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)

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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.

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.

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.

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

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) ('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		130,441	33,440	163,881	128,533
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		116,294	23,256	139,550	145,457
NET INCOME/(EXPENDITURE)		14,147	10,184	24,331	(16,924)
RECONCILIATION OF FUNDS					
Total funds brought forward		(13,408)	1,044	(12,364)	4,560
TOTAL FUNDS CARRIED FORWARD		739	11,228	11,967	(12,364)

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 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		12,057	11,228	23,285	12,642
		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		22,964	11,228	34,192	1,639
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		739	11,228	11,967	(12,364)
FUNDS	16				
Unrestricted funds				739	(13,408)
Restricted funds				11,228	1,044
				11,967	(12,364)

The notes form part of these financial statements

continued...

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

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 publics 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
	6,041	7,464

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
	124,400	100,982

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
	87,995	86,523

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	1,350	1,310

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.

8 STAFF COSTS

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

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

	31.3.24	31.3.23
Administrative	7	9

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	110,755	17,778	128,533
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	126,638	18,819	145,457
NET INCOME/(EXPENDITURE)	(15,883)	(1,041)	(16,924)
Carried forward	**(15,883)**	**(1,041)**	**(16,924)**

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	**(13,408)**	**1,044**	**(12,364)**

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	786,605	84,656	871,261
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	786,605	82,293	868,898
NET BOOK VALUE			
as at 31 March 2025	-	2,363	2,363
as at 31 March 2024	1,044	3,230	4,274

12. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.25	31.3.24
	£	£
Trade debtors	22,424	15,003
Other debtors	-	309
	22,424	15,312

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
	11,517	26,315

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	-
	24,588	18,277

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	945	1,890

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	-	11,228	11,228
TOTAL FUNDS	(12,364)	24,331	11,967

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	33,440	(22,212)	11,228
	33,440	(23,256)	10,184
TOTAL FUNDS	163,881	(139,550)	24,331

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	-	-	-
TOTAL FUNDS	4,560	(16,924)	(12,364)

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)	-
	17,778	(18,819)	(1,041)
TOTAL FUNDS	128,533	(145,457)	(16,924)

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	4,560	7,407	11,967

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	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
	51,218	(42,075)	9,143
TOTAL FUNDS	292,414	(285,007)	7,407

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 realted to grants which have been obatined 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
	2,015	3,049
Other trading activities		
Photocopy usage	130	285
Miscellaneous room hire income	5,911	7179
	6,041	7,464
Investment income		
Rents received	72,670	59,991
Income from room hire	51,712	40,857
Deposit account interest	18	134
	124,400	100,982
Charitable activities		
Grants	31,425	17,038
Total incoming resources	163,881	128,533
EXPENDITURE		
Raising donations and legacies		
Wages	6,042	6,550
Pensions	88	103
Telephone	-	1
Accountancy	-	-
	6,130	6,654
Other trading activities		
Wages	-	-
Office supplies	-	-
Printing and reproduction	16	214
	16	214
Investment management costs		
Wages	47,544	56,264
Pensions	582	573
Carried forward	48,126	56,837

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
	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
Carried forward	41,396	41,559

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

	31.3.25	31.3.24
	£	£
Charitiable 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
	49,302	55,090
Other		
Depreciation of tangible fixed assets	867	1,114
	867	1,114
Support costs		
Governance costs		
Independent examination	1,350	1,310
Accountancy fees	-	1,384
Equipment Rental	36	36
Refreshments	-	-
	1,386	2,730
Total resources expended	139,550	145,457
Net expenditure	24,331	(16,924)