

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH

(A COMPANY LIMITED BY GUARANTEE)

ANNUAL REPORT & FINANCIAL STATEMENTS

YEAR ENDED 31ST MARCH 2025

Registered Charity no: 1097461

Company no: 4693666

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH
YEAR ENDED 31ST MARCH 2025

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STAFFORDSHIRE NETWORK FOR MENTAL HEALTH
YEAR ENDED 31ST MARCH 2025

REFERENCE AND ADMINISTRATION DETAILS

Staffordshire Network for Mental Health is a company limited by guarantee and a registered charity governed by its memorandum and articles of association which were last amended in 2021.

Company Number

4693666

Charity Number

1097461

Trustees

The trustees who served during the year were:

Ian William Scott (Chair)
Joanne Craig (Vice Chair) - resigned 23/10/2024
Donna Garratty (Vice Chair) from 20/01/2025
Darren Smallman - resigned 23/02/2025
Jamie McKain (from December 2021)
Rajiv Prinja (Treasurer) from 28/01/2025
Reena Kenth-Kalia - resigned 21/08/2025
Tracey Nixon- resigned 30/11/2024
Cheryl Pamela Turner - resigned 24/01/2025
David Jonathan Hardy - resigned 29/01/2025

Registered Office

Unit GF05
District Council House
Lichfield
Staffs
WS13 6YU

Bankers

CAF BANK Ltd
25 Kings Hill Avenue
West Malling
Kent
ME19 4JQ

Independent Examiner

Debbie Wellecome BA (Hons), FMAAT
Support Staffordshire

Co-operative Bank
PO Box 250
Skelmersdale
WN8 6WT

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH (SNMH)
YEAR ENDED 31ST MARCH 2025

TRUSTEES' REPORT

The trustees, who are directors for the purposes of company law, present the annual report and financial statement of Staffordshire for Mental Health (SNMH) for the year ended 31st March 2025

Trustees

Ian Scott (Chair), Donna Garratty (Vice Chair), Rajiv Prinja (Treasurer)
Jamie McKain, Reena Kenth-Kalia

Structure, Governance and Management

Nature of governing document

SNMH is a company limited by guarantee and does not have share capital; and is a non-profit making organisation and a registered charity governed by its Memorandum and Articles of Association which were last amended 10 September 2021

Recruitment, Appointment and Induction of Trustees

The Board of trustees contains a broad mix of skills thereby enhancing its effectiveness. When further trustees' recruitment is necessary the criteria for new members are decided using a skills audit to ensure the board retains its efficacy.

Public Benefit

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

Aims and Objectives

The objectives of the charity are:

To improve the quality of life for individuals across Staffordshire who have personal experience of mental distress; by enabling user involvement, active representation and a campaigning voice

Its Aims are:

- 1: To promote the interests and rights of people who use mental health services in the area.
- 2: To ensure the involvement of mental health service users in improving existing services and developing new ones.
- 3: Act as an advocate for improvements in local services to reflect the needs and interests of local communities.
- 4: Increase accessibility of information relating to local and national services relevant to mental health.
- 5: To promote service user potential and recovery through supporting access to self-development opportunities.
- 6: To actively increase general awareness of mental health, and to challenge stigma and discrimination of people experiencing mental illness

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH (SNMH)
YEAR ENDED 31ST MARCH 2025

TRUSTEES' REPORT (CONTINUED)

The charity has made many achievements which work towards the organisation's aims and objectives, which are outlined in this annual report. The charity has fulfilled its core contractual obligations but in addition to this achieved many other outcomes as due to other funding streams.

Risk Management

SNMH reviews and assesses the risks it faces in all areas of its work and plans for the management of those risks. The implementation of effective risk management is a key part of ensuring that the charity is fit for purpose. SNMH recognises the identification of risks is best done by involving those with a detailed knowledge of the way SNMH operates.

SNMH recognises that effective risk management will result in:

Trustees make informed decisions and take timely action

The charity makes the most of opportunities

Strategic planning is improved

The charity aims and objectives are achieved more successfully

The Board of Trustees of SNMH have given consideration to the major risks to which the charity is exposed and satisfied themselves that systems or procedures are established in order to manage those risks.

Reserves Policy

SNMH recognises two types of reserve as outlined below:

Restricted Reserves

Reserves held in accordance with any restrictions required by the original funder

Unrestricted Reserves

Reserves that are not legally restricted or designated for specific future use.

The Trustee board consider it prudent to retain unrestricted funds equivalent to 3 to 6 months core operating expenditure to cover potential short term changes in funding and winding up costs as necessary. At 31st March 2025, the trustees believe that the unrestricted reserves are sufficient to meet this policy.

At 31 March 2025, the charity held unrestricted reserves of £123,909 and restricted reserves of £53,327.

This report has been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006.

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH (SNMH)
YEAR ENDED 31ST MARCH 2025

TRUSTEES' REPORT (CONTINUED)

KEY ACHIEVEMENTS / EVENTS IN THE YEAR

New and future funding basis

In addition to the continued financial support from the National Lottery Community Fund the charity won several significant funding bids during the year. Special thanks to: People's Postcode Lottery, Severn Trent, William A Cadbury. Coalfields Regeneration Trust (CRT), Community Foundation of Staffordshire, Staffordshire County Council, Alex Ferry Foundation, Better Health Staffordshire, Waitrose, Groundworks (Tesco Stronger Starts), We Love Lichfield, Bentley Foundation and the Asda Foundation.

The charity also appreciates the continued support of Staffordshire Web Design.

The National Lottery Community Fund continued its support with the reduced year 4 grant - a planned 50% reduction according to the agreement. This reduction has been managed by a level of match funding from the monies above and better utilisation of staff hours.

The sustainability plan delivered some funds in the year - a fundraising ball in April contributing over £3,000 to match funds - but further revenues proved elusive.

The previous focus on business networking continued to disappoint despite a restructure to allow a senior resource to focus entirely on driving this revenue stream.

One great success from networking was the launch of a new website and associated branding in early April, funded and supported entirely by local businesses.

The tapering down of Lottery grant triggered further cost reductions in insurance, increased use of Amazon purchasing for consumables, more competitive activity for printing and promotional materials and registration for gift aid with HMRC.

The allotment in Cannock, which was established under a separate National Lottery grant last year continues to provide activity for mental health support for volunteers - even though the funding has now expired. (Further funding bids are actively being sought to build on this success story).

Governance and Operations

The year saw several changes in the trustee board. 5 trustees resigned and 2 new trustees were appointed. All resignations were for personal / family reasons.

The charity appointed a CEO in December 2024 to try and alleviate operational pressures on the board - but a lack of promised funding introductions caused the role to be removed.

PLANNED ACTIVITIES IN THE NEXT YEAR

The charity will continue to build on the successful fundraising work of this year - with special focus on further developing the relationships with Severn Trent, National Lottery and CRT.

The charity will continue to work and develop with all of its committed and passionate volunteers .

Projects

The mental health ambassador program (with the allotment) ran up to December 2024.

The Reach Out workshop project ended at the same time

The evolution of the Toolbox process into a "Journey to Wellbeing" service commenced in September 2024 with a series of pilot schemes supported by local stakeholders. This will continue to be trialled through the year and will be the basis of a new bid to the Lottery in late summer 2025

Commercial operation

The resignation of the senior resource focussing on business activity will trigger the charity to pause and review the commercial operating environment before launching any further activity.

The annual report was approved by the trustees of the charity on 8 December 2025 and signed on its behalf by:

I W Scott

Ian W Scott, Chair

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH
YEAR ENDED 31ST MARCH 2025

Independent examiner's report to the trustees of Staffordshire Network for Mental Health - Charitable Company ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2025

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 for 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 requirements 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 (FRS102)].

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

Signed: *D Wellecomme*

Date: 9/12/25

Name: Deborah Wellecomme

BA (Hons), FMAAT, AATQB

Address: Support Staffordshire, Stafford Civic Centre, Riverside, Stafford Staffordshire ST16 3AQ

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH
YEAR ENDED 31ST MARCH 2025

STATEMENT OF FINANCIAL ACTIVITIES

	Note	Unrestricted Funds General £	Restricted Funds £	Total Funds 2025 £	Unrestricted Funds General £	Restricted Funds £	Total Funds 2024 £
INCOMING RESOURCES							
Income from Generated Funds							
Voluntary Income							
Grants and Donations	2	56,089	112,955	169,044	6,999	179,871	186,870
Investment Income (Bank Interest)		2,555	-	2,555	2,433	-	2,433
Income from Charitable Activities			-	0	798	-	798
Total Income		58,644	112,955	171,599	10,230	179,871	190,101
Expenditure							
Charitable Activities	3	74,657	121,680	196,337	29,443	147,532	176,975
Governance Costs	4	350	1,680	2,030	1,918	-	1,918
Total Expenditure		75,007	123,360	198,367	31,361	147,532	178,893
Net income/expenditure before transfers		(16,363)	(10,405)	(26,768)	(21,131)	32,339	11,208
Transfers Between Funds		(14,047)	14,047	-			-
Net Movement in Funds		(30,410)	3,642	(26,768)	(21,131)	32,339	11,208
Total Funds Brought Forward		154,319	49,685	204,004	108,925	83,871	192,796
Total Funds Carried Forward		123,909	53,327	177,236	87,794	116,210	204,004

This statement of financial activities includes all gains and losses recognised in the year and complies with the requirements for the income and expenditure account under the Companies Act 2006.

All income and expenditure derive from continuing activities

The notes on pages 8 to 10 form an integral part of these financial statements

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH
AS AT 31ST MARCH 2025

BALANCE SHEET

	Note	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Unrestricted Funds £	Restricted Funds £	Total 2024 £
Current Assets							
Cash at Bank and in hand	6	142,057	55,879	197,936	171,698	33,978	205,676
Debtors and Prepayments	7	351	-	351	530	-	530
		142,408	55,879	198,287	172,228	33,978	206,206
Less :- Creditors, amounts falling due within one year	8	18,498.36	2,553	21,051	1,250	953	2,203
Net Current Assets		123,910	53,326	177,236	170,978	33,025	204,003

Represented by

Funds

Restricted Funds	9		53,327			116,210
Unrestricted Funds - General			123,909			87,793
			<u>177,236</u>			<u>204,003</u>

The Trustees confirm that Staffordshire Network for Mental Health was entitled to exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 March 2025.

No member of the charity has required the charity to obtain an audit in accordance with section 476 of the Act.

The financial statements have been subject to independent examination under section 145 of the Charities Act 2011.

The Trustees acknowledge their responsibility to:

"Ensure proper accounting records are kept (Companies Act section 386)"

"Prepare financial statements that give a true and fair view in accordance with sections 394 & 395"

These accounts were approved on 8 December 2025 and signed by:

I W Scott

Ian W Scott, Chair

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH

YEAR ENDED 31ST MARCH 2025

NOTES TO THE FINANCIAL STATEMENTS

1. Accounting Policies

(a) Basis of Accounts Preparation

The financial statements are prepared under the Historic Cost Convention and in accordance with Accounting and Reporting by Charities - Statement of Recommended Practice (Charities SORP (FRS 102), effective 2019) and Accounting Standards and the Charities Act 2011

(b) Incoming

Recognition of incoming resources

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

Grants and donations

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources.

Contractual income and performance related grants

This is only included in the SoFA once the related goods or services have been delivered.

Investment income

This is included in the accounts when receivable.

(c) Expenditure and Liabilities

Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Governance costs

Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

Support Costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

Fund accounting

This differentiates between restricted and unrestricted funds. General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted funds are those which are to be used in accordance with the specific restrictions imposed by the donors. Expenditure that meets these criteria is charged to the relevant fund.

(d) Assets

Tangible fixed assets for use by charity

These are capitalised if they can be used for more than one year, and cost at least £1,000. They are valued at cost. Depreciation is provided at rates calculated to write off the cost less estimated residual value, over their expected useful lives.

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH
YEAR ENDED 31ST MARCH 2025

NOTES TO THE FINANCIAL STATEMENTS

	2025	2024		
2. Income				
Unrestricted Funds				
Grants / donations	56,089	6,999		
Other Income	2,555	798		
Restricted Funds				
Alex Ferry Foundation	3,600	-		
National Lottery Community Fund	53,417	100,000		
Community Foundation for Staffordshire	25,996	-		
Coalfields Regeneration Trust	10,000	-		
Mental Health Ambassadors	-	40,083		
Military Mindset	-	29,788		
Reach Out	-	10,000		
Severn Trent Community Fund	18,942	-		
Groundwork (Tesco Stronger Starts)	1,000	-		
Total Income	171,599	187,668		
3. Expenditure				
Charitable activities				
	2025	2024		
Direct Costs	Unrestricted	Restricted	Total	Total
Salary Costs (Note 5)	63,312	95,568	158,880	124,896
Rent & Room Hire	2,284	5,400	7,684	6,160
Subscriptions	2,126	83	2,209	1,604
Staff and Volunteers Travel	1,194	4,444	5,638	7,911
Insurance		1,809	1,809	1,810
Total	68,916	107,304	176,220	142,381
Support Costs				
Telephone, Internet & Postage	124	182	306	306
Printing, Stationery & Computer Supplies	1,543	6,566	8,109	8,109
Legal Fees	2,267	1,974	4,241	4,241
Sundries	1,426	100	1,526	1,526
Volunteer Training	321	5,554	5,875	
Bank Charges	60		60	60
Adjustment			-	
Total	5,741	14,376	20,117	14,242
4. Governance costs				
	2025	2024		
Expense		298		
Accountancy fee	1,680	1,320		
Independent Examination fee	350	300		
Total	2,030	1,918		

STAFFORDSHIRE NETWORK FOR MENTAL HEALTH
YEAR ENDED 31ST MARCH 2025

NOTES TO THE FINANCIAL STATEMENTS

5. Staff Costs	2025	2024
Salaries	152,079	122,388
Employers National Insurance	3,283	(10,618)
Employers Pension	3,519	6,253
	<u>158,881</u>	<u>118,023</u>

Employees

The average number of full time equivalent employees 5.9 4.8

The average number of employees 10.0 9.0

No remuneration or expenses was paid to trustees during the year.

6. Bank and Cash	2025	2024
Petty Cash	0	0
Bank Accounts	197,936	205,676
	<u>197,936</u>	<u>205,676</u>

7. Debtors	2025	2024
Prepayments	351	530

8. Creditors	2025	2024
Accruals	21,052	2,203
Creditors due in 1 year	<u>0</u>	<u>0</u>

9. Restricted Funds Movement

	Balance bought forward	Income	Spend	Transfer	Balance carried forward
Alex Ferry Foundation	0	3,600	(3,600)		0
National Lottery Community Fund	32,045	53,417	(46,379)	(8,329)	30,754
Community Foundation	0	25,996	(23,527)	(2,469)	0
Coalfields Regeneration Trust	0	10,000			10,000
Lloyds Bank Foundation	(5,817)			5,817	0
Mental Health Ambassadors	19,751		(21,568)	1,817	0
Military Mindset	8,060		(6,943)	(1,117)	0
Reach Out	(4,354)		(13,974)	18,328	0
Severn Trent Community Fund		18,942	(7,370)		11,572
Groundwork (Tesco Stronger Starts)		1,000			1,000
	<u>49,685</u>	<u>112,955</u>	<u>(123,361)</u>	<u>14,047</u>	<u>53,326</u>