

# CONCERNED FOR MENTAL HEALTH

England & Wales · Charity number 1098307

## Details

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**Status** Registered

**Legal form** Charitable company

**Company number** [04688499](#)

**Registered** 2003-07-02

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 24 Redington Road  
London  
NW3 7RB

**Phone** 07973298047

**Email** [info@concernformentalhealth.org](mailto:info@concernformentalhealth.org)

**Website** [WWW.CONCERNFORMENTALHEATH.ORG](http://WWW.CONCERNFORMENTALHEATH.ORG)

## Activities

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**Objects:** TO PROMOTE THE RELIEF OF PERSONS WITH MENTAL HEALTH DIFFICULTIES AND THEIR CARERS AND FAMILIES IN PARTICULAR BUT NOT EXCLUSIVELY THROUGH EDUCATION AND BY THE PROVISION OF REHABILITATION AND FREE MEDICINES FOR COMMUNITIES IN INDIA, PAKISTAN AND NEPAL

**Activities:** ORGANIZE DELIVERY OF CARE THROUGH COMMUNITY BASED AND HOSPITAL BASED PSYCHIATRIC SERVICES. HIRE AND TRAIN MENTAL HEALTH PROFESSIONALS TO RUN THESE PROGRAMS. CHANGE PHILOSOPHY OF CARE FOR MENTAL ILLNESS BY OFFERING & INITIATING SERVICES AND SUPPORTING/AUGMENTING ONGOING PROGRAMS. (THEN FOLLOW WITH WHATS ON THE ENTRY FOR CHARITY ON WEBSITE THANK YOU)

## Classification

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- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Economic/community Development/employment
- **Who:** Children/young People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, The General Public/mankind

## Geography

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- **Area of benefit:** INDIA, PAKISTAN AND NEPAL
- India
- Pakistan
- Ealing

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-03-31	£120	£2,160	-	-
2024-03-31	£120	£7,985	-	-
2023-03-31	£120	£9,980	-	-
2022-03-31	£29,313	£16,044	-	-
2021-03-31	£17,571	£34,769	-	-

## Trustees

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Name	Role	Appointed
Dr GHAZALA AFZAL	Chair	

**CONCERNED FOR MENTAL HEALTH**

England & Wales - Charity number 1098307

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# Accounts

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**Concerned For Mental Health**  
**Company Limited by Guarantee**  
**Unaudited Financial Statements**  
**31 March 2022**

**SIDIKIES**

Chartered accountants  
Sidikies Chartered Accountants  
1 Sun Street  
Finsbury Square  
London  
EC2A 2EP

# Concerned For Mental Health

Company Limited by Guarantee

Financial Statements

Year ended 31 March 2022

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# Concerned For Mental Health

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report)

Year ended 31 March 2022

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The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

#### Reference and administrative details

**Registered charity name** Concerned For Mental Health

**Charity registration number** 1098307

**Company registration number** 04688499

**Principal office and registered office** 24 Redington Road  
London  
NW3 7RB

#### The trustees

Dr G Afzal  
Flynn Paul John  
Spasojevic Sanja  
Mr C Foster

**Independent examiner** Amir Siddiqi, FCCA, FCA

# Concerned For Mental Health

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

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#### Structure, governance and management

##### Constitution

The charity is incorporated as a company limited by guarantee and registered under the Companies Act 2006 under the company number 04688499. It is registered as a charity under the number 1098307.

##### Trustees

The trustees of the charity, who are also company directors for the purpose of company law and served during the year were as follows:

Dr G Afzal  
Paul John Flynn  
Sanja Spasojevic  
C Foster

None of the trustees had an interest in any contract or arrangement of material nature during the year under review.

##### Risk review

The trustees have conducted their own review of the major business and operational risks to which the charity is exposed and systems have been developed to manage those risks.

The trustees (who are also directors of the charitable company for the purpose of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standard (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year, which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for the year. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;-observe the methods and principles in the Charity SORP 2015 (FRS 102);-make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the Statement of Recommended Practice: "Accounting and Reporting by Charities" and in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to smaller entities.

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# Concerned For Mental Health

## Company Limited by Guarantee

### Trustees' Annual Report (Incorporating the Director's Report) *(continued)*

Year ended 31 March 2022

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#### Objectives and activities

To promote the relief of persons with mental health difficulties and their careers and families, in particular but not exclusively, through education and by the provision of rehabilitation and free medicine for communities in India and Pakistan. To remove stigma against mental illness through advocacy for improvement of care and services.

#### Financial review

##### Financial Review

The charity had net outgoing resources for the year of -£13,269 (2021: £17,198) resulting in total funds carried forward of £45,950 (2021: £32,681).

##### Reserves policy

The Trustees have reviewed the reserves of the charity. Reserves are maintained at a level considered necessary to meet the day to day funding of activities. Free reserves (that is those funds not tied up in restricted funds) at the year-end were £45,950.

#### Small company provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

The trustees' annual report was approved on 23 December 2022 and signed on behalf of the board of trustees by:

Dr G Afzal  
Director

# Concerned For Mental Health

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Concerned For Mental Health

Year ended 31 March 2022

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I report to the trustees on my examination of the financial statements of Concerned For Mental Health ('the charity') for the year ended 31 March 2022.

#### Responsibilities and basis of report

As the trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements 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 the 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 charity as required by section 386 of the 2006 Act; or
2. the financial statements do not accord with those records; or
3. the financial statements 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 financial statements 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).

# Concerned For Mental Health

## Company Limited by Guarantee

### Independent Examiner's Report to the Trustees of Concerned For Mental Health *(continued)*

**Year ended 31 March 2022**

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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.

Amir Siddiqi, FCCA, FCA

Independent Examiner

Sidikies  
Chartered accountants & statutory auditors  
1 Sun Street  
Finsbury Square  
London  
EC2A 2EP

# Concerned For Mental Health

## Company Limited by Guarantee

### Statement of Financial Activities (including income and expenditure account)

Year ended 31 March 2022

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		2022		2021
	Note	Unrestricted funds £	Total funds £	Total funds £
<b>Income and endowments</b>				
Donations and legacies	4	<u>29,313</u>	<u>29,313</u>	<u>17,571</u>
<b>Total income</b>		<u>29,313</u>	<u>29,313</u>	<u>17,571</u>
<b>Expenditure</b>				
Expenditure on charitable activities	5	<u>16,044</u>	<u>16,044</u>	<u>34,769</u>
<b>Total expenditure</b>		<u>16,044</u>	<u>16,044</u>	<u>34,769</u>
<b>Net income/(expenditure) and net movement in funds</b>		<u>13,269</u>	<u>13,269</u>	<u>(17,198)</u>
<b>Reconciliation of funds</b>				
Total funds brought forward		<u>32,681</u>	<u>32,681</u>	<u>49,879</u>
<b>Total funds carried forward</b>		<u>45,950</u>	<u>45,950</u>	<u>32,681</u>

The statement of financial activities includes all gains and losses recognised in the year.  
All income and expenditure derive from continuing activities.

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The notes on pages 8 to 11 form part of these financial statements.

# Concerned For Mental Health

## Company Limited by Guarantee

### Statement of Financial Position

31 March 2022

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	Note	2022 £	2021 £
<b>Current assets</b>			
Cash at bank and in hand		49,550	36,281
<b>Creditors: amounts falling due within one year</b>	<b>10</b>	<u>3,600</u>	<u>3,600</u>
<b>Net current assets</b>		<u>45,950</u>	<u>32,681</u>
<b>Total assets less current liabilities</b>		<u>45,950</u>	<u>32,681</u>
<b>Net assets</b>		<u>45,950</u>	<u>32,681</u>
<b>Funds of the charity</b>			
Unrestricted funds		<u>45,950</u>	<u>32,681</u>
<b>Total charity funds</b>	<b>11</b>	<u>45,950</u>	<u>32,681</u>

For the year ending 31 March 2022 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

These financial statements were approved by the board of trustees and authorised for issue on 23 December 2022, and are signed on behalf of the board by:

Dr G Afzal  
Director

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The notes on pages 8 to 11 form part of these financial statements.

# Concerned For Mental Health

## Company Limited by Guarantee

### Notes to the Financial Statements

Year ended 31 March 2022

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#### 1. General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 24 Redington Road, London, NW3 7RB.

#### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

#### 3. Accounting policies

##### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

##### Going concern

There are no material uncertainties about the charity's ability to continue.

##### Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- other expenditure includes all expenditure that is neither related to raising funds for the charity nor part of its expenditure on charitable activities.

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

# Concerned For Mental Health

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2022

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#### 3. Accounting policies *(continued)*

##### Tangible assets

Tangible fixed assets are included at cost less depreciation and impairment. Depreciation is provided at rates calculated to write off the cost, less estimated residual value, of each asset on a straight-line basis over its expected useful life as follows:

Equipment 25% straight line

#### 4. Donations and legacies

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
<b>Donations</b>				
Donations and other income	29,313	29,313	17,571	17,571

#### 5. Expenditure on charitable activities by fund type

	Unrestricted Funds £	Total Funds 2022 £	Unrestricted Funds £	Total Funds 2021 £
Activity type 1	13,921	13,921	32,620	32,620
Support costs	2,123	2,123	2,149	2,149
	<u>16,044</u>	<u>16,044</u>	<u>34,769</u>	<u>34,769</u>

#### 6. Analysis of support costs

	Analysis of support costs activity 1 £	Total 2022 £	Total 2021 £
Finance costs	323	323	349
Governance costs	1,800	1,800	1,800
	<u>2,123</u>	<u>2,123</u>	<u>2,149</u>

#### 7. Staff costs

The average head count of employees during the year was Nil (2021: Nil).

No employee received employee benefits of more than £60,000 during the year (2021: Nil).

# Concerned For Mental Health

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

#### Year ended 31 March 2022

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#### 8. Trustee remuneration and expenses

No Trustees, or any person connected with them, received any remuneration or expenses during the year NIL (2021:NIL).

No Trustees, or other person related to the charity, had any personal interest in any contract or transaction entered into by the charity during the year NIL (2021:NIL).

#### 9. Tangible fixed assets

	<b>Fixtures and fittings</b>
	<b>£</b>
<b>Cost</b>	
At 1 April 2021 and 31 March 2022	5,783
<b>Depreciation</b>	
At 1 April 2021 and 31 March 2022	5,783
<b>Carrying amount</b>	
At 31 March 2022	—
At 31 March 2021	—

#### 10. Creditors: amounts falling due within one year

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Accruals and deferred income	3,600	3,600

#### 11. Analysis of charitable funds

##### Unrestricted funds

	At			At
	1 April 2021	Income	Expenditure	31 March 2022
	£	£	£	£
General funds	32,681	29,313	(16,044)	45,950

  

	At			At
	1 April 2020	Income	Expenditure	31 March 2021
	£	£	£	£
General funds	49,879	17,571	(34,769)	32,681

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# Concerned For Mental Health

## Company Limited by Guarantee

### Notes to the Financial Statements *(continued)*

Year ended 31 March 2022

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#### 12. Analysis of net assets between funds

	Unrestricted Funds £	Total Funds 2022 £
Tangible fixed assets	<u>32,681</u>	<u>32,681</u>

  

	Unrestricted Funds £	Total Funds 2021 £
Tangible fixed assets	<u>32,681</u>	<u>32,681</u>

# **Concerned For Mental Health**

**Company Limited by Guarantee**

**Management Information**

**Year ended 31 March 2022**

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**The following pages do not form part of the financial statements.**

# Concerned For Mental Health

## Company Limited by Guarantee

### Detailed Statement of Financial Activities

Year ended 31 March 2022

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	2022 £	2021 £
<b>Income and endowments</b>		
<b>Donations and legacies</b>		
Donations and other income	29,313	17,571
	<u>29,313</u>	<u>17,571</u>
<b>Total income</b>	<u>29,313</u>	<u>17,571</u>
<b>Expenditure</b>		
<b>Expenditure on charitable activities</b>		
Opening stock	12,889	22,752
Legal and professional fees	1,800	1,800
Other interest payable and similar charges	323	349
DetailedSOFAExpenditureOnCharitableActivitiesType2H	1,032	9,868
	<u>16,044</u>	<u>34,769</u>
<b>Total expenditure</b>	<u>16,044</u>	<u>34,769</u>
<b>Net income/(expenditure)</b>	<u>13,269</u>	<u>(17,198)</u>

# Concerned For Mental Health

## Company Limited by Guarantee

### Notes to the Detailed Statement of Financial Activities

Year ended 31 March 2022

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	2022 £	2021 £
<b>Expenditure on charitable activities</b>		
<b>Activity type 1</b>		
<b><i>Activities undertaken directly</i></b>		
Cost of generating voluntary income (Event cost)	9,389	4,500
Web work	<u>1,032</u>	<u>9,868</u>
	<u>10,421</u>	<u>14,368</u>
<b><i>Grant funding activities</i></b>		
Project grants	<u>3,500</u>	<u>18,252</u>
<b><i>Support costs</i></b>		
Accountancy fees	1,800	1,800
Bank charge	<u>323</u>	<u>349</u>
	<u>2,123</u>	<u>2,149</u>
	<u>16,044</u>	<u>34,769</u>
<b>Expenditure on charitable activities</b>	<u>16,044</u>	<u>34,769</u>