover the Core Costs the money generated from the building can be used to build up reserves.

Income from Ithaca House rose this year to £102,697 from £81,495. The building continues to produce regular income for the charity which ensures the centre remains open and functional for our beneficiaries. In addition, INUF have engaged in a process of aged debt recovery, and the Trustees are active in debtor management, to ensure more robust financial management.

FINANCIAL REVIEW (continued)

Many of our costs are linked to the grants we receive. As our activities restarted in August 2021 our total Health and Education costs have rose this year from £90,635 to £95,526. The deficit this year is due to the depreciation charge on the building improvements. The Trustees will continue to monitor the financial situation very carefully.

The accounts include the costs incurred in renovating the building as a fixed asset under restricted funds and this is being depreciated. This treatment is used to reflect the usage INUF makes of Ithaca House.

INUF can meet its day-to-day expenses. However, to continue to provide excellent service to its users, the building shall require a restoration project given on going wear and tear reflected in the depreciation charge.

All expenses are monitored and approved before being incurred. All hirers and tenants are followed up promptly to ensure they have paid for the room hire or office rent. A finance report is presented at each Trustees meeting highlighting the financial position of the organisation.

FUTURE PLANS

The Trustees of INUF prepare a Business Plan whilst keeping in mind its financial position and lack of building restoration reserves. The plan directs the future direction of INUF, including whether it retains its current projects or allows them to reach their natural conclusion.

To date INUF has not advertised the centre as widely as it could, and this is one area that will be made a priority to ensure sustainability is not jeopardized.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by a deed of its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Trustees are democratically elected and/or co-opted under the terms of the Memorandum and Articles of Association by Individual Members and/or Open Members. Trustees serve for a period of one year after which time they may offer themselves for reappointment.

Organisational structure

Its Memorandum of Association sets out the objects and powers of the Charity. The Articles of Association establishes its governance. In the event of INUF being wound up members are required to contribute an amount not exceeding £1. Legal responsibility for the management and stewardship of the charity is vested in the Board of Trustees.

Normally the Trustees meet every two months. However, during these unprecedented times it has been difficult to find suitable times. So, meetings have been very ad hoc. From time to time the Board of Trustees creates sub-committees, reporting on matters concerned with finance, strategic planning and fundraising. The sub-committees report to the Board of Trustees where decisions are ratified.

The Board of Trustees includes a mix of skilled and knowledgeable individuals that support the charity in its activities. These skills range from business management, mental health, community organisation to IT and teaching. To remain as a user-led charity, INUF feels that it is important to be able to ensure the governing body reflects the community it serves whilst expert assistance is received from skilled non-board volunteers and other training organisations. In an effort to enhance skills, Trustees are encouraged to attend all appropriate training identified.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Each new Trustee receives an induction pack including key policies and procedures at the first Board meeting they attend. They are also given an overview and introduction to the charity.

Trustees are provided with the following information at their induction:

- Trustee roles and responsibilities;
- Memorandum and Articles of Association;
- Values;
- Annual and Financial Report;
- Key policies and procedures;
- List of training days if available;
- Future plans for the charity.

Although some Trustees are familiar with INUF and have served as Trustees for some years. INUF feels it is beneficial for all Trustees to remind themselves of our mission statement, aims and objectives each year they are elected to maintain focus.

Key management remuneration

The total compensation paid to key management personnel amounted to £29,405 (2021: £27,577). This includes contributions to a Workplace Pension of £633 (2021: £582).

Risk management

The Trustees conduct an annual review of the major risks to which INUF is exposed through business planning. Where appropriate and identified, systems or procedures will be established to mitigate the risks the charity faces.

Most community groups face external risks to funding which has led INUF towards developing a strategic plan. This will allow for diversification of funding if possible and shape the charity's future direction. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety, security and other potential risk areas by staff, volunteers, beneficiaries, trustees, occupants and visitors to the centre.

INUF operates a Zero Tolerance policy relating to alcohol and recreational drugs on its premises. This has proved very effective in reducing potential untoward incidents and ensuring safety for all building users.

There are annual inspections and servicing of the fire alarm systems, security alarms and central heating systems.

A Third-Party Company carries out a DBS check for all of our volunteers.

For most of this financial year INUF has been severely impacted by the Government restrictions imposed to limit the spread of Covid-19. To comply INUF closed its building and tried to move to providing more support on-line. We also implemented a strategy to ensure the building was Covid-19 safe with one way system, protective screens in the reception and sanitation stations. We have used the Government support grants to cover our costs.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number
03853697 (England and Wales)

Registered Charity number
1077850

Registered office
Ithaca House
27 Romford Road
Stratford
London
E15 4LJ

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2022

REFERENCE AND ADMINISTRATIVE DETAILS

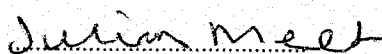
Trustees

J Meek	Director
V Peters	Director
Ms S Ruiz	Director
Ms M Quinlan	Director
R Sangani	Director

Independent examiner

Samantha Rouse FCCA DChA
Kreston Reeves LLP
37 St Margaret's Street
Canterbury
Kent
CT1 2TU

Approved by order of the board of trustees on 1st December 2022... and signed on its behalf by:



J Meek - Trustee

Independent Examiner's Report to the Trustees of
The Independent Newham Users Forum
(Mental Health)

Independent examiner's report to the trustees of The Independent Newham Users Forum (Mental Health) ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022 which are set out on pages 7 to 19.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached

Samantha Rouse FCCA DChA
Kreston Reeves LLP
Canterbury

Date:

The Independent Newham Users Forum
(Mental Health)

Statement of Financial Activities
for the Year Ended 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		4,825	-	4,825	3,448
Charitable activities					
Health and Education		-	1,960	1,960	9,846
Government grant income		28,432	-	28,432	64,538
Other trading activities	3	11,107	-	11,107	1,313
Investment income	4	102,720	-	102,720	81,531
Total		<u>147,084</u>	<u>1,960</u>	<u>149,044</u>	<u>160,676</u>
EXPENDITURE ON					
Raising funds	5	77,765		77,765	58,541
Charitable activities					
Health and Education		50,424	45,103	95,527	90,636
Governance		8,069	-	8,069	5,825
Other		1,751	-	1,751	2,187
Total		<u>138,009</u>	<u>45,103</u>	<u>183,112</u>	<u>157,189</u>
NET INCOME/(EXPENDITURE)		<u>9,075</u>	<u>(43,143)</u>	<u>(34,068)</u>	<u>3,487</u>
RECONCILIATION OF FUNDS					
Total funds brought forward	10	70,193	81,742	151,935	148,448
TOTAL FUNDS CARRIED FORWARD		<u><u>79,268</u></u>	<u><u>38,599</u></u>	<u><u>117,867</u></u>	<u><u>151,935</u></u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

The Independent Newham Users Forum
(Mental Health) (Registered number: 03853697)

Balance Sheet
At 31 March 2022

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS					
Tangible assets	11	5,252	38,599	43,851	84,933
CURRENT ASSETS					
Debtors	12	18,138	-	18,138	25,426
Prepayments and accrued income		5,525	-	5,525	1,129
Cash at bank and in hand		106,071	-	106,071	103,580
		<u>129,734</u>	<u>-</u>	<u>129,734</u>	<u>130,135</u>
CREDITORS					
Amounts falling due within one year	13	(22,345)	-	(22,345)	(19,800)
NET CURRENT ASSETS		<u>107,389</u>	<u>-</u>	<u>107,389</u>	<u>110,335</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		112,641	38,599	151,240	195,268
Amounts falling after more than one year	14	(33,373)	-	(33,373)	(43,333)
NET ASSETS		<u>79,268</u>	<u>38,599</u>	<u>117,867</u>	<u>151,935</u>
FUNDS					
Unrestricted funds	16			79,268	70,193
Restricted funds				<u>38,599</u>	<u>81,742</u>
				<u>117,867</u>	<u>151,935</u>

The notes form part of these financial statements

Balance Sheet - continued
At 31 March 2022

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

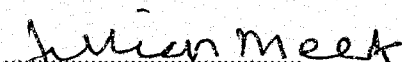
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 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 charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 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 charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on ¹⁹ December 2022 and were signed on its behalf by:


J Meek - Trustee

1. ACCOUNTING POLICIES

Charitable activities

The Independent Newham Users Forum (Mental Health) ("INUF") is a charity, limited by guarantee, incorporated in England and Wales.

The charity's registered office is Ithaca House, 27 Romford Road, Stratford, London, E15 4LJ.

The charitable activities of the charity continues to be:

- a) To enable and encourage persons with mental health problems within the London Borough of Newham, and other boroughs under the care of East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation and to assist persons with mental health problems to obtain his or her full rights and privileges as citizens.
- b) To educate the general public in the causes, treatment and consequences of mental health disorders and raising the public's awareness of the needs of persons with such disorders.

Basis of preparing the financial statements

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity's functional and presentational currency is Pound Sterling.

The charity's financial statements are presented to the nearest pound.

Going concern

The charity's main source of income is from the letting of office spaces and room hire of Ithaca House.

In order to meet its day to day working capital requirements the charity is dependent upon this rental income.

After making enquires, the Trustees have a reasonable expectation that the Charity will have adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt a going concern basis in preparing the financial statements.

Income

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

For legacies, entitlement is taken as the earlier of the date on which either: the company is aware that probate has been granted, the estate has been finalised and notification has been made by the executors to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the company has been notified of the executor's intention to make a distribution. Where legacies have been notified to the company, or the company is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

1. ACCOUNTING POLICIES - continued

Other income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received, and the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings, they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on cost
Fixtures and fittings	- 25% on reducing balance

Debtors

Trade debtors are recognised at the settlement amount after any trade discount offered.

Cash and cash equivalents

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Taxation

The charitable company 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 charitable company 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 accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

1. ACCOUNTING POLICIES – continued

Operating leases

Rentals under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Debt instruments (other than those wholly repayable or receivable within one year), including loans and other accounts receivable and payable, are initially measured at present value of the future cash flows and subsequently at amortised cost using the effective interest method. Debt instruments that are payable or receivable within one year, typically trade payables or receivables, are measured, initially and subsequently, at the undiscounted amount of the cash or other consideration expected to be paid or received. However, if the arrangements of a short-term instrument constitute a financing transaction, like the payment of a trade debt deferred beyond normal business terms or financed at a rate of interest that is not a market rate or in case of an out-right short-term loan not at market rate, the financial asset or liability is measured, initially, at the present value of the future cash flow discounted at a market rate of interest for a similar debt instrument and subsequently at amortised cost.

Financial assets that are measured at cost and amortised cost are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the profit and loss account.

For financial assets measured at amortised cost, the impairment loss is measured as the difference between an assets carrying amount and the present value of estimated cash flows discounted at the assets original effective interest rate. If a financial asset has a variable interest rate, the discount rate for measuring any impairment loss is the current effective interest rate determined under the contract.

For financial assets measured at cost less impairment, the impairment loss is measured as the difference between an asset's carrying amount and best estimate of the recoverable amount, which is an approximation of the amount that the company would receive for the asset if it were to be sold at the balance sheet date.

Financial assets and liabilities are offset and the net amount reported in the balance sheet when there is an enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

2. JUDGEMENT IN APPLYING ACCOUNTING POLICIES AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The preparation of the financial statements requires the directors to make judgements, estimates and assumptions that can affect the amounts reported for assets and liabilities, and the results for the year. The nature of estimation is such though that actual outcomes could differ significantly from those estimates.

The following are the company's key sources of estimation uncertainty:

Tangible fixed assets

The charity has recognised tangible fixed assets with a carrying value of £43,851 at the reporting date (see note 10). These assets are stated at their cost less provision for depreciation and impairment. For material assets such as land and buildings the charity determines at acquisition reliable estimates for the useful life of the asset, its residual value and decommissioning costs. These estimates are based upon such factors as the expected use of the acquired asset and market conditions. At subsequent reporting dates the trustees consider whether there are any factors such as technological advancements or changes in market conditions that indicate a need to reconsider the estimates used.

Where there are indicators that the carrying value of tangible assets may be impaired the charity undertakes tests to determine the recoverable amount of assets. These tests require estimates of the fair value of assets less cost to sell and of their value in use. Wherever possible the estimate of the fair value of assets is based upon observable market prices less incremental cost for disposing of the asset. The value in use calculation is based upon a discounted cash flow model, based upon the charity's forecasts for the foreseeable future which do not

include any restructuring activities that the charity is not yet committed to or significant future investments that will enhance the asset's performance. The recoverable amount is most sensitive to the discount rate used for the discounted cash flow model as well expected future cash flows and the growth rate used for extrapolation purposes.

3. OTHER TRADING ACTIVITIES

	31.3.22	31.3.21
	£	£
Photocopy usage	20	14
Ticket Sales	-	550
Miscellaneous room hire income	11,087	749
	<u>11,107</u>	<u>1,313</u>

4. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Rents received	73,705	70,295
Income from room hire	28,992	11,200
Deposit account interest	23	36
	<u>102,720</u>	<u>81,531</u>

5. RAISING FUNDS

	31.3.22	31.3.21
	£	£
Staff costs	46,438	39,330
Administrative expenses	464	484
Telephone	1,290	1,207
Property repairs & maintenance	5,315	1,984
Accountancy	6,388	3,388
Council Tax	2,355	2,944
Heat & light	2,541	4,126
Cleaning	1,852	1,570
Insurance	2,746	1,564
Fire Safety	826	463
PRS subscription	583	-
Waste Collection	376	282
Equipment rental	147	159
Expensed equipment	514	-
Bank service charge	3	-
Travel	117	-
Refreshments	1	2
Bad debt write-off	-	958
Volunteer expenses	1,049	80
Marketing	4,760	-
	<u>77,765</u>	<u>58,541</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	41,082	41,517
Independent examination	<u>1,762</u>	<u>1,230</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

8. STAFF COSTS

	31.3.22	31.3.21
	£	£
Wages and salaries	80,495	71,526
Other pension costs	1,068	918
	<u>81,563</u>	<u>72,444</u>

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Administrative	<u>8</u>	<u>8</u>

No employees received emoluments in excess of £60,000. The total compensation paid to key management personnel amounted to £29,405 (2021: £27,577). This includes contributions to a Workplace Pension of £633 (2020:£582).

9. PENSION COST

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions payable by the Charity to the fund and amount to £1,067 (2021: £918). Contributions totalling £231 (2021: £230) were payable to the fund at the balance sheet date.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,448	-	3,448
Charitable activities			
Health and Education	-	9,846	9,846
Government grant income	64,538	-	64,538
Other trading activities	1,313	-	1,313
Investment income	81,531	-	81,531
Total	<u>150,830</u>	<u>9,846</u>	<u>160,676</u>
EXPENDITURE ON			
Raising funds	58,396	145	58,541
Charitable activities			
Health and Education	45,416	45,220	90,636
Governance	5,825	-	5,825
Other	2,187	-	2,187
Total	<u>111,824</u>	<u>45,365</u>	<u>157,189</u>
NET INCOME/(EXPENDITURE)	<u>39,006</u>	<u>(35,519)</u>	<u>3,487</u>
Carried forward	<u>39,006</u>	<u>(35,519)</u>	<u>3,487</u>

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Brought forward	39,006	(35,519)	3,487
Total funds brought forward	31,187	117,261	148,448
TOTAL FUNDS CARRIED FORWARD	<u>70,193</u>	<u>81,742</u>	<u>151,935</u>

11. TANGIBLE FIXED ASSETS

	Improvements to property £	Fixtures and fittings £	Totals £
COST			
As at 1 April 2021	786,605	84,143	870,748
Additions as at 31 March 2022	<u>786,605</u>	<u>-</u>	<u>-</u>
DEPRECIATION			
As at 1 April 2021	708,675	77,140	785,815
Charge for the Year As at 31 March 2022	<u>39,331</u>	<u>1,751</u>	<u>41,082</u>
	<u>748,006</u>	<u>78,891</u>	<u>826,897</u>
NET BOOK VALUE			
As at 31 March 2022	<u>38,599</u>	<u>5,252</u>	<u>43,851</u>
As at 31 March 2021	<u>77,930</u>	<u>7,003</u>	<u>84,933</u>

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade debtors	17,829	24,826
Other debtors	309	600
	<u>18,138</u>	<u>25,426</u>

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Bank loan	10,269	6667
Rent deposit	10,423	10,423
Workplace Pension Contribution	231	230
Accrued expenses	1,422	2,480
	<u>22,345</u>	<u>19,800</u>

14. CREDITORS: AMOUNTS FALLING AFTER MORE THAN ONE YEAR

	31.3.22	31.3.21
	£	£
Bank loan	<u>33,373</u>	<u>43,333</u>

The charity received a Coronavirus Bounce Back Loan totalling £50,000 from The Co-operative Bank in 2020. Repayments commenced from August 2021, with interest accruing at a fixed rate of 2.5% per annum.

15. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.22	31.3.21
	£	£
Within one year	<u>-</u>	<u>734</u>

16. MOVEMENT IN FUNDS

	At 1.4.21 as restated £	Net movement in funds £	At 31.3.22 £
Unrestricted funds			
General fund	70,193	9,075	79,268
Restricted funds			
Improvements to Building	77,930	(39,331)	38,599
Mental Health Support Fund	<u>3,812</u>	<u>(3,812)</u>	<u>-</u>
TOTAL FUNDS	<u>151,935</u>	<u>(34,068)</u>	<u>117,867</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	147,084	(138,009)	9,075
Restricted funds			
Improvements to Building	-	(39,331)	(39,331)
Mental Health Support Fund	<u>1,960</u>	<u>(5,772)</u>	<u>(3,812)</u>
	<u>1,960</u>	<u>(45,103)</u>	<u>(43,143)</u>
TOTAL FUNDS	149,044	(183,112)	(34,068)

16. MOVEMENT IN FUNDS-continued

Comparatives for movement in funds

	At 1.4.20 as restated	Net movement in funds as restated	At 1.4.21 as restated
	£	£	£
Unrestricted funds			
General fund	31,187	39,006	70,193
Restricted funds			
Improvements to Building	117,261	(39,331)	77,930
Mental Health Support Fund	-	3,812	3,812
	<u>148,448</u>	<u>3,487</u>	<u>151,935</u>

Comparatives net movement in funds, included in the above are as follows:

	Incoming resources as restated	Resources expended as restated	Movement in funds as restated
	£	£	£
Unrestricted funds			
General fund	150,830	(111,824)	39,006
Restricted funds			
Improvements to Building	-	(39,331)	(39,331)
Mental Health Support Fund	9,846	(6,034)	3,812
	<u>9,846</u>	<u>(45,365)</u>	<u>(35,519)</u>
TOTAL FUNDS	<u>160,676</u>	<u>(157,189)</u>	<u>3,487</u>

Current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 as restated	Net movement in funds as restated	At 31.3.22
	£	£	£
Unrestricted funds			
General fund	31,187	(102,749)	(71,562)
Restricted funds			
Improvements to Building	117,261	(78,662)	38,599
Mental Health Support Fund	-	-	-
TOTAL FUNDS	<u>148,448</u>	<u>(181,411)</u>	<u>(32,963)</u>

16. MOVEMENT IN FUNDS-continued

Current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources as restated £	Resources expended as restated £	Movement in funds as restated £
Unrestricted funds			
General fund	147,084	(249,833)	(102,749)
Restricted funds			
Improvements to Building	-	(78,662)	(78,662)
Mental Health Support Fund	<u>11,806</u>	<u>(11,806)</u>	<u>-</u>
	<u>11,806</u>	<u>(90,468)</u>	<u>(78,662)</u>
TOTAL FUNDS	<u><u>158,890</u></u>	<u><u>(340,301)</u></u>	<u><u>(181,411)</u></u>

Improvements to Building relate to costs incurred in renovating the building from 2002 and are being amortised over 20 years at £39,331 per year.

Mental Health Support Fund related to grants which have been obtained to support the charity's work to support its members. This can be in the form of Advocacy, health and well-being activities and Art therapy.

17. RELATED PARTY DISCLOSURES

Mr C Tzanetis is deemed to be Key Management Personnel due to his role in the charity. At the start of the period, he owed £600 to the charity on an interest free loan. Repayments were made of £600 (2021: £600) and the balance at 31 March 2022 was £nil (2021: £600).

There were no other related party transactions for the year ended 31 March 2022.

The Independent Newham Users Forum
(Mental Health)

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

	31.3.22	31.3.21
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	4,815	3,423
Book sale	10	25
	<u>4,825</u>	<u>3,448</u>
Other trading activities		
Photocopy usage	20	14
Ticket Sales	-	550
Miscellaneous room hire income	11,087	749
	<u>11,107</u>	<u>1,313</u>
Investment income		
Rents received	73,705	70,295
Income from room hire	28,992	11,200
Deposit account interest	23	36
	<u>102,720</u>	<u>81,531</u>
Charitable activities		
Grants	30,392	74,384
	<u>30,392</u>	<u>74,384</u>
Total incoming resources	149,044	160,676
EXPENDITURE		
Raising donations and legacies		
Wages	7,230	7,039
Pensions	143	141
Telephone	157	246
Printing, postage & stationary	4	7
Accountancy	360	348
	<u>7,894</u>	<u>7,781</u>
Other trading activities		
Wages	183	108
Office supplies	320	10
Printing and reproduction	21	380
	<u>524</u>	<u>498</u>
Investment management costs		
Wages	38,464	31,737
Pensions	418	305
Carried forward	<u>38,882</u>	<u>32,042</u>

This page does not form part of the statutory financial statements

The Independent Newham Users Forum
(Mental Health)

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

	31.3.22	31.3.21
	£	£
Investment management costs		
Brought forward	38,882	32,042
Administrative expenses	119	87
Telephone	1,133	961
Property repairs & maintenance	5,315	1,984
Accountancy	6,028	3,040
Council Tax	2,355	2,944
Heat & light	2,541	4,126
Cleaning	1,852	1,570
Insurance	2,746	1,564
Fire Safety	826	463
PRS subscription	583	-
Waste Collection	376	282
Equipment rental	147	159
Expensed equipment	514	-
Bank service charge	3	-
Travel	117	-
Refreshments	1	2
Bad debt write-off	-	958
Volunteer expenses	1,049	80
Consulting	4,760	-
	<u>69,347</u>	<u>50,262</u>
Charitable activities		
Wages	33,087	31,112
Pensions	471	439
Gifts and donations	150	250
Insurance	2,082	4,646
Telephone	1,352	2,830
Refreshments	383	161
Room hire	2,352	-
Local Council Rates	2,355	2,944
Heat & light	3,894	3,889
Office costs	21	-
Equipment rental	231	215
Staff travel and subsistence	963	-
Waste collection	376	282
Postage and delivery	7	8
Carried forward	<u>47,724</u>	<u>46,776</u>

This page does not form part of the statutory financial statements

The Independent Newham Users Forum
(Mental Health)

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

	31.3.22	31.3.21
	£	£
Charitable activities		
Brought forward	47,724	46,776
Beneficiary equipment	473	-
Beneficiary expenses	381	134
Accountancy	4,161	2,543
Cleaning and security	104	942
Dues and subscription	1,108	433
Printing and reproduction	3	6
Volunteer expenses	1,500	382
Loan interest	742	-
Marketing	-	90
Depreciation of tangible fixed assets	39,331	39,330
	<u>95,527</u>	<u>90,636</u>
Other		
Depreciation of tangible fixed assets	1,751	2,187
	<u>1,751</u>	<u>2,187</u>
Support costs		
Governance costs		
Wages	1,531	1,529
Pensions	36	33
Postage and stationery		40
Independent examination	1,762	1,280
Accountancy fees	4,671	2,543
Telephone	32.09	-
Equipment Rental	36.72	-
Training	-	400
	<u>8,069</u>	<u>5,825</u>
Total resources expended	<u>183,112</u>	<u>157,189</u>
Net expenditure	<u>(34,068)</u>	<u>3,487</u>

INDEPENDENT NEWHAM USER'S FORUM (MENTAL HEALTH)

England & Wales - Charity number 1077850

Accounts

REGISTERED COMPANY NUMBER: 03853697 (England and Wales)
REGISTERED CHARITY NUMBER: 1077850

Report of the Trustees and
Unaudited Financial Statements for the Year Ended 31 March 2021
for

The Independent Newham Users Forum
(Mental Health)

Kreston Reeves LLP
Canterbury

The Independent Newham Users Forum
(Mental Health)

Contents of the Financial Statements
for the Year Ended 31 March 2021

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The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2021

The Trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2021. The trustees have adopted the provisions of 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 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Mission statement: Supporting people with mental health needs in East London.

Our objectives are:

- a) To enable and encourage persons with mental health problems under the care of the East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation.
- b) To assist persons with mental health problems to obtain their full rights and privileges as citizens.
- c) To educate the general public in the causes, treatment and consequences of mental health disorders, and raise the public's awareness of the needs of persons with such disorders.

Aims of the charity:

To achieve our aims The Independent Newham Users Forum (Mental Health) ("INUF") will:

- Retain a user-led approach in all its activities and developments.
- Provide access to a safe and supportive environment in which skills can be developed and views shared.
- Provide opportunities for people to develop greater confidence and individual capacity to be involved at a strategic level.
- Support emerging, user-led initiatives by offering access to community facilities.
- Provide access to information related to matters impacting on people's daily lives and mental health needs.
- Ensure mental health service users are provided with an opportunity to be consulted on local services and developments.
- Maintain an 'open-door' policy at all times for mental health service users and members of the charity.
- Celebrate the diversity of cultures in East London, by listening to people's needs and promoting equality of service provision.

Significant activities

Through out the period the building was subject to lockdown restrictions. The building being closed from March to July 2020 and then in November 2020 and again in January 2021 until after July 2021. This led to a significant fall in rental income. We had to apply for the job retention scheme to ensure staff salaries could be paid.

We also managed to obtain a small grant of £9,846 to enable us to work remotely and be in communication with our most vulnerable members. Also, when we were open we encouraged our volunteers to assist with the running of the building as a way of getting them out of their homes.

Despite difficult circumstances our tenants remained with us and continued to pay rent albeit with some delays. Rent arrears are continually being monitored.

We were able to hire a limited number of spaces from July 2020 onwards by ensuring that the hirers adhered to social distancing, introducing a one-way system in the building to assist with this and installing sanitisation stations throughout the building.

From August 2021 we have managed to increase the spaces available and consequently income has risen.

OBJECTIVES AND ACTIVITIES

Public benefit

The Trustees confirm that they have complied with the duty in section 4 of the Charities Act 2006 to have due regard to public benefit guidance published by the Charities Commission in determining the activities undertaken by INUF, which defines the requirement that the charitable purpose of a charity must be “for the public benefit”.

The objectives and activities, and achievement and performance sections of this report clearly set out that the activities which the charity undertakes are for the public benefit.

Volunteers

INUF is highly reliant on and values its volunteers, the majority of whom are service users/survivors. Volunteers assist in many aspects of INUF’s activities, including strategy development, providing peer support, facilitating activities, attending consultation events with the local authority and providing administrative and reception support. INUF currently has around 100 volunteers recorded. A regular core of 40+ volunteers participates in a variety of activities.

Volunteers are included in all strategic planning to ensure they feel valued and play an active role in INUF’s future developments. Each entry point requires the completion of a simple, 4-page membership form, along with two proofs of I.D. for an Enhanced DBS check. An interview takes place which then leads on to training.

Volunteering is a route for many to find employment, both with INUF and also with outside organisations. It also provides an opportunity for volunteers to return to education and explore opportunities available there.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

In a normal year there are a number of ongoing objectives that INUF fulfils. These include consultations and user involvement in service planning and development. However, due to the COVID 19 lockdowns no such consultations took place. Even now with things returning to normality these activities are slow to get off the ground.

Fundraising activities

Funding has been difficult in the current economic climate. All community and charity groups are suffering, due to the reduction in the total amount of funding available. Given this situation INUF has been looking at maximising income generated by Ithaca House itself. During the year we were awarded three new grants totalling £5,782 to support our work.

FINANCIAL REVIEW

Reserves policy

As a result of the Covid-19 restrictions the trustees have not been able to formulate a consistent reserves policy. Hence, we have not officially documented a reserves policy. Once the restrictions are lifted we will prioritise the creation of a specific reserves policy.

Where funds can be raised to cover the Core Costs the money generated from the building can be used to build up reserves.

Income from Ithaca House fell this year from £124,164 to £81,495 due to the COVID-19 lockdowns announced by the UK Government. The building continues to produce regular income for the charity which ensures the centre remains open and functional for our beneficiaries. In addition, INUF have engaged in a process of aged debt recovery, and the Trustees are active in debtor management, to ensure more robust financial management.

FINANCIAL REVIEW (continued)

Many of our costs are linked to the grants we receive. The fall in grant income has meant we did not do as many projects and so our total Health and Education costs have fallen this year from £100,752 to £90,635. As the building was closed, we managed to freeze our utilities bills and usage was reduced this helped to reduce our total costs this year from £182,651 to £157,189. Unlike in previous years costs are slightly lower than income. The Trustees will continue to monitor the financial situation very carefully.

The accounts include the costs incurred in renovating the building as a fixed asset under restricted funds and this is being depreciated. This treatment is used to reflect the usage INUF makes of Ithaca House.

INUF can meet its day to day expenses. However, to continue to provide excellent service to its users, the building shall require a restoration project given on going wear and tear reflected in the depreciation charge.

All expenses are monitored and approved before being incurred. All hirers and tenants are followed up promptly to ensure they have paid for the room hire or office rent. A finance report is presented at each Trustees meeting highlighting the financial position of the organisation.

FUTURE PLANS

The Trustees of INUF prepare a Business Plan whilst keeping in mind its financial position and lack of building restoration reserves. The plan directs the future direction of INUF . Including whether it retains its current projects or allows them to reach their natural conclusion.

To date INUF has not advertised the centre as widely as it could and this is one area that will be made a priority to ensure sustainability is not jeopardized.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by a deed of its Memorandum and Articles of Association, and constitutes a company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

The Trustees are democratically elected and/or co-opted under the terms of the Memorandum and Articles of Association by Individual Members and/or Open Members. Trustees serve for a period of one year after which time they may offer themselves for reappointment.

Organisational structure

Its Memorandum of Association sets out the objects and powers of the Charity. The Articles of Association establishes its governance. In the event of INUF being wound up members are required to contribute an amount not exceeding £1. Legal responsibility for the management and stewardship of the charity is vested in the Board of Trustees.

Normally the Trustees meet every two months. However, during these unprecedented times it has been difficult to find suitable times. So meetings have been very ad hoc. From time to time the Board of Trustees creates sub-committees, reporting on matters concerned with finance, strategic planning and fundraising. The sub-committees report to the Board of Trustees where decisions are ratified.

The Board of Trustees includes a mix of skilled and knowledgeable individuals that support the charity in its activities. These skills range from business management, mental health, community organisation to IT and teaching. To remain as a user-led charity, INUF feels that it is important to be able to ensure the governing body reflects the community it serves whilst expert assistance is received from skilled non-board volunteers and other training organisations. In an effort to enhance skills, Trustees are encouraged to attend all appropriate training identified.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Induction and training of new trustees

Each new Trustee receives an induction pack including key policies and procedures at the first Board meeting they attend. They are also given an overview and introduction to the charity.

Trustees are provided with the following information at their induction:

- Trustee roles and responsibilities;
- Memorandum and Articles of Association;
- Values;
- Annual and Financial Report;
- Key policies and procedures;
- List of training days if available;
- Future plans for the charity.

Although some Trustees are familiar with INUF and have served as Trustees for some years. INUF feels it is beneficial for all Trustees to remind themselves of our mission statement, aims and objectives each year they are elected to maintain focus.

Key management remuneration

The total compensation paid to key management personnel amounted to £27,577 (2020: £30,096). This includes contributions to a Workplace Pension of £582 (2020: £639).

Risk management

The Trustees conduct an annual review of the major risks to which INUF is exposed through business planning. Where appropriate and identified, systems or procedures will be established to mitigate the risks the charity faces.

Most community groups face external risks to funding which has led INUF towards developing a strategic plan. This will allow for diversification of funding if possible and shape the charity's future direction. Internal risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety, security and other potential risk areas by staff, volunteers, beneficiaries, trustees, occupants and visitors to the centre.

INUF operates a Zero Tolerance policy relating to alcohol and recreational drugs on its premises. This has proved very effective in reducing potential untoward incidents and ensuring safety for all building users.

There are annual inspections and servicing of the fire alarm systems, security alarms and central heating systems.

A Third Party Company carries out a DBS check for all of our volunteers.

For most of this financial year INUF has been severely impacted by the Government restrictions imposed to limit the spread of Covid-19. To comply INUF closed its building and tried to move to providing more support on-line. We also implemented a strategy to ensure the building was Covid-19 safe with one way system, protective screens in the reception and sanitation stations. We have used the Government support grants to cover our costs.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

03853697 (England and Wales)

Registered Charity number

1077850

Registered office

Ithaca House
27 Romford Road
Stratford
London
E15 4LJ

The Independent Newham Users Forum
(Mental Health)

Report of the Trustees
for the Year Ended 31 March 2021

REFERENCE AND ADMINISTRATIVE DETAILS

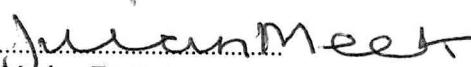
Trustees

J Meek	Director
V Peters	Director
Ms S Ruiz	Director
Ms M Quinlan	Director
R Sangani	Director

Independent examiner

Samantha Rouse FCCA DChA
Kreston Reeves LLP
37 St Margaret's Street
Canterbury
Kent
CT1 2TU

Approved by order of the board of trustees on16 December 2021... and signed on its behalf by:


.....
J Meek - Trustee

Independent Examiner's Report to the Trustees of
The Independent Newham Users Forum
(Mental Health)

Independent examiner's report to the trustees of The Independent Newham Users Forum (Mental Health) ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2021 which are set out on pages 7 to 19.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached



Samantha Rouse FCCA DChA
Kreston Reeves LLP
Canterbury

Date: 16 December 2021

The Independent Newham Users Forum
(Mental Health)

Statement of Financial Activities
for the Year Ended 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies		3,448	-	3,448	3,264
Charitable activities					
Health and Education		-	9,846	9,846	5,782
Government grant income		64,538	-	64,538	-
Other trading activities	3	1,313	-	1,313	1,586
Investment income	4	81,531	-	81,531	124,210
Total		<u>150,830</u>	<u>9,846</u>	<u>160,676</u>	<u>134,842</u>
EXPENDITURE ON					
Raising funds	5	58,396	145	58,541	66,418
Charitable activities					
Health and Education		45,416	45,220	90,636	100,752
Governance		5,825	-	5,825	9,161
Other		2,187	-	2,187	6,320
Total		<u>111,824</u>	<u>45,365</u>	<u>157,189</u>	<u>182,651</u>
NET INCOME/(EXPENDITURE)		<u>39,006</u>	<u>(35,519)</u>	<u>3,487</u>	<u>(47,809)</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		31,187	117,261	148,448	196,257
TOTAL FUNDS CARRIED FORWARD		<u><u>70,193</u></u>	<u><u>81,742</u></u>	<u><u>151,935</u></u>	<u><u>148,448</u></u>

CONTINUING OPERATIONS

All income and expenditure has arisen from continuing activities.

The notes form part of these financial statements

The Independent Newham Users Forum
(Mental Health) (Registered number: 03853697)

Balance Sheet
At 31 March 2021

	Notes	Unrestricted funds £	Restricted funds £	31.3.21 Total funds £	31.3.20 Total funds £
FIXED ASSETS					
Tangible assets	10	7,004	77,929	84,933	124,662
CURRENT ASSETS					
Debtors	11	25,426	-	25,426	23,391
Prepayments and accrued income		1,129	-	1,129	1,071
Cash at bank and in hand		103,580	-	103,580	12,460
		<u>130,135</u>	<u>-</u>	<u>130,135</u>	<u>36,922</u>
CREDITORS					
Amounts falling due within one year	12	(19,800)	-	(19,800)	(13,136)
NET CURRENT ASSETS		<u>110,335</u>	<u>-</u>	<u>110,335</u>	<u>23,786</u>
TOTAL ASSETS LESS CURRENT LIABILITIES					
		117,339	77,929	195,268	148,448
Amounts falling after more than one year	13	(43,333)	-	(43,333)	-
NET ASSETS		<u>74,006</u>	<u>77,929</u>	<u>151,935</u>	<u>148,448</u>
FUNDS					
Unrestricted funds	15			70,193	31,187
Restricted funds				<u>81,742</u>	<u>117,261</u>
				<u>151,935</u>	<u>148,448</u>

The notes form part of these financial statements

Balance Sheet - continued
At 31 March 2021

The charitable 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 trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 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 charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 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 charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on ...16 December 2021.. and were signed on its behalf by:


J Meek -Trustee

1. ACCOUNTING POLICIES

Charitable activities

The Independent Newham Users Forum (Mental Health) ("INUF") is a charity, limited by guarantee, incorporated in England and Wales.

The charity's registered office is Ithaca House, 27 Romford Road, Stratford, London, E15 4LJ.

The charitable activities of the charity continues to be:

a) To enable and encourage persons with mental health problems within the London Borough of Newham, and other boroughs under the care of East London and City Mental Health NHS Trust, to be involved in all local mental health service design or implementation and to assist persons with mental health problems to obtain his or her full rights and privileges as citizens.

b) To educate the general public in the causes, treatment and consequences of mental health disorders and raising the public's awareness of the needs of persons with such disorders

Basis of preparing the financial statements

The financial statements have been prepared to give a 'true and fair' view and have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a 'true and fair' view. This departure has involved following the Charities SORP (FRS 102) published in October 2019 rather than the Accounting and Reporting by Charities: Statement of Recommended Practice effective from 1 April 2005 which has since been withdrawn.

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The charity's functional and presentational currency is Pound Sterling.

The charity's financial statements are presented to the nearest pound.

Going concern

The charity's main source of income is from the letting of office spaces and room hire of Ithaca House.

In order to meet its day to day working capital requirements the charity is dependent upon this rental income.

After making enquires, with particular reference to the Government restrictions around Covid-19, the Trustees have a reasonable expectation that the Charity will have adequate resources to continue in operational existence for the foreseeable future. Accordingly, they continue to adopt a going concern basis in preparing the financial statements.

Income

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

For legacies, entitlement is taken as the earlier of the date on which either: the company is aware that probate has been granted, the estate has been finalised and notification has been made by the executors to the Trust that a distribution will be made, or when a distribution is received from the estate. Receipt of a legacy, in whole or in part, is only considered probable when the amount can be measured reliably, and the company has been notified of the executor's intention to make a distribution. Where legacies have been notified to the company, or the company is aware of the granting of probate, and the criteria for income recognition have not been met, then the legacy is treated as a contingent asset and disclosed if material.

1. ACCOUNTING POLICIES - continued

Other income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the company; this is normally upon notification of the interest paid or payable by the Bank.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Improvements to property	- 5% on cost
Fixtures and fittings	- 25% on reducing balance

Debtors

Trade debtors are recognised at the settlement amount after any trade discount offered.

Cash and cash equivalents

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably. Liabilities are recognised at the amount that the company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide. Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised within interest payable and similar charges.

Taxation

The charitable company 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 charitable company 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 accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the Trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

1. ACCOUNTING POLICIES – continued

Operating leases

Rentals under operating leases are charged to the Statement of financial activities on a straight line basis over the lease term.

Financial instruments

The charitable company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Debt instruments (other than those wholly repayable or receivable within one year), including loans and other accounts receivable and payable, are initially measured at present value of the future cash flows and subsequently at amortised cost using the effective interest method. Debt instruments that are payable or receivable within one year, typically trade payables or receivables, are measured, initially and subsequently, at the undiscounted amount of the cash or other consideration expected to be paid or received. However, if the arrangements of a short-term instrument constitute a financing transaction, like the payment of a trade debt deferred beyond normal business terms or financed at a rate of interest that is not a market rate or in case of an out-right short-term loan not at market rate, the financial asset or liability is measured, initially, at the present value of the future cash flow discounted at a market rate of interest for a similar debt instrument and subsequently at amortised cost.

Financial assets that are measured at cost and amortised cost are assessed at the end of each reporting period for objective evidence of impairment. If objective evidence of impairment is found, an impairment loss is recognised in the profit and loss account.

For financial assets measured at amortised cost, the impairment loss is measured as the difference between an assets carrying amount and the present value of estimated cash flows discounted at the assets original effective interest rate. If a financial asset has a variable interest rate, the discount rate for measuring any impairment loss is the current effective interest rate determined under the contract.

For financial assets measured at cost less impairment, the impairment loss is measured as the difference between an asset's carrying amount and best estimate of the recoverable amount, which is an approximation of the amount that the company would receive for the asset if it were to be sold at the balance sheet date.

Financial assets and liabilities are offset and the net amount reported in the balance sheet when there is an enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

2. JUDGEMENT IN APPLYING ACCOUNTING POLICIES AND KEY SOURCES OF ESTIMATION UNCERTAINTY

The preparation of the financial statements requires the directors to make judgements, estimates and assumptions that can affect the amounts reported for assets and liabilities, and the results for the year. The nature of estimation is such though that actual outcomes could differ significantly from those estimates.

The following are the company's key sources of estimation uncertainty:

Tangible fixed assets

The charity has recognised tangible fixed assets with a carrying value of £84,933 at the reporting date (see note 10). These assets are stated at their cost less provision for depreciation and impairment. For material assets such as land and buildings the charity determines at acquisition reliable estimates for the useful life of the asset, its residual value and decommissioning costs. These estimates are based upon such factors as the expected use of the acquired asset and market conditions. At subsequent reporting dates the trustees consider whether there are any factors such as technological advancements or changes in market conditions that indicate a need to reconsider the estimates used.

Where there are indicators that the carrying value of tangible assets may be impaired the charity undertakes tests to determine the recoverable amount of assets. These tests require estimates of the fair value of assets less cost to sell and of their value in use. Wherever possible the estimate of the fair value of assets is based upon observable market prices less incremental cost for disposing of the asset. The value in use calculation is based upon a discounted cash flow model, based upon the charity's forecasts for the foreseeable future which do not

include any restructuring activities that the charity is not yet committed to or significant future investments that will enhance the asset's performance. The recoverable amount is most sensitive to the discount rate used for the discounted cash flow model as well expected future cash flows and the growth rate used for extrapolation purposes.

3. OTHER TRADING ACTIVITIES

	31.3.21	31.3.20
	£	£
Photocopy usage	14	323
Ticket Sales	550	1,263
Membership fees	-	-
Miscellaneous room hire income	749	-
	<u>1,313</u>	<u>1,586</u>

4. INVESTMENT INCOME

	31.3.21	31.3.20
	£	£
Rents received	70,295	73,723
Income from room hire	11,200	50,441
Deposit account interest	36	46
	<u>81,531</u>	<u>124,210</u>

5. RAISING FUNDS

	31.3.21	31.3.20
	£	£
Staff costs	39,330	41,392
Administrative expenses	484	1,254
Telephone	1,207	400
Property repairs & maintenance	1,984	914
Accountancy	3,388	8,286
Council Tax	2,944	2,898
Heat & light	4,126	4,065
Cleaning	1,570	1,984
Insurance	1,564	1,448
Fire Safety	463	448
PRS subscription	-	554
Waste Collection	282	385
Equipment rental	159	241
Expensed equipment	-	232
Bank service charge	-	30
Travel	-	25
Refreshments	2	283
Bad debt write-off	958	1,340
Volunteer expenses	80	130
Marketing	-	109
	<u>58,541</u>	<u>66,418</u>

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.21	31.3.20
	£	£
Depreciation - owned assets	41,517	41,798
Independent examination	<u>1,280</u>	<u>1,230</u>

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 March 2021 nor for the year ended 31 March 2020.

8. STAFF COSTS

	31.3.21	31.3.20
	£	£
Wages and salaries	71,526	79,345
Social security costs	-	795
Other pension costs	918	1,095
	<u>72,444</u>	<u>81,235</u>

The average monthly number of employees during the year was as follows:

	31.3.21	31.3.20
Administrative	<u>8</u>	<u>9</u>

No employees received emoluments in excess of £60,000. The total compensation paid to key management personnel amounted to £27,577 (2020: £30,096). This includes contributions to a Workplace Pension of £582 (2020:£639).

9. PENSION COST

The Charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the Charity in an independently administered fund. The pension cost represents contributions payable by the Charity to the fund and amount to £918 (2020: £1,051). Contributions totalling £230 (2020: £233) were payable to the fund at the balance sheet date.

10. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	3,011	253	3,264
Charitable activities			
Health and Education	-	5,782	5,782
Other trading activities	1,586	-	1,586
Investment income	124,210	-	124,210
Total	<u>128,807</u>	<u>6,035</u>	<u>134,842</u>
EXPENDITURE ON			
Raising funds	66,273	145	66,418
Charitable activities			
Health and Education	55,532	45,220	100,752
Governance	9,161	-	9,161
Other	6,320	-	6,320
Total	<u>137,286</u>	<u>45,365</u>	<u>182,651</u>
NET INCOME/(EXPENDITURE)	<u>(8,479)</u>	<u>(39,330)</u>	<u>(47,809)</u>
Carried forward	<u>(8,479)</u>	<u>(39,330)</u>	<u>(47,809)</u>

9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES continued

	Unrestricted funds £	Restricted funds £	Total funds £
RECONCILIATION OF FUNDS			
Brought forward	(8,479)	(39,330)	(47,809)
Total funds brought forward	39,666	156,591	196,257
TOTAL FUNDS CARRIED FORWARD	31,187	117,261	148,448

11. TANGIBLE FIXED ASSETS

	Improvements to property £	Fixtures and fittings £	Totals £
COST			
As at 1 April 2020	786,605	82,355	868,960
Additions	-	1,788	1,788
as at 31 March 2021	786,605	84,143	870,748
DEPRECIATION			
As at 1 April 2020	669,345	74,953	744,298
Charge for the Year	39,330	2,187	41,517
As at 31 March 2021	708,675	77,140	785,815
NET BOOK VALUE			
As at 31 March 2021	77,930	7,003	84,933
As at 31 March 2020	117,260	7,402	124,662

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21 £	31.3.20 £
Trade debtors	24,826	23,391
Other debtors	600	-
	25,426	23,391

13. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.21 £	31.3.20 £
Bank loan	6,667	-
Social security and other taxes	-	1,001
Rent deposit	10,423	10,423
Workplace Pension Contribution	230	233
Accrued expenses	2,480	1,479
	19,800	13,136

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

14. **CREDITORS: AMOUNTS FALLING AFTER MORE THAN ONE YEAR**

	31.3.21	31.3.20
	£	£
Bank loan	<u>43,333</u>	<u>-</u>

During the year, the charity received a Coronavirus Bounce Back Loan totalling £50,000 from The Co-operative Bank. The interest charges for the first 12 months are paid by the UK Government by way of a Business Interruption Payment (BIP). Repayments are due to commence from August 2021, when interest will accrue at a fixed rate of 2.5% per annum.

15. **LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

	31.3.21	31.3.20
	£	£
Within one year	<u>734</u>	<u>490</u>

16. **MOVEMENT IN FUNDS**

	At 1.4.20	Net movement in funds	At 31.3.21
	£	£	£
Unrestricted funds			
General fund	31,187	39,006	70,193
Restricted funds			
Improvements to Building	<u>117,261</u>	<u>(35,519)</u>	<u>81,742</u>
TOTAL FUNDS	<u>148,448</u>	<u>3,487</u>	<u>151,935</u>

Net movement in funds, included in the above are as follows:

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	150,830	(111,824)	39,006
Restricted funds			
Improvements to Building	-	(45,220)	(45,220)
Other restricted funds	<u>9,846</u>	<u>(145)</u>	<u>9,701</u>
	<u>9,846</u>	<u>(45,365)</u>	<u>(35,519)</u>
TOTAL FUNDS	160,676	(157,189)	3,487

Comparatives for movement in funds

	At 1.4.19	Net movement in funds	At 31.3.20
	£	£	£
Unrestricted funds			
General fund	39,666	(8,479)	31,187
Restricted funds			
Improvements to Building	<u>156,591</u>	<u>(39,330)</u>	<u>117,261</u>
TOTAL FUNDS	<u>196,257</u>	<u>(47,809)</u>	<u>148,448</u>

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

16. MOVEMENT IN FUNDS-continued

Comparatives net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	128,807	(137,286)	(8,479)
Restricted funds			
Improvements to Building	-	(39,330)	(39,330)
Other restricted funds	6,035	(6,035)	-
	<u>6,035</u>	<u>(45,365)</u>	<u>(39,330)</u>
TOTAL FUNDS	<u>134,842</u>	<u>(182,651)</u>	<u>(47,809)</u>

Current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.19 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	39,666	30,527	70,193
Restricted funds			
Improvements to Building	156,591	(74,849)	81,742
	<u>156,591</u>	<u>(74,849)</u>	<u>81,742</u>
TOTAL FUNDS	<u>196,257</u>	<u>(44,322)</u>	<u>151,935</u>

Current year 12 months and prior year 12 months combined net movement in funds, included in

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	279,637	(249,110)	30,527
Restricted funds			
Improvements to Building	-	(84,550)	(84,550)
Other restricted funds	15,881	(6,180)	9,701
	<u>15,881</u>	<u>(90,730)</u>	<u>(74,849)</u>
TOTAL FUNDS	<u>295,518</u>	<u>(339,840)</u>	<u>(44,322)</u>

17. RELATED PARTY DISCLOSURES

Mr C Tzanetis is deemed to be Key Management Personnel due to his role in the charity. During the year, he received an interest free loan of £1,200 (2020: £nil). Repayments were made during the year totalling £600, and the balance at 31 March 2021 was £600 (2020: £nil).

There were no other related party transactions in the year ended 31 March 2021.

The Independent Newham Users Forum
(Mental Health)

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

	31.3.21	31.3.20
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	3,423	3,119
Book sale	25	145
	<u>3,448</u>	<u>3,264</u>
Other trading activities		
Photocopy usage	14	323
Ticket Sales	550	1,263
Membership fees	-	-
Miscellaneous room hire income	749	-
	<u>1,313</u>	<u>1,586</u>
Investment income		
Rents received	70,295	73,723
Income from room hire	11,200	50,441
Deposit account interest	36	46
	<u>81,531</u>	<u>124,210</u>
Charitable activities		
Grants	<u>74,384</u>	<u>5,782</u>
Total incoming resources	160,676	134,842
EXPENDITURE		
Raising donations and legacies		
Wages	7,039	15,500
Social security	-	178
Pensions	141	265
Marketing	-	61
Telephone	246	106
Printing, postage & stationary	7	98
Accountancy	348	1182
	<u>7,781</u>	<u>17,390</u>
Other trading activities		
Wages	108	208
Office supplies	10	4
Printing and reproduction	380	176
	<u>498</u>	<u>388</u>
Investment management costs		
Wages	31,737	24,820
Carried forward	31,737	24,820

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The Independent Newham Users Forum
(Mental Health)

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

	31.3.21	31.3.20
	£	£
Investment management costs		
Brought forward	31,737	24,820
Social security	-	162
Pensions	305	259
Administrative expenses	87	976
Telephone	961	294
Property repairs & maintenance	1,984	914
Accountancy	3,040	7,104
Council Tax	2,944	2,898
Heat & light	4,126	4,065
Cleaning	1,570	1,984
Insurance	1,564	1,448
Fire Safety	463	448
PRS subscription	-	554
Waste Collection	282	385
Equipment rental	159	241
Expensed equipment	-	232
Bank service charge	-	30
Travel	-	25
Refreshments	2	283
Bad debt write-off	958	1,340
Volunteer expenses	80	130
Marketing	-	48
	<u>50,262</u>	<u>48,640</u>
Charitable activities		
Wages	31,112	32,546
Social security	-	264
Pensions	439	445
Gifts and donations	250	-
Insurance	4,646	4,482
Telephone	2,830	3,120
Refreshments	161	1,585
Local Council Rates	2,944	2,898
Bank charges	-	6
Heat & light	3,889	5,531
Office costs	-	156
Equipment rental	215	800
Staff travel and subsistence	-	40
Travel and entertainment	-	232
Waste collection	282	367
Postage and delivery	8	6
Carried forward	<u>46,776</u>	<u>52,478</u>

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The Independent Newham Users Forum
(Mental Health)

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

	31.3.21	31.3.20
	£	£
Charitable activities		
Brought forward	46,776	52,478
Beneficiary equipment	-	33
Beneficiary expenses	134	251
Accountancy	2,543	3,589
Expensed equipment	-	350
Cleaning and security	942	877
Dues and subscription	433	429
Printing and reproduction	6	78
Volunteer expenses	382	1,370
Fitness classes	-	1,540
Marketing	90	427
Depreciation of tangible fixed assets	39,330	39,330
	<u>90,636</u>	<u>100,752</u>
Other		
Wages	-	3,690
Social security	-	83
Pensions	-	79
Depreciation of tangible fixed assets	2,187	2,468
	<u>2,187</u>	<u>6,320</u>
Support costs		
Governance costs		
Wages	1,529	2,580
Social security	-	108
Pensions	33	47
Postage and stationery	40	10
Independent examination	1,280	1,230
Accountancy fees	2,543	5,089
Refreshments	-	42
Marketing	-	55
Training	400	-
	<u>5,825</u>	<u>9,161</u>
Total resources expended	<u>157,189</u>	<u>182,651</u>
Net expenditure	<u>3,487</u>	<u>(47,809)</u>

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