

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

England & Wales · Charity number 1124547

Details

Status Registered

Legal form Charitable company

Company number [06182748](#)

Registered 2008-06-17

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

Contact

Address Contact (Morpeth Mental Health Group) Limited
Greys Yard
Morpeth
Northumberland
NE61 1QD

Phone 01670510652

Email contact@contactmorpeth.org.uk

Website www.contactmorpeth.org.uk

Activities

Objects: THE OBJECTS OF THE COMPANY SHALL BE TO:(A) RELIEVE THE NEED OF PERSONS SUFFERING OR WHO HAVE SUFFERED FROM MENTAL ILLHEALTH, AND IN PARTICULAR TO ADVANCE EDUCATION, RELIEVE POVERTY AND TO PROVIDE FACILITIES IN THE INTEREST OF SOCIAL WELFARE FOR RECREATION AND OTHER LEISURE-TIME OCCUPATION FOR SUCH PERSONS WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE;(B) ENGAGE IN ANY OTHER CHARITABLE ACTIVITY WHICH MAY RELIEVE THE NEEDS OF SUCH PERSONS TO PROTECT AND PRESERVE THE HEALTH OF THEIR FAMILIES, FRIENDS AND CARERS.

Activities: Contact provides a safe space and drop-in centre for those affected by mental ill-health and their carers. We provide mentally stimulating activities to encourage participation and to reduce social isolation. We offer a Counselling / Therapy Service for those in need covering SE Northumberland. We provide advice on benefits. We offer caravan mini respite holidays to our members and their carers.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE, LOCAL
- Northumberland

Finances

Period end	Income	Expenditure	Assets	Employees
2025-07-31	£111,897	£107,242	-	-
2024-07-31	£118,286	£102,364	-	-
2023-07-31	£93,153	£81,979	-	-
2022-07-31	£97,334	£74,287	-	-
2021-07-31	£112,534	£73,808	-	-
2020-07-31	£80,332	£81,248	-	-

Trustees

Name	Role	Appointed
RHONA DUNN	Chair	2015-03-25
MARY KENDALL		2016-05-26
Paula Brown		2025-04-10
Robert Kendall		2022-12-08
Terrence Ternent		2026-02-19

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

England & Wales - Charity number 1124547

Accounts

Contact Morpeth Mental Health Group

***Annual Report and Financial Statements
for the year ended 31st July 2025***



**Charity Number 1124547
Company Number 06182748**



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Contact Morpeth Mental Health Group Ltd.

7 Grey's Yard, Oldgate, Morpeth, Northumberland NE61 1QD

Tel: 01670 510652 E-mail: contact@contactmorpeth.org.uk www.contactmorpeth.org.uk

Registered charity number: 1124547 Company Limited by guarantee: 06182748

Legal and Administrative Information

Name: **Contact Morpeth Mental Health Group Ltd.**

Registered charity number: **1124547**

Company Limited by guarantee: **06182748**

Trustees:

Rhona Dunn BEM	(Chairperson)
Mary Kendall	(Treasurer / Vice Chairperson)
Robert Kendall	
Shelley Liane Piper	(Appointed January 2025)
Paula Brown	(Appointed April 2025)
Geoff Bushell	(Resigned January 2025)

Company Secretary:

Barbara Knowles **(Appointed February 2025)**

Registered Office:

7 Greys Yard, Oldgate, Morpeth, Northumberland, NE61 1QD

Bank Details:

**Santander UK plc. Registered Office: 2 Triton Square,
Regent's Place, London, NW1 3AN**

Independent Examiner:

**Michelle Wright MW Accounting, Bookkeeping and Training,
Woodgate House, 5c Wood Street, Gateshead, NE11 9NP**

Mission Statement

“To offer friendship, develop support and reduce social isolation of those of us living with Mental Ill Health and their Carers.”

Aims and Objectives

Our charity’s purposes as set out in the objects in the company’s memorandum of association are to:

- Relieve the need of persons suffering or who have suffered from mental ill health, and in particular to advance education, relieve poverty and to provide facilities in the interest of social welfare for recreation and other leisure-time occupation for such persons with the object of improving their conditions of life.
- Engage in any other charitable activity which may relieve the needs of such persons to protect and preserve the health of their families, friends and carers.

Main Activities delivering Public Benefit

Contact Morpeth delivers public benefit through a range of accessible, community-based mental health services designed to support adults experiencing mental ill health, social isolation, and related challenges across South East Northumberland.

The provision of free, one-to-one counselling and emotional support, delivered by trained professionals, offering early intervention and crisis prevention for individuals experiencing distress. Alongside this, we facilitate peer support groups that reduce isolation, encourage mutual understanding, and promote recovery through shared lived experience.

“My counsellor saved my life. He helped me see me for the first time. I have a way to go but with his input, I am getting there. Thank you is not enough!”

We deliver a broad programme of social, creative, and wellbeing activities, including mindfulness, fitness, arts and crafts, creative writing, film groups, and digital inclusion sessions. These activities help improve confidence, emotional wellbeing, and social connection in a safe, non-judgemental environment.



CPR and Defibrillator Awareness Session At Contact Morpeth



We provide practical support initiatives, including food-sharing and signposting to other services, supporting individuals affected by poverty, the cost-of-living crisis and housing insecurity. Our Respite Breaks Project offers subsidised short breaks for members and carers, promoting rest, recovery, and improved mental wellbeing.

Contact Morpeth also offers numerous volunteering opportunities, enabling people to contribute, build skills, and regain a sense of purpose. We work closely with local health services and community partners to ensure effective referrals, joined-up support, and positive outcomes for beneficiaries.

Through these activities, the charity reduces isolation, improves mental wellbeing and strengthens community resilience, delivering clear and demonstrable public benefit.



Structure, Governance and Management

Governing Document:

Contact (Morpeth Mental Health Group) Ltd. is a charitable company limited by guarantee, incorporated on 26 March 2007 and registered as a charity on 1 August 2008 (originally registered as an unincorporated charity on 22 May 1986). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Board of Trustees:

The directors of the company are also charity trustees for the purposes of charity law and throughout this report are collectively referred to as the Board. Under the requirements of the Memorandum and Articles of Association the Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Board of Trustees give their time voluntarily and receive no benefits or personal / travel expenses from the charity. The Board seeks to ensure that the needs of service users are appropriately reflected through the diversity of the trustee body.

A broad mix of skills is represented on the Trustee Board. Contact (Morpeth Mental Health Group) Ltd. is always looking to recruit people with strengths in the areas of Marketing, HR, Business Management and Funding / Fundraising.

Trustee Induction and Training:

A comprehensive Trustee Pack as well as relevant policies, copies of Charity Commission guidance, the Constitution, Memorandum and Articles of Association and the latest Financial Statements / Reports are distributed to all new trustees. The Board is reviewing the induction and training for its trustees to provide a more structured approach.

Additionally, new trustees are invited and encouraged to meet with staff and volunteers as well as attend drop-in sessions and social activities to familiarise themselves with the charity's activities and the beneficiaries of the charity.

Risk Management:

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control 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 of all staff, volunteers, services users and visitors to the centre. These policies / procedures are periodically reviewed to ensure that they continue to be up to date, meeting the needs of the charity.

Organisational Structure:

Contact (Morpeth Mental Health Group) Ltd. has a board of trustees who meet bi-monthly and are responsible for the strategic direction and policy of the charity. At present the Board has members from a variety of professional backgrounds relevant to the work of the charity.

Responsibilities of the Board of Trustees:

The Trustees (who are also the directors of Contact (Morpeth Mental Health Group) Ltd. for the purposes of company law) are responsible for preparing the Annual Report and the Financial Statements in accordance with applicable Law and United Kingdom Accounting Standards (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 that period.

In preparing those 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;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping 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.

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

In accordance with company law as the company's directors we certify that:

- So far as we are aware, there is no relevant audit information of which the company's auditors / examiner are unaware; and
- As the directors of the company we have taken all the steps that we should have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditors/examiner are aware of that information.

Chairperson's Report

I am pleased to present the annual report for Contact Morpeth Mental Health Group for the financial year 2024–2025. Over the past year, our commitment to supporting mental wellbeing, standing alongside those who need us, and raising awareness of mental health issues within our community has remained as strong as ever.

Like many organisations, we have continued to work against a challenging backdrop. Rising levels of mental ill health, the ongoing cost-of-living crisis, and increasing operational costs have all placed additional pressures on both individuals and services. Despite this, our charity has continued to grow, adapt and respond thoughtfully to the changing and challenging needs of our beneficiaries.

We have seen a notable increase in demand for our services, particularly our Free Counselling Service, which provides vital, life-enhancing support to adults across South East Northumberland. Referrals and self-referrals continue to come regularly from GP surgeries, Community Link Workers, Social Prescribers, and local Crisis Teams. This ongoing demand reflects the trust our community places in Contact Morpeth and the importance of the support we provide.

Over 110 beneficiaries of our Free Counselling Service this year!

None of this work would be possible without the dedication, compassion and professionalism of our incredible team of volunteer counsellors. Their commitment ensures that everyone who accesses our services is met with empathy, respect, and high-quality support, helping individuals to better manage their mental health, build resilience, and rediscover hope and stability in their lives.



Looking ahead Contact Morpeth remains firmly committed to providing accessible, community-based mental health support. We move forward with optimism and determination, ready to continue meeting the evolving needs of our community and supporting those who rely on us.

“Counselling has been amazing and helped me make some life-changing differences in my mindset and behaviours. Thank you again!”

This year alone, over 110 individuals have benefited from our Free Counselling Service, marking a 33% increase compared to the previous year. Our support extends beyond Morpeth, reaching communities across South East Northumberland, demonstrating the growing need for accessible, high-quality mental health services in the region.

“My counsellor has been amazing from start to finish. I can truly say I now feel fantastic and able to move forward, all thanks to my counsellor's great work.”

In addition to counselling, our team has devoted considerable time and expertise to assisting people with benefit advice, applications and appeals. This includes conducting telephone assessments and where necessary providing representation at benefit tribunals. We have also observed a notable rise in the referrals we have made to local Food Banks and the Citizens Advice Bureau, reflecting the ongoing financial pressures and social challenges faced by many in our community.

Through these combined efforts, Contact Morpeth Mental Health Group continues to serve as a vital lifeline for individuals experiencing mental health difficulties, offering not only practical support but also the guidance, respect, and understanding essential to personal recovery. Our work empowers beneficiaries to navigate complex challenges, improve wellbeing, and regain confidence and stability in their lives.

As we look to the year ahead, it is clear that the demand for our services and activities will continue to grow. Contact Morpeth remains committed to meeting these needs, adapting and expanding our support to ensure that every individual in our community has access to the help they require and deserve.

“Before coming to Contact I felt completely isolated. The support I’ve received has helped me feel calmer, more confident, and less alone.”



Community Engagement and Events

Throughout the year, our members enjoyed a number of well-attended day trips, including visits to Beamish and Tynemouth Market. Further day trips and short holidays are currently being planned to continue supporting our members' wellbeing.

Our Christmas Lunch welcomed over 32 people, and sincere thanks go to everyone involved in both the preparations and on the day itself.

To mark Mental Health Awareness Week, we once again hosted a successful Circle Drumming session at Contact. We also celebrated Volunteers Week in June with a fun event to recognise and thank our volunteers for their valuable contribution.

The charity was represented at the Ageing Well Event held at Morpeth Town Hall.

In addition, members visited The Roost retreat in Netherwitton, took part in Defibrillator Training, attended informative sessions on Scams Awareness and Budgeting.

Fundraising and Financial Support

Our fundraising activities, supported generously by our local community, have been very successful, with a variety of events were held throughout the year, including “Picnic in the Park”, Raffles, Quiz Nights (some with food), and a Burns Night celebration.

We are especially grateful to our supporters who took part in the Great North Run and other sponsored challenges on our behalf.

In addition, we were pleased to raise £310 for St Oswald’s Hospice, supporting another worthy cause. Thank you to everyone who contributed through their time, effort, and donations.

We are extremely thankful for the financial support provided by the trustees of The Hollon Trust which has helped beneficiaries experiencing financial hardship. Thanks to successful grant funding, we have also been able to set funds aside to refurbish and renew our Kitchen and Café areas, as well as to decorate the majority of the centre.

Despite ongoing economic uncertainty, I am pleased to report that the charity remains financially stable. This stability reflects the continued generosity and commitment of our donors, sponsors, and partners, whose support enables us to continue our vital work. We are deeply grateful for their ongoing dedication to our cause.

Looking Ahead

With your continued support and commitment, I am confident that we will continue to grow and achieve even more in the years ahead.

In closing, I would like to offer my heartfelt thanks to our board members, staff, volunteers, and supporters who have all played a vital role in the success of our charity. Your passion, dedication, and hard work are truly inspiring, and it is a privilege to work alongside every one of you.

A huge thank you to you all — you are amazing!

Rhona Dunn BEM

Chair, Contact Morpeth Mental Health Group

“Contact Morpeth has been a lifeline for me. Having somewhere safe to talk and people who understand has really helped my mental health.”



Services and Activities

We have continued to improve, expand and provide our free vital Counselling / Therapy Service for those in need across South East Northumberland, using trained volunteer counsellors, also providing relief, advice and support on benefits / debt / housing and many other issues, all important to our beneficiaries.

Our tutor led “Funky Fitness” sessions continue to be in great demand, with individuals benefitting from improvements to their health as well as increased social interaction. Our Digital Camera / Photography group also proves popular as well as our informal IT sessions which assist our beneficiaries in becoming more Digitally Inclusive, with tutor led weekly sessions reaping the advantages of going online.

Over 700 hours of Counselling delivered this year!

Other weekly activities include “Meditation and Mindfulness” sessions, Craft sessions, Card making, a Carers Support Group and a Film Club.

Our Drop In Café the “Coffee Den ” generates valuable income, operating daily run predominately by a great group of Volunteers, not only does it provide tea /coffee but nutritious warm subsidised meals, a vital place where members can feel accepted, socialise with others or may just need to escape from their home setting.

Volunteers

Contact Morpeth Volunteers are massively important to our success and are seen as an integral part of our team rather than seen as an “add on”. We could not operate the charity without them, seen as an essential part of our operations and are invaluable to our work.

Contact’s Volunteers contribute in numerous roles such as one-to-one counselling, our listening service, tutoring workshops and serving refreshments and lunches in our Coffee Den, as well as on our fundraising group and as Trustees. With approximately 25 volunteers between August 2024 and July 2025, having donated thousands of hours of their time.

The Trustees and Staff would like to take this opportunity to sincerely thank the Volunteers for their continued enthusiasm, support and time given selflessly to the service of our others. They are great fun to have around and no task is too much for them.



Plans for the future

The charity plans to continue running the activities outlined, provided that sufficient funding is secured to sustain them. We remain committed to maintaining the quality and accessibility of our services for all who need them.

Volunteers gave over 3,400 hours of their time this year!

As we build on the momentum of the past year, we are excited to further develop and expand our programmes, reaching more people and deepening our impact. We look forward to continuing our mission of promoting mental health and wellbeing, fostering resilience, and creating a supportive, inclusive community for everyone.



Financial Review

The total income for the period was £111,897 (2024: £118,286). This income is allocated across respective funds on the Statement of Financial Activities in accordance with the Statement of Recommended Practice.

The Statement of Financial Activities for the period ended 31 July 2025 shows a net income across all funds of £4,655 (2024: £15,922).

The Balance Sheet at 31 July 2025 shows total funds carried forward of £150,108 (2024: £145,453) of which there are £68,962 designated funds (2024: £77,889) and £23,905 restricted funds (2024: £32,431).

Funding and Fundraising

During the year Funding was gratefully received from the following sources, trusts and foundations:

The Albert Hunt Trust The Hadrian Trust Morpeth Town Council Morpeth Football Club
The Rothley Trust The Garfield Weston Foundation The William Leech Charity
The Community Foundation Northumberland / Tyne and Wear) Newcastle Building Society
The Barbour Foundation The Joicey Trust The Ridley Family Charity The Sir James Knott Trust
St. James Place Foundation The North East Together Small Grants Fund
The 29th May 1961 Charitable Trust The Carr Ellison Family Trust
The William Webster Charitable Trust The J H Burn Charity Trust The Morrisons Foundation
LL Manning Charity Trust Every Turn MHC The Screwfix Foundation



Other income was derived from our Fundraising efforts, Donations, Activities and Events, Room Hire, Caravan Lettings and our Café.

“Contact gave me a reason to leave the house again. Being around others who understand mental health has made a huge difference to my wellbeing.”

Reserves Policy

The Board of Trustees has examined the charity's requirements for reserves in light of the main risks to the organisation and have set a level equivalent to 6 months of operating costs as a desired level of reserve. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity are a contingency in the event of sudden unforeseen variations in its income and expenditure, in order to protect the future operation of the organisation.

Trustees Declarations

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>Rhona Dunn</i> Rhona Dunn (Mar 12, 2026 10:08:27 GMT)	
Full Name(s)	Rhona Dunn	
Position (e.g. Chair, Secretary etc.)	Chair	

Date	12/03/2026
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CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 July 2025

I report on the financial statements of Contact (Morpeth Mental Health Group) Limited for the year ended 31 July 2025, which are set out on pages 13 to 24.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2022 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.


Michelle Wright (Mar 16, 2026 10:18:37 GMT)

Michelle Wright
MW Accounting, Bookkeeping & Training
Woodgate House
5c Wood Street
Gateshead
NE11 9NP
Date: 12/03/2026

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 July 2025

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
<u>Income from:</u>					
Donations and legacies	6	21,960	-	21,960	11,442
Charitable activities					
Grants and contracts	7	28,212	30,089	58,301	84,657
Other trading activities	8	19,500	8,776	28,276	19,888
Other income	9	3,359	-	3,359	2,298
Total income		73,031	38,865	111,897	118,285
<u>Expenditure on:</u>					
Charitable activities					
Operation of the charity	10	59,851	47,391	107,242	102,363
Total expenditure		59,851	47,391	107,242	102,363
Net income/(expenditure) and net movement of funds		13,181	(8,526)	4,655	15,922
<u>Reconciliation of funds</u>					
Total funds brought forward		113,022	32,431	145,453	129,531
Total funds carried forward		126,203	23,905	150,108	145,453

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 15 to 24 form an integral part of these accounts.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

Charity Number 1124547

Company Number 06182748

BALANCE SHEET

As at 31 July 2025

	Notes	£	Total 2025 £	£	Total 2024 £
<u>Fixed assets</u>					
Tangible assets	17		36,693		45,620
Total fixed assets			36,693		45,620
<u>Current assets</u>					
Debtors	18	366		1,073	
Cash at bank and in hand	19	113,648		99,234	
Total current assets		114,014		100,307	
Creditors: amounts falling due within one year	20	(600)		(475)	
Net current assets			113,414		99,833
Total assets less current liabilities			150,108		145,453
Total net assets or liabilities			150,108		145,453
<u>Funds of the charity</u>					
Unrestricted income funds			57,241		35,133
Designated funds			68,962		77,889
Restricted income funds			23,905		32,431
Total funds			150,108		145,453

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 15 to 24 form an integral part of these accounts.

These financial statements were approved by the Board on: 12/03/2026

and are signed on its behalf by:

Rhona Dunn

Chair of Board of Trustees

Rhona Dunn

Rhona Dunn (Mar 12, 2026 10:08:27 GMT)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2022.

Contact (Morpeth Mental Health Group) Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

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

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of mentally stimulating activities, counselling/therapy and other activities undertaken to further the purposes of the charity and their associated support costs.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis, a full years depreciation charge is applied in the year of acquisition and no charge is made in the year of disposal:

Caravan	Straight line over seven years
Office equipment	Straight line over five years
Computer equipment	Straight line over three years

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
6 Donations and legacies				
Donations and Gift Aid	21,960	-	21,960	11,442
	<u>21,960</u>	<u>-</u>	<u>21,960</u>	<u>11,442</u>
7 Charitable activities				
<u>Income from grants and contracts</u>				
Albert Hunt Trust	4,000	-	4,000	4,000
Barbour Foundation	-	-	-	5,000
Morrisons	-	8,000	8,000	-
Groundwork UK	-	7,589	7,589	-
Ridley Family	3,000	-	3,000	-
29th May 1961 Charitable Trust	-	-	-	1,000
Screwfix	5,000	-	5,000	-
Garfield Weston	5,000	-	5,000	-
Northumberland Council Community Chest	-	-	-	2,912
Sir James Knott Trust	-	10,000	10,000	10,000
Community Foundation	1,750	4,500	6,250	-
National Lottery	-	-	-	17,147
Awards for All	-	-	-	3,600
Morpeth Town Council	750	-	750	750
VONNE	2,625	-	2,625	-
LL Manning Charity Trust	-	-	-	1,000
Everyturn MHC	-	-	-	3,930
Greggs Foundation	-	-	-	10,000
The Green Hall Foundation	-	-	-	4,000
The William Webster Charitable Trust	-	-	-	3,000
NCC MLIS Counsellor Richard Wearmouth	-	-	-	3,000
NCC MLIS Counsellor David Bawn	-	-	-	3,000
NCC MLIS Counsellor John Beynor	-	-	-	3,000
Other small grants	6,087	-	6,087	9,318
	<u>28,212</u>	<u>30,089</u>	<u>58,301</u>	<u>84,657</u>
8 Other trading activities				
Activities and Events	7,384	-	7,384	2,676
Fundraising	2,265	-	2,265	2,596
Room hire	1,350	-	1,350	1,290
Caravan Lettings	-	8,776	8,776	4,170
Café	8,501	-	8,501	9,155
	<u>19,500</u>	<u>8,776</u>	<u>28,276</u>	<u>19,888</u>

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

Analysis of income continued

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
9 Other income				
Other income	3,359	-	3,359	2,298
	<u>3,359</u>	<u>-</u>	<u>3,359</u>	<u>2,298</u>

Income was £111,897 (2024: £118,286) of which £73,031 was unrestricted or designated (2024: £75,586) and £38,865 was restricted (2024: £42,700)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
10 Charitable activities				
<u>Direct costs</u>				
Staff Costs	23,724	20,000	43,724	39,673
Staff and Volunteer Training	-	-	-	303
Activities & events	6,506	2,471	8,977	9,945
Caravan costs	-	8,030	8,030	3,678
Café	5,471	-	5,471	3,870
<u>Support costs</u>				
Centre & office running costs	10,623	16,890	27,513	19,024
Insurance	1,728	-	1,728	1,481
Printing, postage & stationery	720	-	720	614
Repairs & renewals	1,253	-	1,253	833
Sale of asset	-	-	-	13,340
Depreciation	8,927	-	8,927	8,242
<u>Governance costs</u>				
Independent examiner's fees for reporting on the accounts	300	-	300	300
Payroll Fees	340	-	340	337
Legal and professional fees	259	-	259	722
	<u>59,851</u>	<u>47,391</u>	<u>107,242</u>	<u>102,363</u>

Expenditure on charitable activities was £107,242 (2024: £81,979) of which £59,851 was unrestricted or designated (2024: £53,162) and £47,391 was restricted (2024: £28,817)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

11 Fees for examination of the accounts

	2025 £	2024 £
Independent examiner's fees for reporting on the accounts	300	300
	300	300

12 Analysis of staff costs and the cost of key management personnel

	2025 £	2024 £
Salaries and wages	39,908	37,196
Social security costs	3,147	2,298
Pension costs (defined contribution pension plan)	524	112
	43,580	39,607

No employee received remuneration above £60,000 (2024: nil)

The key management personnel of the charity, comprise the Trustees and the Fundraiser. The total employee benefits of the key management personnel of the charity were £14,971. (2024: £14,971)

13 Staff numbers

The average monthly head count was 2.5 staff (2024: 2.5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2025 Number	2024 Number
The parts of the charity in which the employee's work		
Fundraising	1.0	1.0
Charitable activities	1.5	1.5
	2.5	2.5

Sessional staff are hired on a project by project basis and are included within charitable activities as direct project costs as they typically relate to specific production or projects.

14 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

15 Defined contribution pension scheme

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 employer's pension costs represent contributions payable by the charity to the fund and amount to £1,223 (2024: £262). There was £0 outstanding as at 31 July 2025 (2024: £175)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

17 Tangible fixed assets

	Caravan £	Office Equipment £	Computer equipment £	Total £
Cost				
Balance brought forward	42,040	7,300	4,424	53,764
Additions	-	-	-	-
Disposals	-	-	-	-
Balance carried forward	42,040	7,300	4,424	53,764
Depreciation				
Basis	SL	SL	SL	
Rate	14%	20%	33%	
Balance brought forward	3,503	3,085	1,556	8,144
Depreciation charge for year	6,006	1,460	1,461	8,927
Disposals	-	-	-	-
Balance carried forward	9,509	4,545	3,017	17,071
Net book value				
Brought forward	38,537	4,215	2,868	45,620
Carried forward	32,531	2,755	1,407	36,693

18 Debtors and prepayments (receivable within 1 year)

	2025 £	2024 £
Prepayments & accrued income	366	1,073
	366	1,073

19 Cash at bank and in hand

	2025 £	2024 £
Cash at bank and in hand	113,598	99,184
Cash in hand	50	50
	113,648	99,234

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

20 Creditors and accruals (payable within 1 year)

	2025 £	2024 £
Pension	-	175
Accruals		
Independent examination of accounts	300	300
Other accruals	300	-
	<u>600</u>	<u>475</u>

21 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 Analysis of charitable funds

Analysis of movements in unrestricted funds For the year ending 31 July 2025

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	35,132	73,031	(50,924)	-	57,240
Designated funds					
Depreciating assets	27,889	-	(8,927)	-	18,962
Future projects	20,000	-	-	-	20,000
Caravan replacement	25,000	-	-	-	25,000
Unplanned staff costs	5,000	-	-	-	5,000
Totals	<u>113,021</u>	<u>73,031</u>	<u>(59,851)</u>	<u>-</u>	<u>126,202</u>

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Designated funds	
Depreciating assets	Funding received and used to purchase a new caravan
Future projects	To enable the charity to initiate projects that are immediate need
Caravan capital replacement	To cover or contribute to timely replacement of the capital asset
Unplanned staff costs	To fund a dedicated resource to support the staff team

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

22 Analysis of charitable funds continued Analysis of movement in restricted funds For the year ending 31 July 2025

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Restricted funds					
Caravan	8,151	8,776	(8,030)	-	8,897
Community Foundation	3,232	-	(2,396)	-	836
Wilan Trust	3,930	-	(3,930)	-	-
Karbon Homes	1,000	-	-	-	1,000
St James' Place	672	-	-	-	672
Sir James Knott	10,000	10,000	(20,000)	-	-
Morrisons	-	8,000	-	-	8,000
Groundwork UK	-	7,589	(7,589)	-	-
Community Foundation	-	4,500	-	-	4,500
Newcastle Building Society					
Awards for All	75	-	(75)	-	-
Morpeth Town Council	-	-	-	-	-
Other grants	5,371	-	(5,371)	-	-
Totals	32,431	38,865	(47,391)	-	23,905

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Caravan	To support the purchase and running costs of a Respite Breaks Caravan Project, available for members to use for short breaks
Community Foundation	To support counselling provided by the organisation
Wilan Trust	To support the core running costs of the organisation
Karbon Homes	To support counselling provided by the organisation
St James' Place	To support counselling provided by the organisation
Sir James Knott	To support salary costs
Morrisons	To contribute towards the kitchen refurbishment
Groundwork UK	To provide energy efficient upgrades to the building
Community Foundation	To support the running of the Food Bank Project
Newcastle Building Society	
Awards for All	To support the meditation and fitness activities the organisation runs
Morpeth Town Council	To support the core running costs of the organisation
Other grants	To support the core running costs of the organisation

23 Capital commitments

As at 31 July 2025, the charity had no capital commitments (2024 -£nil)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2025

24 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Tangible fixed assets	36,693	-	36,693	45,620
Cash at bank and in hand	89,743	23,905	113,648	99,234
Other net current assets/(liabilities)	(234)	-	(234)	599
	<u>126,203</u>	<u>23,905</u>	<u>150,108</u>	<u>145,453</u>

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

England & Wales - Charity number 1124547

Accounts

Contact Morpeth Mental Health Group

*Annual Report and Financial Statements
for the year ended 31st July 2024*



Charity Number 1124547

Company Number 06182748



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Contact Morpeth Mental Health Group Ltd.

7 Grey's Yard, Oldgate, Morpeth, Northumberland NE61 1QD

Tel: 01670 510652 E-mail: contact@contactmorpeth.org.uk www.contactmorpeth.org.uk

Registered charity number: 1124547 Company Limited by guarantee: 06182748

Legal and Administrative Information

Name: **Contact Morpeth Mental Health Group Ltd.**

Registered charity number: **1124547**

Company Limited by guarantee: **06182748**

Trustees:

Rhona Dunn BEM	(Chairperson)
Mary Kendall	(Treasurer / Vice Chairperson)
Geoff Bushell	(Secretary) (Resigned 30 Jan 2025)
Elaine Smith	(Resigned 25 Apr 2024)
Robert Kendall	
Kathryn Kent	(Appointed 16 Oct 2024)
Shelley Piper	(Appointed 30 Jan 2025)

Representatives on the Leadership Group:

Volunteers: Dawn Ternent

Members: Lyndsay Thompson

Carers: Derek Lord

Registered Office:

7 Greys Yard, Oldgate, Morpeth, Northumberland, NE61 1QD

Bank Details:

**Santander UK plc. Registered Office: 2 Triton Square,
Regent's Place, London, NW1 3AN**

Independent Examiner:

**Michelle Wright MW Accounting, Bookkeeping and Training,
Woodgate House, 5c Wood Street, Gateshead, NE11 9NP**

Mission Statement

“To offer friendship, develop support and reduce social isolation of those of us living with Mental Ill Health and their Carers.”

Aims and Objectives

Our charity’s purposes as set out in the objects in the company’s memorandum of association are to:

- Relieve the need of persons suffering or who have suffered from mental ill health, and in particular to advance education, relieve poverty and to provide facilities in the interest of social welfare for recreation and other leisure-time occupation for such persons with the object of improving their conditions of life;
- Engage in any other charitable activity which may relieve the needs of such persons to protect and preserve the health of their families, friends and carers.

Main Activities delivering Public Benefit

Contact Morpeth Mental Health and its charitable work is seen as crucial, offering friendship, support and reducing social isolation for those living with Serious Mental Illness and their carers, delivering vital services and activities, reaching beneficiaries across a wide area of South East Northumberland.

Made possible through the provision of a safe space and drop - in Centre for individuals whose lives have been severely affected by Serious Mental Illness, delivering a wide range of mentally stimulating activities and services which encourage participation as individuals or in a group setting, ultimately improving wellbeing and mental health, bringing about a reduction in the social isolation experienced by many.

Companionship is encouraged in a fun and friendly environment, which in turn is non-judgmental.

Structure, Governance and Management

Governing Document:

Contact (Morpeth Mental Health Group) Ltd. is a charitable company limited by guarantee, incorporated on 26 March 2007 and registered as a charity on 1 August 2008 (originally registered as an unincorporated charity on 22 May 1986). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Board of Trustees:

The directors of the company are also charity trustees for the purposes of charity law and throughout this report are collectively referred to as the Board. Under the requirements of the Memorandum and Articles of Association the Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Board of Trustees give their time voluntarily and receive no benefits or personal/travel expenses from the charity. The Board seeks to ensure that the needs of service users are appropriately reflected through the diversity of the trustee body.

A broad mix of skills is represented on the Trustee Board. Contact Morpeth is always looking to recruit people with strengths in the areas of Marketing, HR, Business Management and Funding / Fundraising.

Trustee Induction and Training:

Copies of the Memorandum and Articles of Association and the latest financial statements are distributed to all new trustees. The Board is reviewing the induction and training for its trustees to provide a more structured approach.

Additionally, new trustees are invited and encouraged to meet with staff and volunteers as well as attend drop-in sessions and social activities to familiarise themselves with the charity's activities and the beneficiaries of the charity.

Risk Management:

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control 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 of all staff, volunteers, services users and visitors to the centre. These policies / procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Organisational Structure:

Contact (Morpeth Mental Health Group) Ltd. has a board of trustees who meet bi-monthly and are responsible for the strategic direction and policy of the charity. At present the Board has members from a variety of professional backgrounds relevant to the work of the charity.

Responsibilities of the Board of Trustees:

The Trustees (who are also the directors of Contact (Morpeth Mental Health Group) Ltd. (for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 that period. In preparing those 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;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping 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.

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

In accordance with company law, as the company's directors, we certify that:

- So far as we are aware, there is no relevant audit information of which the company's auditors/examiner are unaware; and

- As the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditors/examiner are aware of that information.

Chairperson's Report

I am pleased to present my annual report for Contact Morpeth Mental Health Group for the financial year 2023-2024. This year has once again highlighted our unwavering commitment to promoting mental well-being, advocating for those in need, and raising awareness of mental health issues.

Despite the ongoing challenges posed by rising levels of mental ill health, the cost-of-living crisis, and increasing operational costs, our charity has continued to adapt and evolve to meet the ever-changing needs of our community. Like many organisations, we have experienced a significant rise in the demand for our services, particularly for our vital Free Counselling Service. We receive regular referrals and self-referrals from across South East Northumberland, working closely with GP surgeries, Community Link Workers, Social Prescribers, and Crisis Teams. None of this would be possible without the dedication and professionalism of our incredible team of volunteer counsellors.

Over 83 beneficiaries of our Free Counselling Service this year!

This year alone, over 83 individuals have benefitted from our Free Counselling Service, representing a 30% increase from the previous year. Our support extends not only to Morpeth but also to communities across South East Northumberland.

Beyond counselling, we have devoted significant time to assisting people with benefit advice, applications, and appeals—including telephone assessments and where necessary, representation at benefit tribunals. We have also seen an increase in referrals made to Food Banks and the CAB, reflecting the ongoing hardships many in our community face.

Through our continued efforts, Contact Morpeth Mental Health Group remains a vital source of support for individuals facing mental health challenges, ensuring they receive the help, guidance, respect, and understanding they deserve. As we anticipate that the needs of our beneficiaries will continue to grow, the demand for our numerous services and activities will undoubtedly increase.

Community Engagement and Events

During the year, our members enjoyed fantastic days out at Beamish and Alnwick Gardens, where we were given 32 free tickets. Additional day trips and holidays are being planned to further support the well-being of our members.

We gratefully received Christmas Gift Boxes sourced from "Elderberries" and the Duchess of Northumberland, which were distributed to members over 50 and those alone at Christmas. Additionally, our Christmas Lunch catered for 32 people—many thanks to everyone who worked so hard on the day and in the preparations!

In recognition of Mental Health Awareness Week, we hosted a successful Circle Drumming event at Contact. We also celebrated the contribution of our volunteers with a fun event during Volunteers Week in June.

Our charity was represented at an Ageing Well Event at Morpeth Town Hall and at a Northumberland Communities Together networking and public event with a display at Pegswood Community Hub.

Fundraising and Financial Support

Our fundraising efforts, with valuable support from our local community, have been highly successful. Various fundraising events took place, including Quiz Nights with food and a Burns Night. Notable contributions include:

- "Andy's 100 Half Marathons" fundraiser, which raised an incredible sum of £1,426.76, including Gift Aid.
- "Party for Patrick," organised by Lyndsey Crofts at the Rugby Club, which raised £1,302.50.
- Generous donations from Morpeth Men's Breakfasts, Morpeth Poetry Group, Anglican Churches of Morpeth, Health Hut Pharmacy, Morpeth Rotary Club, St George's United Reformed Church, and the Ladies Breakfast Club Morpeth.
- Supporters completing the Great North Run and other sponsored events on our behalf.

In addition, we raised funds for other worthy causes, including £310 for Macmillan Cancer and £107 for Comic Relief from our Red Nose Day Raffle. Thank you to all who helped and donated.

We are extremely grateful for the financial support provided by the trustees of The Hollon Trust and The Morpeth Dispensary, assisting beneficiaries struggling financially. Furthermore, thanks to grants, we were able to purchase much-needed new computers in line with planned ICT office upgrades, significantly improving our efficiency and staff well-being.

Despite economic uncertainties, I am pleased to report that our charity remains financially stable. This is a testament to the unwavering support of our donors, sponsors, and partners, whose generosity enables us to continue our vital work. We are deeply grateful for their ongoing commitment to our cause.

Looking Ahead

With your continued support and dedication, I am confident that we will make even greater strides in the years to come.

In closing, I would like to express my sincere gratitude to the board, staff, volunteers, and supporters who have contributed to the success of our charity. Your passion, dedication, and tireless efforts are truly inspiring, and I am honoured to work alongside each and every one of you.

A massive thank you—you're all amazing!

Rhona Dunn BEM

Chair, Contact Morpeth Mental Health

Services and Activities

We have continued to improve, expand and provide our free vital Counselling / Therapy Service for those in need across South East Northumberland, using trained volunteer counsellors, also providing relief, advice and support on benefits / debt / housing and many other issues, all important to our beneficiaries.

We signed up our premises as a “Warm Space and Place” with Northumberland County Council.

Our tutor led “Funky Fitness” sessions continue to be in great demand, with individuals benefitting from improvements to their health as well as increased social interaction. Our Digital Camera / Photography group also proves popular as well as our informal IT sessions which assist our beneficiaries in becoming more Digitally Inclusive, with tutor led weekly sessions reaping the advantages of going online.

Over 500 hours of Counselling delivered this year!

Other weekly activities include “Meditation and Mindfulness” sessions, Craft sessions, Card making, a Carers Support Group and a Film Club.

Our Drop In Café the “Coffee Den ” generates valuable income, operating daily run predominately by a great group of Volunteers, not only does it provide tea /coffee but nutritious warm subsidised meals, a vital place where members can feel accepted, socialise with others or may just need to escape from their home setting.

Volunteers:

Contact Morpeth Volunteers are massively important to our success and are seen as an integral part of our team rather than seen as an “add on”. We could not operate the charity without them, seen as an essential part of our operations and are invaluable to our work.

Contact’s Volunteers contribute in numerous roles such as one-to-one counselling, tutoring workshops and serving refreshments and lunches in our Coffee Den, as well as on our fundraising group and as Trustees. With approximately 25 volunteers between August 2023 and July 2024, having donated thousands of hours of their time.

Volunteers gave over 3,300 hours of their time this year!

The Trustees and Staff would like to take this opportunity to sincerely thank the Volunteers for their continued enthusiasm, support and time given selflessly to the service of our others. They are great fun to have around and no task is too much for them.

Plans for the future:

The charity plans to continue running the activities outlined subject to satisfactory levels of funding being acquired.

As we build on the momentum of the past year, we are excited to continue our mission of promoting mental health and well-being for all.

We are currently raising funds to purchase a new replacement Static Caravan in a different location, part of our “Respite Breaks Project”. To complement our existing services and activities, we aim to start Creative and Expressive Writing Groups, a Singing Group and a Walking Group. Additionally, we plan to replace our kitchen, carry out energy-saving measures, and redecorate the centre to improve our facilities.

Financial Review

The total income for the period was £118,286 (2023: £93,153). This income is allocated across respective funds on the Statement of Financial Activities in accordance with the Statement of Recommended Practice.

The Statement of Financial Activities for the period ended 31 July 2024 shows a net income across all funds of £15,922 (2023: £11,174).

The Balance Sheet at 31 July 2024 shows total funds carried forward of £145,453 (2023: £129,531) of which there are £77,889 designated funds (2023: £66,131) and £32,431 restricted funds (2023: £34,862).

Funding and Fundraising:

During the year Funding was gratefully received from the following sources, trusts and foundations:

The Albert Hunt Trust The Hadrian Trust Morpeth Town Council Morpeth Football Club
Local Giving The Greggs Foundation The Rothley Trust The Green Hall Foundation
The Community Foundation Northumberland / Tyne and Wear) Sir James Knott Trust
The Barbour Foundation The Joicey Trust The Ridley Family Charity
The National Lottery Cost of Living Fund St. James Place Foundation
British Engines Tesco Community Grant The North East Together Small Grants Fund
The 29th May 1961 Charitable Trust Freemasons of Northumberland Benevolent Fund
Coca-Cola Euro pacific Partners Community Fund The Carr Ellison Family Trust
The William Webster Charitable Trust Awards For All The J H Burn Charity Trust
LL Manning Charity Trust Every Turn MHC

*Thank
you!*

Other income was derived from our Fundraising efforts, Donations, Activities and Events, Room Hire, Caravan Lettings, our Café.

Reserves Policy:

The Board of Trustees has examined the charity's requirements for reserves in light of the main risks to the organisation and have set a level equivalent to 6 months of operating costs as a desired level of reserve. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity are a contingency in the event of sudden unforeseen variations in its income and expenditure, in order to protect the future operation of the organisation.

Trustees Declarations

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity 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 charity and the group and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<u>R Dunn</u> R Dunn (Apr 3, 2025 10:06 GMT+1)	<u>M Kendall</u> M Kendall (Apr 16, 2025 10:02 GMT+1)
Full Name(s)	R Dunn	M Kendall
Position (e.g. Chair, Secretary etc.)	Chair	Treasurer

Date	03/04/2025
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CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 July 2024

I report on the financial statements of Contact (Morpeth Mental Health Group) Limited for the year ended 31 July 2024, which are set out on pages 10 to 21.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Michelle Wright

Michelle Wright
MW Accounting, Bookkeeping & Training
Woodgate House
5c Wood Street
Gateshead
NE11 9NP
Date: 16/04/2025

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 July 2024

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
<u>Income from:</u>					
Donations and legacies	6	11,442	-	11,442	4,828
Charitable activities					
Grants and contracts	7	46,127	38,530	84,657	68,672
Other trading activities	8	15,718	4,170	19,888	18,213
Other income	9	2,298	-	2,298	1,441
Total income		75,586	42,700	118,286	93,153
<u>Expenditure on:</u>					
Charitable activities					
Operation of the charity	10	57,233	45,131	102,364	81,979
Total expenditure		57,233	45,131	102,364	81,979
Net income/(expenditure) and net movement of funds		18,353	(2,431)	15,922	11,174
<u>Reconciliation of funds</u>					
Total funds brought forward		94,669	34,862	129,531	118,357
Total funds carried forward		113,022	32,431	145,453	129,531

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 12 to 21 form an integral part of these accounts.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

Charity Number 1124547

Company Number 06182748

BALANCE SHEET

As at 31 July 2024

	Notes	£	Total 2024 £	£	Total 2023 £
<u>Fixed assets</u>					
Tangible assets	17		45,620		40,753
Total fixed assets			45,620		40,753
<u>Current assets</u>					
Debtors	18	1,073		1,160	
Cash at bank and in hand	19	99,234		87,918	
Total current assets		100,307		89,078	
Creditors: amounts falling due within one year	20	(475)		(300)	
Net current assets			99,833		88,778
Total assets less current liabilities			145,453		129,531
Total net assets or liabilities			145,453		129,531
<u>Funds of the charity</u>					
Unrestricted income funds			35,133		28,538
Designated funds			77,889		66,131
Restricted income funds			32,431		34,862
Total funds			145,453		129,531

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 12 to 21 form an integral part of these accounts.

These financial statements were approved by the Board on: 03/04/2025

and are signed on its behalf by:

Rhona Dunn

Chair of Board of Trustees

R Dunn

R Dunn (Apr 3, 2025 10:06 GMT+1)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Contact (Morpeth Mental Health Group) Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

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

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of mentally stimulating activities, counselling/therapy and other activities undertaken to further the purposes of the charity and their associated support costs.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis, a full years depreciation charge is applied in the year of acquisition and no charge is made in the year of disposal:

Caravan	Straight line over seven years
Office equipment	Straight line over five years
Computer equipment	Straight line over three years

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
6 Donations and legacies				
Donations and Gift Aid	11,442	-	11,442	4,828
	<u>11,442</u>	<u>-</u>	<u>11,442</u>	<u>4,828</u>
7 Charitable activities				
<u>Income from grants and contracts</u>				
Albert Hunt Trust	4,000	-	4,000	4,000
EC Graham Belford	-	-	-	3,000
Barbour Foundation	5,000	-	5,000	5,000
Joicey Trust	-	-	-	3,000
Greatham Hospital	-	-	-	1,000
Ridley Family	-	-	-	3,000
29th May 1961 Charitable Trust	1,000	-	1,000	1,000
Karbon Homes	-	-	-	1,000
St James' Place	-	-	-	2,500
Northumberland Council Community Chest	2,912	-	2,912	1,072
Sir James Knott Trust	-	10,000	10,000	10,000
Community Foundation	-	-	-	7,700
Freemasons	-	-	-	5,000
National Lottery	17,147	-	17,147	-
Awards for All	-	3,600	3,600	-
Morpeth Town Council	750	-	750	5,000
Magic Little Grant	-	-	-	500
LL Manning Charity Trust	1,000	-	1,000	-
Everyturn MHC	-	3,930	3,930	-
Greggs Foundation	10,000	-	10,000	15,000
The Green Hall Foundation	-	4,000	4,000	-
The William Webster Charitable Trust	-	3,000	3,000	-
NCC MLIS Counsellor Richard Wearmouth	-	3,000	3,000	-
NCC MLIS Counsellor David Bawn	-	3,000	3,000	-
NCC MLIS Counsellor John Beynor	-	3,000	3,000	-
Other small grants	4,318	5,000	9,318	900
	<u>46,127</u>	<u>38,530</u>	<u>84,657</u>	<u>68,672</u>
8 Other trading activities				
Activities and Events	2,676	-	2,676	1,664
Fundraising	2,596	-	2,596	2,451
Room hire	1,290	-	1,290	1,579
Caravan Lettings	-	4,170	4,170	4,036
Café	9,155	-	9,155	8,483
	<u>15,718</u>	<u>4,170</u>	<u>19,888</u>	<u>18,213</u>

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

Analysis of income continued

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2023 £
9 Other income				
Other income	2,298	-	2,298	1,441
	<u>2,298</u>	<u>-</u>	<u>2,298</u>	<u>1,441</u>

Income was £118,286 (2023: £93,153) of which £75,586 was unrestricted or designated (2023: £62,417) and £42,700 was restricted (2023: £30,736)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
10 Charitable activities				
<u>Direct costs</u>				
Staff Costs	37,875	1,798	39,673	32,166
Staff and Volunteer Training	303	-	303	333
Activities & events	3,056	6,889	9,945	6,997
Caravan costs	-	3,678	3,678	6,617
Supervision	-	-	-	-
Café	3,870	-	3,870	2,864
<u>Support costs</u>				
Centre & office running costs	-	19,024	19,024	20,293
Insurance	1,481	-	1,481	1,837
Printing, postage & stationery	614	-	614	1,003
Repairs & renewals	432	401	833	1,392
Sale of asset	-	13,340	13,340	-
Depreciation	8,242	-	8,242	7,026
<u>Governance costs</u>				
Independent examiner's fees for reporting on the accounts	300	-	300	300
Payroll Fees	337	-	337	339
Legal and professional fees	722	-	722	811
	<u>57,233</u>	<u>45,131</u>	<u>102,364</u>	<u>81,979</u>

Expenditure on charitable activities was £102,364 (2023: £81,979) of which £57,233 was unrestricted or designated (2023: £53,162) and £45,131 was restricted (2023: £28,817)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

11 Fees for examination of the accounts

	2024 £	2023 £
Independent examiner's fees for reporting on the accounts	300	300
	300	300

12 Analysis of staff costs and the cost of key management personnel

	2024 £	2023 £
Salaries and wages	37,196	30,703
Social security costs	2,298	1,441
Pension costs (defined contribution pension plan)	112	-
	39,607	32,143

No employee received remuneration above £60,000 (2023: nil)

The key management personnel of the charity, comprise the Trustees and the Fundraiser. The total employee benefits of the key management personnel of the charity were £14,971. (2023: £14,971)

13 Staff numbers

The average monthly head count was 2.5 staff (2023: 2.5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2024 Number	2023 Number
The parts of the charity in which the employee's work		
Fundraising	1.0	1.0
Charitable activities	1.5	1.5
	2.5	2.5

Sessional staff are hired on a project by project basis and are included within charitable activities as direct project costs as they typically relate to specific production or projects.

14 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

15 Defined contribution pension scheme

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 employer's pension costs represent contributions payable by the charity to the fund and amount to £262 (2023: £0). There was £175 outstanding as at 31 July 2024 (2023: £0)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

17 Tangible fixed assets

	Caravan £	Office Equipment £	Computer equipment £	Total £
Cost				
Balance brought forward	45,502	7,300	389	53,191
Additions	42,040	-	4,035	46,075
Disposals	(45,502)	-	-	(45,502)
Balance carried forward	42,040	7,300	4,424	53,764
Depreciation				
Basis	SL	SL	SL	
Rate	14%	20%	33%	
Balance brought forward	10,608	1,625	205	12,438
Depreciation charge for year	5,432	1,460	1,350	8,242
Disposals	(12,536)	-	-	(12,536)
Balance carried forward	3,503	3,085	1,556	8,144
Net book value				
Brought forward	34,894	5,675	184	40,753
Carried forward	38,537	4,215	2,869	45,620

18 Debtors and prepayments (receivable within 1 year)

	2024 £	2023 £
Prepayments & accrued income	1,073	1,160
	1,073	1,160

19 Cash at bank and in hand

	2024 £	2023 £
Cash at bank and in hand	99,184	87,843
Cash in hand	50	75
	99,234	87,918

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

20 Creditors and accruals (payable within 1 year)

	2024 £	2023 £
Pension	175	-
Accruals		
Independent examination of accounts	300	300
	<u>475</u>	<u>300</u>

21 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 Analysis of charitable funds

Analysis of movements in unrestricted funds

For the year ending 31 July 2024

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	28,537	75,586	(48,990)	(20,000)	35,132
Designated funds					
Depreciating assets	36,131	-	(8,242)	-	27,889
Future projects	10,000	-	-	10,000	20,000
Caravan replacement	15,000	-	-	10,000	25,000
Unplanned staff costs	5,000	-	-	-	5,000
Totals	<u>94,668</u>	<u>75,586</u>	<u>(57,233)</u>	<u>-</u>	<u>113,021</u>

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Designated funds	
Depreciating assets	Funding received and used to purchase a new caravan
Future projects	To enable the charity to initiate projects that are immediate need
Caravan capital replacement	To cover or contribute to timely replacement of the capital asset
Unplanned staff costs	To fund a dedicated resource to support the staff team

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

22 Analysis of charitable funds continued Analysis of movement in restricted funds For the year ending 31 July 2024

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Restricted funds					
Caravan	-	25,170	(17,019)	-	8,151
Community Foundation	3,232	-	-	-	3,232
Magic Little Grant	870	-	(870)	-	-
The Clothworkers	401	-	(401)	-	-
Wilan Trust	8,500	3,930	(8,500)	-	3,930
Activities	666	-	(666)	-	-
Albert Hunt Trust	109	-	(109)	-	-
Barbour Foundation	362	-	(362)	-	-
Karbon Homes	1,000	-	-	-	1,000
St James' Place	2,500	-	(1,828)	-	672
Sir James Knott	1,327	10,000	(1,327)	-	10,000
Awards for All	-	3,600	(3,525)	-	75
Morpeth Town Council	5,000	-	(5,000)	-	-
Other grants	10,895	-	(5,524)	-	5,371
Totals	34,862	42,700	(45,131)	-	32,431

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Caravan	To support the purchase and running costs of a Respite Breaks Caravan Project, available for members to use for short breaks
Community Foundation	To support counselling provided by the organisation
Magic Little Grant	To support the activities that the organisation runs
The Clothworkers	To assist with the refurbishment of the centre and replacing equipment
Wilan Trust	To support the core running costs of the organisation
Activities	Funding received to support the running costs of the activities provided
Albert Hunt Trust	To support salary costs
Barbour Foundation	To support salary costs
Karbon Homes	To support counselling provided by the organisation
St James' Place	To support counselling provided by the organisation
Sir James Knott	To support salary costs
Awards for All	To support the meditation and fitness activities the organisation runs
Morpeth Town Council	To support the core running costs of the organisation
Other grants	To support the core running costs of the organisation

23 Capital commitments

As at 31 July 2024, the charity had no capital commitments (2023 -£nil)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2024

24 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Tangible fixed assets	45,620	-	45,620	40,753
Cash at bank and in hand	66,803	32,431	99,234	87,918
Other net current assets/(liabilities)	599	-	599	860
	113,022	32,431	145,453	129,531

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

England & Wales - Charity number 1124547

Accounts

Contact Morpeth Mental Health Group

*Annual Report and Financial Statements
for the year ended 31st July 2023*



Charity Number 1124547

Company Number 06182748



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Contact Morpeth Mental Health Group Ltd.

7 Grey's Yard, Oldgate, Morpeth, Northumberland NE61 1QD

Tel: 01670 510652 E-mail: contact@contactmorpeth.org.uk www.contactmorpeth.org.uk

Registered charity number: 1124547 Company Limited by guarantee: 06182748

Legal and Administrative Information

Name: **Contact Morpeth Mental Health Group Ltd.**

Registered charity number: **1124547**

Company Limited by guarantee: **06182748**

Trustees:

Rhona Dunn BEM	(Chairperson)
Mary Kendall	(Treasurer / Vice Chairperson)
Geoff Bushell	(Secretary)
Elaine Smith	
Robert Kendall	(Appointed December 2022)

Representatives on the Leadership Group:

Volunteers: Cynthia Livesey

Members: Lyndsay Thompson

Carers: Derek Lord

Registered Office:

7 Greys Yard, Oldgate, Morpeth, Northumberland, NE61 1QD

Bank Details:

**Santander UK plc. Registered Office: 2 Triton Square,
Regent's Place, London, NW1 3AN**

Independent Examiner:

**Michelle Wright MW Accounting, Bookkeeping and Training,
Woodgate House, 5c Wood Street, Gateshead, NE11 9NP**

Mission Statement

“To offer friendship, develop support and reduce social isolation of those of us living with Mental Ill Health and their Carers.”

Aims and Objectives

Our charity’s purposes as set out in the objects in the company’s memorandum of association are to:

- Relieve the need of persons suffering or who have suffered from mental ill health, and in particular to advance education, relieve poverty and to provide facilities in the interest of social welfare for recreation and other leisure-time occupation for such persons with the object of improving their conditions of life;
- Engage in any other charitable activity which may relieve the needs of such persons to protect and preserve the health of their families, friends and carers.

Main Activities delivering Public Benefit

Contact Morpeth Mental Health and its charitable work is seen as crucial, offering friendship, support and reducing social isolation for those living with Serious Mental Illness and their carers, delivering vital services and activities, reaching beneficiaries across a wide area of South East Northumberland.

Made possible through the provision of a safe space and drop - in Centre for individuals whose lives have been severely affected by Serious Mental Illness, delivering a wide range of mentally stimulating activities and services which encourage participation as individuals or in a group setting, ultimately improving wellbeing and mental health, bringing about a reduction in the social isolation experienced by many.

Companionship is encouraged in a fun and friendly environment, which in turn is non-judgmental.

Structure, Governance and Management

Governing Document:

Contact (Morpeth Mental Health Group) Ltd. is a charitable company limited by guarantee, incorporated on 26 March 2007 and registered as a charity on 1 August 2008 (originally registered as an unincorporated charity on 22 May 1986). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Board of Trustees:

The directors of the company are also charity trustees for the purposes of charity law and throughout this report are collectively referred to as the Board. Under the requirements of the Memorandum and Articles of Association the Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Board of Trustees give their time voluntarily and receive no benefits or personal/travel expenses from the charity. The Board seeks to ensure that the needs of service users are appropriately reflected through the diversity of the trustee body.

A broad mix of skills is represented on the Trustee Board. Contact Morpeth is always looking to recruit people with strengths in the areas of Marketing, HR, Business Management and Funding / Fundraising.

Trustee Induction and Training:

Copies of the Memorandum and Articles of Association and the latest financial statements are distributed to all new trustees. The Board is reviewing the induction and training for its trustees to provide a more structured approach.

Additionally, new trustees are invited and encouraged to meet with staff and volunteers as well as attend drop-in sessions and social activities to familiarise themselves with the charity's activities and the beneficiaries of the charity.

Risk Management:

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control 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 of all staff, volunteers, services users and visitors to the centre. These policies / procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Organisational Structure:

Contact (Morpeth Mental Health Group) Ltd. had a Board of 5 trustees who meet monthly and are responsible for the strategic direction and policy of the charity. At present the Board has members from a variety of professional backgrounds relevant to the work of the charity.

Responsibilities of the Board of Trustees:

The Trustees (who are also the directors of Contact (Morpeth Mental Health Group) Ltd. (for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 that period. In preparing those 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;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping 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.

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

In accordance with company law, as the company's directors, we certify that:

- So far as we are aware, there is no relevant audit information of which the company's auditors/examiner are unaware; and
- As the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditors/examiner are aware of that information.

Chairpersons Report

It is with great pleasure and a sense of profound responsibility that I present my Chairpersons annual report for Contact Morpeth Mental Health Group for the year 2022-2023. Once again this year has been a testament to our commitment to fostering mental well-being, advocating for those in need, and championing mental health awareness.

Despite the challenges posed by the increases in Mental Ill Health, "The Cost of Living" and rising costs our charity has continued to adapt and evolve in meeting the changing and challenging needs of our community.

Contact Morpeth Mental Health Group has like many other organisations experienced a dramatic increase in the demand for our services and support, especially for our vital Free Counselling Services.

We continue to receive regular referrals and self-referrals for this service from across South East Northumberland, working closely with GP Surgeries/ Community Link Workers / Social Prescribers and Crisis Teams. On occasions we have paused referrals due to high demand in managing caseloads and ensuring a quality service. Over the years our client base has diversified, presenting both challenges and opportunities. We now have a mix of ages and different complexities to deal with.

This service wouldn't be possible without the commitment and professionalism shown and provided by our dedicated team of Volunteer Counsellors and Administration Staff.

Over 60 beneficiaries of our Free Counselling Service this year!

We continue to support beneficiaries not only from Morpeth but from across a large area of South East Northumberland. Additionally, we have expanded our reach through social media, engaging with thousands of followers across various platforms.

Again during the year we have spent a considerable amount of time assisting people with Benefit advice and Applications / Appeals, telephone assessments, attending Benefits Tribunals where needed, in addition to listening to any problems / issues members may have, most of which might not seem important to us but are extremely important to them.

Our members were able to have a great day out at Northumberland Zoo, with other day trips and holidays being planned.

Our Fundraising efforts, with valuable support from our local community have gone well with various Fundraising Events taking place, stalls at "Morpeth Town Fair" and "Morpeth Picnic In The Park" and supporters completing the Great North Run and other sponsored events on our behalf.

As we aim to make a lasting difference to the lives of our beneficiaries we also anticipate their needs will continue to grow and the demand for our numerous services and activities will undoubtedly increase.

We are truly thankful for the financial support provided by The Hollon Trust, assisting our beneficiaries who are struggling financially.

We are also extremely grateful for all the financial support and donations received throughout the year. Despite the economic uncertainties, I am pleased to report that our charity remains financially stable. This is a testament to the unwavering support of our donors, sponsors, and partners, whose generosity enables us to continue our vital work. We are deeply grateful for their ongoing commitment to our cause.

Looking ahead, we are excited to build on the momentum of the past year and continue our mission of promoting mental health and well-being for all. With your continued support and dedication, I am confident that we will make even greater strides in the years to come.

In closing, I would like to express my sincere gratitude to the board, staff, volunteers, and supporters who have contributed to the success of our charity. Your passion, dedication, and tireless efforts are truly inspiring, and I am honoured to work alongside each and every one of you.

A massive thank you, you're all amazing!

Rhona Dunn BEM
Chair, Contact Morpeth Mental Health

Services and Activities

We have continued to improve, expand and provide our free vital Counselling / Therapy Service for those in need across South East Northumberland, using trained volunteer counsellors, also providing relief, advice and support on benefits / debt / housing and many other issues, all important to our beneficiaries.

We signed up our premises as a "Warm Space and Place" with Northumberland County Council.

Our tutor led "Funky Fitness" sessions continue to be in great demand, with individuals benefitting from improvements to their health as well as increased social interaction. Our Digital Camera / Photography group also proves popular as well as our informal IT sessions which assist our beneficiaries in becoming more Digitally Inclusive, with tutor led weekly sessions reaping the advantages of going online.

Over 600 hours of Counselling delivered this year!

Other weekly activities include "Meditation and Mindfulness" sessions, Craft sessions, Card making, a "Discussion Group", a Carers Support Group and a Film Club, which are all well attended.

Our Drop In Café the "Coffee Den" generates valuable income, operating daily run predominately by a great group of Volunteers, not only does it provide tea /coffee but nutritious warm subsidised meals, a vital place where members can feel accepted, socialise with others or just need to escape from their home setting.

During the year we held regular Quiz Fundraising evenings, some with food provided. We also raised funds for another charity with a Coffee Morning donating over £300 to Macmillan Cancer Care.

We were fortunate enough to upgrade 4 office Computers with funding gratefully received from Northumberland County Council Community Chest scheme and The Rothley Trust.

Volunteers:

Contact Morpeth Volunteers are massively important to our success and are seen as an integral part of our team rather than seen as an “add on”. We could not operate the charity without them, seen as an essential part of our operations and are invaluable to our work.

Contact’s Volunteers contribute in numerous roles such as one-to-one counselling, tutoring workshops and serving refreshments and lunches in our Coffee Den, as well as on our fundraising group and as Trustees. With approximately 25 volunteers between August 2022 and July 2023, having donated thousands of hours of their time.

Volunteers gave over 3,500 hours of their time this year!

The Trustees and Staff would like to take this opportunity to sincerely thank the Volunteers for their continued enthusiasm, support and time given selflessly to the service of our others. They are great fun to have around and no task is too much for them.

Plans for the future:

The charity plans to continue running the activities outlined subject to satisfactory levels of funding being acquired, it also has plans to develop and deliver an Allotment Project as well as a Telephone Friendship scheme for our members. Also starting Creative and Expressive Writing Groups.

Financial Review

Funding and Fundraising:

During the year Funding was gratefully received from the following sources, trusts and foundations:

Albert Hunt Trust	Morpeth Town Council	The EC Graham Belford Charitable Settlement
Magic Little Grant through “Local Giving”	The Greggs Foundation	The Rothley Trust
The Community Foundation Northumberland / Tyne and Wear	Sir James Knott Trust	
The Barbour Foundation	The Joicey Trust	The Ridley Family Charity
Northumberland County Council Community Chest	St. James Place	
Karbon Homes Community Fund	The Hospital of God at Greatham	
The 29 th May 1961 Charitable Trust	Freemasons of Northumberland Benevolent Fund	
Coca-Cola Euro pacific Partners Community Fund	The Carr Ellison Family Trust	

Other income was derived from our Fundraising efforts, Donations, Activities and Events, Room Hire, Caravan Lettings, our Café.

Financial Review:

The total income for the period was £93,153 (2022: £97,334). This income is allocated across respective funds on the Statement of Financial Activities in accordance with the Statement of Recommended Practice.

The Statement of Financial Activities for the period ended 31 July 2023 shows a net income across all funds of £11,174 (2022: £23,047).

*Thank
you!*

The Balance Sheet at 31 July 2023 shows total funds carried forward of £129,531 (2022: £118,357) of which there are £66,131 designated funds (2022: £43,157) and £34,862 restricted funds (2022: £32,140).

Reserves Policy:

The Board of Trustees has examined the charity’s requirements for reserves in light of the main risks to the organisation and have set a level equivalent to 6 months of operating costs as a desired level of reserve. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity are a contingency in the event of sudden unforeseen variations in its income and expenditure, in order to protect the future operation of the organisation.

Trustees Declarations

The trustees declare that they have approved the trustees’ report above.

Signed on behalf of the charity’s trustees

Signature(s)	<i>Rhona Dunn</i>	<i>Mary Kendall</i>
Full Name(s)	Rhona Dunn (Apr 26, 2024 11:18 GMT+1)	Mary Kendall (Apr 25, 2024 13:06 GMT+1)
Position (e.g. Chair, Secretary etc.)	Chair	Treasurer/Vice Chair

Date	25/04/2024
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CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 July 2023

I report on the financial statements of Contact (Morpeth Mental Health Group) Limited for the year ended 31 July 2023, which are set out on pages 9 to 20.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Michelle Wright
MW Accounting, Bookkeeping & Training
Woodgate House
5c Wood Street
Gateshead
NE11 9NP
Date: 26/04/2024


Michelle Wright (Apr 26, 2024 10:03 GMT+1)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 July 2023

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
<u>Income from:</u>					
Donations and legacies	6	4,828	-	4,828	8,323
Charitable activities					
Grants and contracts	7	41,972	26,700	68,672	54,930
Other trading activities	8	14,177	4,036	18,213	33,038
Other income	9	1,441	-	1,441	1,043
Total income		62,417	30,736	93,153	97,334
<u>Expenditure on:</u>					
Charitable activities					
Operation of the charity	10	53,162	28,817	81,979	74,287
Total expenditure		53,162	28,817	81,979	74,287
Net income/(expenditure)		9,256	1,919	11,174	23,047
Transfers between funds		(803)	803	-	-
Net income/(expenditure) and net movement of funds		8,452	2,722	11,174	23,047
<u>Reconciliation of funds</u>					
Total funds brought forward		86,216	32,140	118,357	95,310
Total funds carried forward		94,669	34,862	129,531	118,357

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 11 to 20 form an integral part of these accounts.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

Charity Number 1124547

Company Number 06182748

BALANCE SHEET

As at 31 July 2023

	Notes	£	Total 2023 £	£	Total 2022 £
<u>Fixed assets</u>					
Tangible assets	17		40,753		38,580
<i>Total fixed assets</i>			40,753		38,580
<u>Current assets</u>					
Debtors	18	1,160		1,849	
Cash at bank and in hand	19	87,918		78,129	
<i>Total current assets</i>		89,078		79,977	
Creditors: amounts falling due within one year	20	(300)		(200)	
<i>Net current assets</i>			88,778		79,777
<i>Total assets less current liabilities</i>			129,531		118,357
<i>Total net assets or liabilities</i>			129,531		118,357
<u>Funds of the charity</u>					
Unrestricted income funds			28,537		86,216
Designated funds			66,131		
Restricted income funds			34,862		32,140
<i>Total funds</i>			129,531		118,357

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 11 to 20 form an integral part of these accounts.

These financial statements were approved by the Board on:

and are signed on its behalf by:

Rhona Dunn

Chair of Board of Trustees Rhona Dunn (Apr 26, 2024 11:18 GMT+1)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Contact (Morpeth Mental Health Group) Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

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NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

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

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of mentally stimulating activities, counselling/therapy and other activities undertaken to further the purposes of the charity and their associated support costs.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis, a full years depreciation charge is applied in the year of acquisition and no charge is made in the year of disposal:

Caravan	Straight line over seven years
Office equipment	Straight line over five years
Computer equipment	Straight line over three years

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
6 Donations and legacies				
Donations and Gift Aid	4,828		4,828	8,323
	4,828	-	4,828	8,323
7 Charitable activities				
<u>Income from grants and contracts</u>				
Albert Hunt Trust	-	4,000	4,000	-
EC Graham Belford	3,000	-	3,000	-
Barbour Foundation	-	5,000	5,000	-
Joicey Trust	3,000	-	3,000	-
Greatham Hospital	1,000	-	1,000	-
Ridley Family	3,000	-	3,000	-
29th May 1961 Charitable Trust	1,000	-	1,000	-
Karbon Homes	-	1,000	1,000	-
St James' Place	-	2,500	2,500	-
Northumberland Council Community Chest	1,072	-	1,072	-
Sir James Knott Trust	-	10,000	10,000	-
Community Foundation	4,000	3,700	7,700	-
Freemasons	5,000	-	5,000	-
Mayor's Fund	-	-	-	13,808
Morpeth Town Council	5,000	-	5,000	5,000
Magic Little Grant	-	500	500	500
Wilan Trust	-	-	-	8,500
North Tyneside Council - Kickstart	-	-	-	7,713
Greggs Foundation	15,000	-	15,000	15,000
Other small grants	900	-	900	4,408
	41,972	26,700	68,672	54,930
8 Other trading activities				
Activities and Events	1,664	-	1,664	5,832
Fundraising	2,451	-	2,451	698
Room hire	1,579	-	1,579	810
Caravan Lettings	-	4,036	4,036	3,550
Café	8,483	-	8,483	6,623
Sale of asset	-	-	-	15,525
	14,177	4,036	18,213	33,038

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

Analysis of income continued

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
9 Other income				
Other income	1,441	-	1,441	1,043
	<u>1,441</u>	<u>-</u>	<u>1,441</u>	<u>1,043</u>

Income was £93,153 (2022: £97,334) of which £62,417 was unrestricted or designated (2022: £63,181) and £30,736 was restricted (2022: £34,153)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
10 Charitable activities				
<u>Direct costs</u>				
Staff Costs	14,771	17,395	32,166	24,890
Staff and Volunteer Training	333	-	333	635
Activities & events	5,981	1,016	6,997	10,044
Caravan costs	-	6,617	6,617	6,282
Supervision	-	-	-	330
Café	2,864	-	2,864	1,288
<u>Support costs</u>				
Centre & office running costs	16,538	3,755	20,293	19,658
Insurance	1,837	-	1,837	648
Printing, postage & stationery	1,003	-	1,003	2,790
Repairs & renewals	1,358	34	1,392	1,365
Depreciation	7,026	-	7,026	5,412
<u>Governance costs</u>				
Independent examiner's fees for reporting on the accounts	300	-	300	300
Payroll Fees	339	-	339	334
Legal and professional fees	811	-	811	310
	<u>53,162</u>	<u>28,817</u>	<u>81,979</u>	<u>74,287</u>

Expenditure on charitable activities was £81,979 (2022: £74,287) of which £53,162 was unrestricted or designated (2022: £42,595) and £28,817 was restricted (2022: £31,692)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

11 Fees for examination of the accounts

	2023 £	2022 £
Independent examiner's fees for reporting on the accounts	300	300
	300	300

12 Analysis of staff costs and the cost of key management personnel

	2023 £	2022 £
Salaries and wages	30,703	23,441
Social security costs	1,441	1,043
Pension costs (defined contribution pension plan)	-	287
	32,143	24,771

No employee received remuneration above £60,000 (2022: nil)

The key management personnel of the charity, comprise the Trustees and the Fundraiser. The total employee benefits of the key management personnel of the charity were £14,971. (2022: £9,562)

13 Staff numbers

The average monthly head count was 2.5 staff (2022: 2.5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2023 Number	2022 Number
The parts of the charity in which the employee's work		
Fundraising	1.0	1.0
Charitable activities	1.5	1.5
	2.5	2.5

Sessional staff are hired on a project by project basis and are included within charitable activities as direct project costs as they typically relate to specific production or projects.

14 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

15 Defined contribution pension scheme

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 employer's pension costs represent contributions payable by the charity to the fund and amount to £0 (2022: £287). There was £0 outstanding as at 31 July 2023 (2022: £0)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

17 Tangible fixed assets

	Caravan £	Office Equipment £	Computer equipment £	Total £
Cost				
Balance brought forward	40,502	3,101	389	43,992
Additions	5,000	4,199	-	9,199
Disposals	-	-	-	-
Balance carried forward	45,502	7,300	389	53,191
Depreciation				
Basis	SL	SL	SL	
Rate	14%	20%	33%	
Balance brought forward	4,822	515	76	5,412
Depreciation charge for year	5,786	1,110	130	7,026
Disposals	-	-	-	-
Balance carried forward	10,608	1,625	205	12,438
Net book value				
Brought forward	35,680	2,586	313	38,580
Carried forward	34,894	5,675	184	40,753

18 Debtors and prepayments (receivable within 1 year)

	2023 £	2022 £
Prepayments & accrued income	1,160	1,849
	1,160	1,849

19 Cash at bank and in hand

	2023 £	2022 £
Cash at bank and in hand	87,843	77,978
Cash in hand	75	151
	87,918	78,129

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

20 Creditors and accruals (payable within 1 year)

	2023 £	2022 £
Accruals		
Independent examination of accounts	300	200
	300	200

21 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 Analysis of charitable funds

Analysis of movements in unrestricted funds

For the year ending 31 July 2023

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	43,059	62,417	(46,136)	(30,803)	28,537
Designated funds					
Depreciating assets	43,157	-	(7,026)	-	36,131
Future projects	-	-	-	10,000	10,000
Caravan replacement	-	-	-	15,000	15,000
Unplanned staff costs	-	-	-	5,000	5,000
Totals	86,216	62,417	(53,162)	(803)	94,668

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Designated funds	
Depreciating assets	Funding received and used to purchase a new caravan
Future projects	To enable the charity to initiate projects that are immediate need
Caravan capital replacement	To cover or contribute to timely replacement of the capital asset
Unplanned staff costs	To fund a dedicated resource to support the staff team

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

22 Analysis of charitable funds continued Analysis of movement in restricted funds For the year ending 31 July 2023

	Fund balances brought forward	Incoming resources	Resources expended	Transfers	Fund balances carried forward
Restricted funds	£	£	£	£	£
Caravan	1,778	4,036	(6,617)	803	-
Community Foundation	582	3,700	(1,050)	-	3,232
Magic Little Grant	370	500	-	-	870
The Clothworkers	401	-	-	-	401
Recovery College	3,755	-	(3,755)	-	-
CPDO Salaries Fund	193	-	(193)	-	-
Wilan Trust	8,500	-	-	-	8,500
Activities	666	-	-	-	666
Albert Hunt Trust	-	4,000	(3,891)	-	109
Barbour Foundation	-	5,000	(4,638)	-	362
Karbon Homes	-	1,000	-	-	1,000
St James' Place	-	2,500	-	-	2,500
Sir James Knott	-	10,000	(8,673)	-	1,327
Morpeth Town Council	5,000	-	-	-	5,000
Other grants	10,895	-	-	-	10,895
Totals	32,140	30,736	(28,817)	803	34,862

Purpose of restricted funds

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Caravan	To support the purchase and running costs of a Respite Breaks Caravan Project, available for members to use for short breaks
Community Foundation	To support counselling provided by the organisation
Magic Little Grant	To support the activities that the organisation runs
The Clothworkers	To assist with the refurbishment of the centre and replacing equipment
Recovery College	To support the activities that the organisation runs and usage of the building
CPDO Salaries Fund	To support the salary costs
Wilan Trust	To support the core running costs of the organisation
Activities	Funding received to support the running costs of the activities provided
Albert Hunt Trust	To support salary costs
Barbour Foundation	To support salary costs
Karbon Homes	To support counselling provided by the organisation
St James' Place	To support counselling provided by the organisation
Sir James Knott	To support salary costs
Morpeth Town Council	To support the core running costs of the organisation
Other grants	To support the core running costs of the organisation

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2023

22 Analysis of charitable funds continued

Transfers between funds

	Reason for transfer	Amount £
Between unrestricted and restricted funds	A pre-agreed transfer to top up the caravan running fund	803

23 Capital commitments

As at 31 July 2023, the charity had no capital commitments (2022 -£nil)

24 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Tangible fixed assets	40,753	-	40,753	38,580
Cash at bank and in hand	53,056	34,862	87,918	78,129
Other net current assets/(liabilities)	860	-	860	1,649
	<u>94,668</u>	<u>34,862</u>	<u>129,531</u>	<u>118,357</u>

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

England & Wales - Charity number 1124547

Accounts

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED
(A company limited by guarantee)

REPORT AND FINANCIAL STATEMENTS
For the year ended 31 July 2022

Charity Number 1124547
Company Number 06182748

Contact Morpeth Mental Health Group

Annual Report and Financial Statements for the year ended 31st July 2022



**The Queen's Award
for Voluntary Service**

**Charity Number 1124547
Company Number 06182748**



Contents of the Financial Statements for the year ended 31st JULY 2022

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Contact Morpeth Mental Health Group Ltd.

7 Grey's Yard, Oldgate, Morpeth, Northumberland NE61 1QD

Tel: 01670 510652 E-mail: contact@contactmorpeth.org.uk www.contactmorpeth.org.uk

Registered charity number: 1124547 Company Limited by guarantee: 06182748

Legal and Administrative Information

Name: **Contact Morpeth Mental Health Group Ltd.**

Registered charity number: **1124547**

Company Limited by guarantee: **06182748**

Trustees:

Rhona Dunn BEM (Chairperson)

Geoff Bushell (Vice Chairperson)

Mary Kendall (Treasurer)

Elaine Smith

Wadzanai Richardson (Resigned 9th March 2023)

Jackie Calder-Rice (Resigned 19th October 2022)

Robert Kendall (Appointed December 2022)

Representatives on the Leadership Group:

Volunteers: Cynthia Livesey

Members: Lyndsay Thompson

Carers: Derek Lord

Registered Office:

7 Greys Yard, Oldgate, Morpeth, Northumberland, NE61 1QD

Bank Details:

Santander UK plc. Registered Office: 2 Triton Square,

Regent's Place, London, NW1 3AN

Independent Examiner:

**Michelle Wright MW Accounting, Bookkeeping and Training,
Woodgate House, 5c Wood Street, Gateshead, NE11 9NP**

Mission Statement

“To offer friendship, develop support and reduce social isolation of those of us living with Mental Ill Health and their Carers.”

Aims and Objectives

Our charity’s purposes as set out in the objects in the company’s memorandum of association are to:

- Relieve the need of persons suffering or who have suffered from mental ill health, and in particular to advance education, relieve poverty and to provide facilities in the interest of social welfare for recreation and other leisure-time occupation for such persons with the object of improving their conditions of life;
- Engage in any other charitable activity which may relieve the needs of such persons to protect and preserve the health of their families, friends and carers.

Main Activities delivering Public Benefit

Contact Morpeth Mental Health and its charitable work is seen as crucial, offering friendship, support and reducing social isolation for those living with Serious Mental Illness and their carers, delivering vital services and activities, reaching beneficiaries across a wide area of South East Northumberland.

Made possible through the provision of a safe space and drop - in Centre for individuals whose lives have been severely affected by Serious Mental Illness, delivering a wide range of mentally stimulating activities and services which encourage participation as individuals or in a group setting, ultimately improving wellbeing and mental health, bringing about a reduction in the social isolation experienced by many.

Companionship is encouraged in a fun and friendly environment, which in turn is non-judgmental.

Structure, Governance and Management

Governing Document:

Contact (Morpeth Mental Health Group) Ltd. is a charitable company limited by guarantee, incorporated on 26 March 2007 and registered as a charity on 1 August 2008 (originally registered as an unincorporated charity on 22 May 1986). The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Board of Trustees:

The directors of the company are also charity trustees for the purposes of charity law and throughout this report are collectively referred to as the Board. Under the requirements of the Memorandum and Articles of Association the Trustees are elected to serve for a period of three years after which they must be re-elected at the next Annual General Meeting.

All members of the Board of Trustees give their time voluntarily and receive no benefits or personal/travel expenses from the charity. The Board seeks to ensure that the needs of service users are appropriately reflected through the diversity of the trustee body.

A broad mix of skills is represented on the Trustee Board. Contact Morpeth is always looking to recruit people with strengths in the areas of Marketing, HR, Business Management and Funding / Fundraising.

Trustee Induction and Training:

Copies of the Memorandum and Articles of Association and the latest financial statements are distributed to all new trustees. The Board is reviewing the induction and training for its trustees to provide a more structured approach.

Additionally, new trustees are invited and encouraged meet with staff and volunteers as well as attend drop-in sessions and social activities to familiarise themselves with the charity's activities and the beneficiaries of the charity.

Risk Management:

Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control 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 of all staff, volunteers, services users and visitors to the centre. These policies / procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Organisational Structure:

Contact (Morpeth Mental Health Group) Ltd. had a Board of 5 trustees who meet monthly and are responsible for the strategic direction and policy of the charity. At present the Board has members from a variety of professional backgrounds relevant to the work of the charity.

Responsibilities of the Board of Trustees:

The Trustees (who are also the directors of Contact (Morpeth Mental Health Group) Ltd. (for the purposes of company law) are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (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 that period. In preparing those 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;
- Make judgements and estimates that are reasonable and prudent;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping 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.

Members of the Board of Trustees who are directors for the purpose of company law and trustees for the purpose of charity law, who served during the year and up to the date of this report are set out on page 1.

In accordance with company law, as the company's directors, we certify that:

- So far as we are aware, there is no relevant audit information of which the company's auditors/examiner are unaware; and
- As the directors of the company we have taken all the steps that we ought to have taken in order to make ourselves aware of any relevant audit information and to establish that the charity's auditors/examiner are aware of that information.

Chairpersons Report

Contact along with many other organisations, has faced challenging times over the last couple of years, however, as the Covid situation has eased, and the restrictions reduced, Contact has once again sought to make available social activities and support / services back to pre-pandemic levels. We are pleased to say that the Centre is fully open and offering classes, activities, refreshments and nutritious meals etc. providing valuable and vital social engagement for our members.

We continue to receive regular referrals and self-referrals from across South East Northumberland, working closely with GP Surgeries/ Community Social Prescribers and Crisis Teams for our vital Free Counselling services, the amount of people needing our help appears to increase annually. this wouldn't be possible without the services of our Volunteer Counsellors

Our activities continue to go well, with most members joining in with at least 1 activity. We are always on the lookout for new Volunteers to help us deliver activities such as Digital Inclusion sessions and Arts and Crafts sessions.

We continue to strive in our efforts to improve the lives of our members, especially after the issues caused during and after the Pandemic, to that end our 'Keep Fit' sessions have proved popular complimented by our weekly 'Mindfulness and Meditation' sessions which has been found to be of great help and support to those who participate. It is important to us that we support Carers, with our Carers' Group meeting for a meal out every 2 months. We have also supported members to volunteer with local charity shop, building up their self-esteem and confidence when meeting others. Our new 8 berth caravan sited at Haggerston Castle continues to be in great demand providing subsidised mini respite breaks, available to our members and their families or carers.

We continue to attract Beneficiaries from across a large area of South East Northumberland, with our centre thriving once more with members happy and content with what we currently have on offer and our plans for future activities and services. One exciting development we hope to deliver over the coming year is an Allotment Project.

Our members holiday to Llandudno in July 2022 was extremely popular, so much so members would like to go back again next year. During the year we have spent a considerable amount of our time assisting people with Benefit Applications, attending Benefits Tribunals where needed, in addition to listening to any problems / issues members may have, most of which might not seem important to us but are extremely important to them.

We have once more started our Fundraising efforts involving and inviting support from our local community, with many new initiatives planned over the next few years.

We are truly thankful for the financial support provided by The Hollon Trust, assisting our beneficiaries who are struggling financially.

We are also extremely grateful for the financial support received during the year, especially from The Greggs Foundation, Morpeth Town Council and the fantastic fundraising efforts of Morpeth Mayor's Fund.

I want to thank all the staff, trustees and volunteers who have done all that they possibly could to continue to develop and provide the services, help and support that Contact Morpeth is recognised for.

A very big thank you!

Rhona Dunn BEM
Chair, Contact Morpeth Mental Health

Report of the Trustees

We have continued to provide a free vital Counselling / Therapy Service for those in need across South East Northumberland, using trained counsellors, also providing relief, advice and support on benefits / housing and many other issues, which are important to our beneficiaries.

Our tutor led "Funky Fit Group" which is in great demand, with individuals benefitting from improvements to their health as well as increased social interaction. Our Digital Camera / Photography group also proves popular as well as our informal IT sessions which assist our beneficiaries in becoming more Digitally Inclusive, with tutor led weekly sessions using desktop and tablet computers reaping the advantages of going online.

Other weekly activities include "Meditation and Mindfulness" sessions, Craft sessions, Card making, "Hidden Voices" a "Discussion Group", a Carers Support Group and a Film Club, which are all well attended.

Our recently refurbished Drop In Café the "Coffee Den " generates valuable income, operating daily run predominately by a great group of Volunteers, not only does it provide tea /coffee but nutritious warm subsidised meals, a vital place where members can feel accepted, social with others or may just need to escape from their home setting.

We aim to make lasting difference to the lives of our beneficiaries and anticipate their needs will continue to grow and the demand for our numerous services and activities will undoubtedly increase.

Volunteers:

Contact Morpeth Volunteers are massively important to our success and are seen as an integral part of our team rather than seen as an "add on". We could not operate the charity without them, seen as an essential part of our operations and are invaluable to our work.

Contact's Volunteers contribute in numerous roles such as one-to-one counselling, tutoring workshops and serving refreshments and lunches in our Coffee Den, as well as our fundraising group and as Trustees. With approximately 25 volunteers between August 2020 and July 2021, having donated hundreds of hours of their time.

The Trustees and Staff would like to take this opportunity to sincerely thank the Volunteers for their continued enthusiasm, support and time given selflessly to the service of our others. They are great fun to have around and no task is too much for them.

Plans for the future:

The charity plans to continue running the activities outlined above subject to satisfactory levels of funding being acquired, it also has plans to upgrade our website and Social Media presence, form an active Fundraising Group, develop and deliver an Allotment Project as well as a Telephone Friendship scheme for our members.

Financial Review

Funding and Fundraising:

During the year Funding was gratefully received from the following sources, trusts and foundations:

Morpeth Mayor's Fund

Morpeth Town Council

Magic Little Grant through "Local Giving"

The Greggs Foundation

The 1989 Willan Charitable Trust (administered by The Community Foundation Northumberland / Tyne and Wear)

North Tyneside Council "Kickstart"

Other income was derived from our Fundraising efforts, Donations, Activities and Events, Room Hire, Caravan Lettings, our Café and the sale of a used Static Caravan.



The total income for the period was £97,334 (2021: £112,534). This income is allocated across respective funds on the Statement of Financial Activities in accordance with the Statement of Recommended Practice.

The Statement of Financial Activities for the period ended 31 July 2022 shows a net income across all funds of £23,047 (2021: £38,726).

The Balance Sheet at 31 July 2022 shows total funds carried forward of £118,357 (2021: £95,310) of which there are £32,140 restricted funds (2021: £72,836).

Reserves Policy:

The Board of Trustees has examined the charity's requirements for reserves in light of the main risks to the organisation and have set a level equivalent to 6 months of operating costs as a desired level of reserve. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity are a contingency in the event of sudden unforeseen variations in its income and expenditure, in order to protect the future operation of the organisation, currently £47,636. At 31 July 2022 the reserves met the level set by the trustees.

Trustees Declarations

The trustees declare that they have approved the trustees' report above.

This report was approved by the trustees on: May 24, 2023

And signed on their behalf by: *rhonadunn@gmail.com*
rhonadunn@gmail.com (May 24, 2023 10:08 GMT+1)

Rhona Dunn

Chair

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

For the year ended 31 July 2022

I report on the financial statements of Contact (Morpeth Mental Health Group) Limited for the year ended 31 July 2022, which are set out on pages 9 to 19.

Respective responsibilities of trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 ("the Charities Act") and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no material matters have come to my attention which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 386 of the Companies Act 2006; or
- the accounts do not accord with such records; or
- the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 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
- the accounts have not been prepared in accordance with the Charities SORP (FRS102).

I 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.

Michelle Wright
MW Accounting, Bookkeeping & Training
Woodgate House
5c Wood Street
Gateshead
NE11 9NP
Date: May 24, 2023


Michelle Wright (May 24, 2023 10:33 GMT+1)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

STATEMENT OF FINANCIAL ACTIVITIES

(INCLUDING SUMMARY INCOME & EXPENDITURE ACCOUNT)

For the year ended 31 July 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 (restated) £
<u>Income from:</u>					
Donations and legacies	6	7,574	749	8,323	8,111
Charitable activities					
Grants and contracts	7	40,930	14,000	54,930	100,390
Other trading activities	8	13,634	19,404	33,038	2,918
Other income	9	1,043	-	1,043	1,115
Total income		63,181	34,153	97,334	112,534
<u>Expenditure on:</u>					
Charitable activities					
Operation of the charity	10	42,595	31,692	74,287	73,808
Total expenditure		42,595	31,692	74,287	73,808
Net income/(expenditure)		20,585	2,461	23,047	38,726
Transfers between funds		43,157	(43,157)	-	-
Net income/(expenditure) and net movement of funds		63,742	(40,696)	23,047	38,726
<u>Reconciliation of funds</u>					
Total funds brought forward		22,474	72,836	95,310	56,584
Total funds carried forward		86,216	32,140	118,357	95,310

The Statement of Financial Activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities

The notes on pages 11 to 19 form an integral part of these accounts.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

Charity Number 1124547

Company Number 06182748

BALANCE SHEET

As at 31 July 2022

	Notes	£	Total 2022 £	£	Total 2021 restated £
Fixed assets					
Tangible assets	17		38,580		-
Total fixed assets			38,580		-
Current assets					
Debtors	18	1,848		133	
Cash at bank and in hand	19	78,129		95,177	
Total current assets		79,977		95,310	
Creditors: amounts falling due within one year	20	(200)		-	
Net current assets			79,777		95,310
Total assets less current liabilities			118,357		95,310
Total net assets or liabilities			118,357		95,310
Funds of the charity					
Unrestricted income funds			86,216		22,474
Restricted income funds			32,140		72,836
Total funds			118,357		95,310

The company was entitled to an exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with the respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

The notes on pages 11 to 19 form an integral part of these accounts.

These financial statements were approved by the Board on: May 24, 2023

and are signed on its behalf by:

Rhona Dunn

Chair of Board of Trustees

rhonadunn@gmail.com

rhonadunn@gmail.com (May 24, 2023 10:08 GMT+1)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

1 Accounting Policies

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

2 Basis of accounting

2.1 Basis of preparation

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Charities Act 2011.

Contact (Morpeth Mental Health Group) Limited meets the definition of a public benefit entity under FRS 102.

2.2 Preparation of the accounts on a going concern basis

The financial statements have been prepared on a going concern basis. In making their assessment the trustees have reviewed and considered relevant information, including their annual budget and future cash flows. In response to the COVID-19 pandemic, the trustees have revised their forecasts to take into account measures that they can take with the current resources available to mitigate the impact of the current adverse conditions. The trustees are of the view that the immediate future of the charity for the next 12 months is secure and that on this basis the charity is a going concern.

3 Income

3.1 Recognition of income

Income is recognised when the charity has entitlement to the resources, any performance conditions attached to the item(s) of income have been met, it is more likely than not that the resources will be received and the monetary value can be measured with sufficient reliability

3.2 Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by FRS102 SORP or FRS102.

3.3 Grants and donations

Income from government and other grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Income received in advance of the provision of a specified service is deferred until the criteria of income recognition are met.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

3.4 Donated goods and services

Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.

Donated services and facilities are included in the SoFA when received at the value of the gift to the charity provided that the value of the gift can be measured reliably. Donated services and facilities that are consumed immediately are recognised as income with the equivalent amount recognised as an expense under the appropriate heading in the SoFA.

3.5 Volunteer help

The value of volunteer help received is not included in the accounts but is described in the trustees' annual report.

3.6 Interest receivable

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

3.7 Investment gains and losses

This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

3.8 Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of the charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

4 Expenditure and liabilities

4.1 Liability recognition

Liabilities are recognised when it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

4.2 Charitable activities

Expenditure on charitable activities includes the costs of mentally stimulating activities, counselling/therapy and other activities undertaken to further the purposes of the charity and their associated support costs.

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

4.3 Governance and support costs

Support costs have been allocated between governance cost and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources.

4.4 Irrecoverable VAT

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

4.5 Creditors

The charity has creditors which are measured at settlement amounts less any trade discounts.

4.6 Provisions for liabilities

A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date.

5 Assets

5.1 Tangible fixed assets for use by the charity

Individual fixed assets costing £500 or more are capitalised at cost and are depreciated over their estimated useful economic lives on a straight line basis, a full years depreciation charge is applied in the year of acquisition and no charge is made in the year of disposal:

Caravan	Straight line over seven years
Office equipment	Straight line over five years
Computer equipment	Straight line over three years

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

Analysis of income

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 (restated) £
6 Donations and legacies				
Donations and Gift Aid	7,574	749	8,323	8,111
	<u>7,574</u>	<u>749</u>	<u>8,323</u>	<u>8,111</u>

7 Charitable activitiesIncome from grants and contracts

JH Burn Charity Trust	-	-	-	300
William Leach	-	-	-	5,000
Barbour Foundation	-	-	-	4,000
Northumberland COVID Grant	-	-	-	29,556
Edward Gosling	-	-	-	5,000
The Clothworkers	-	-	-	9,000
Hadrian Trust	-	-	-	1,000
The Recovery College	-	-	-	21,000
Salaries	-	-	-	5,677
Mary Hollon Fund (Harship Fund)	-	-	-	1,000
Sir James Knott Trust	-	-	-	6,000
Community Chest	-	-	-	2,000
Coca-Cola	-	-	-	500
Mayor's Fund	13,808	-	13,808	10,357
Morpeth Town Council	-	5,000	5,000	-
Magic Little Grant	-	500	500	-
Wilan Trust	-	8,500	8,500	-
North Tyneside Council - Kickstart	7,713	-	7,713	-
Greggs Foundation	15,000	-	15,000	-
Other small grants	4,408	-	4,408	-
	<u>40,930</u>	<u>14,000</u>	<u>54,930</u>	<u>100,390</u>

8 Other trading activities

Activities and Events	5,503	329	5,832	1,061
Fundraising	698	-	698	710
Room hire	810	-	810	-
Caravan Lettings	-	3,550	3,550	980
Café	6,623	-	6,623	167
Sale of asset	-	15,525	15,525	-
	<u>13,634</u>	<u>19,404</u>	<u>33,038</u>	<u>2,918</u>

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

Analysis of income continued

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 (restated) £
9 Other income				
Other income	1,043	-	1,043	-
Re-imbursement	-	-	-	1,115
	<u>1,043</u>	<u>-</u>	<u>1,043</u>	<u>1,115</u>

Income was £97,334 (2021 (restated): £112,534) of which £63,181 was unrestricted or designated (2021 (restated): £9,840) and £34,153 was restricted (2021 (restated): £102,694)

Analysis of expenditure on charitable activities

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 (restated) £
10 Charitable activities				
<u>Direct costs</u>				
Staff Costs	16,939	7,951	24,890	31,539
Staff and Volunteer Training	635	-	635	47
Activities & events	6,776	3,268	10,044	1,272
Caravan costs	62	6,220	6,282	4,302
Supervision	-	330	330	544
Volunteer expenses	-	-	-	234
Member activity costs	-	-	-	26
Conferences and workshops	-	-	-	-
Café	1,288	-	1,288	207
<u>Support costs</u>				
Centre & office running costs	6,158	13,500	19,658	17,138
Insurance	648	-	648	-
Printing, postage & stationery	2,790	-	2,790	6,182
Repairs & renewals	943	423	1,365	10,718
Depreciation	5,412	-	5,412	-
<u>Governance costs</u>				
Independent examiner's fees for reporting on the accounts	300	-	300	100
Payroll Fees	334	-	334	806
Legal and professional fees	310	-	310	693
	<u>42,595</u>	<u>31,692</u>	<u>74,287</u>	<u>73,808</u>

Expenditure on charitable activities was £74,287 (2021 (restated): £73,807) of which £42,595 was unrestricted or designated (2021 (restated): £10,037) and £31,692 was restricted (2021 (restated): £63,770)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

11 Fees for examination of the accounts

	2022 £	2021 (restated) £
Independent examiner's fees for reporting on the accounts	300	100
	300	100

12 Analysis of staff costs and the cost of key management personnel

	2022 £	2021 (restated) £
Salaries and wages	23,441	26,016
Social security costs	1,043	3,198
Pension costs (defined contribution pension plan)	287	599
	24,771	29,813

No employee received remuneration above £60,000 (2021 (restated): nil)

The key management personnel of the charity, comprise the Trustees and the Fundraiser. The total employee benefits of the key management personnel of the charity were £9,562. (2021: £19,968)

13 Staff numbers

The average monthly head count was 2.5 staff (2021 (restated): 1.5 staff) and the average monthly number of full-time equivalent employees during the year were as follows:

	2022 Number	2021 (restated) Number
The parts of the charity in which the employee's work		
Fundraising	1.0	1.0
Charitable activities	1.5	0.5
	2.5	1.5

Sessional staff are hired on a project by project basis and are included within charitable activities as direct project costs as they typically relate to specific production or projects.

14 Transactions with trustees

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity.

Transaction(s) with related parties

There have been no related party transactions in the reporting period.

15 Defined contribution pension scheme

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 employer's pension costs represent contributions payable by the charity to the fund and amount to £287 (2021 (restated): £287). There was £0 outstanding as at 31 July 2022 (2021 (restated): £0)

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

16 Corporation Taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

17 Tangible fixed assets

	Caravan £	Office Equipment £	Computer equipment £	Total £
Cost				
Balance brought forward	-	-	-	-
Additions	40,502	3,101	389	43,992
Disposals	-	-	-	-
Balance carried forward	40,502	3,101	389	43,992
Depreciation				
Basis	SL	SL	SL	
Rate	14%	20%	33%	
Balance brought forward	-	-	-	-
Depreciation charge for year	4,822	515	76	5,412
Disposals	-	-	-	-
Balance carried forward	4,822	515	76	5,412
Net book value				
Brought forward	-	-	-	-
Carried forward	35,680	2,586	313	38,580

18 Debtors and prepayments (receivable within 1 year)

	2022 £	2021 (restated) £
Prepayments & accrued income	1,848	133
	1,848	133

19 Cash at bank and in hand

	2022 £	2021 (restated) £
Cash at bank and in hand	77,978	95,149
Cash in hand	151	28
	78,129	95,177

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

20 Creditors and accruals (payable within 1 year)

	2022 £	2021 (restated) £
Accruals		
Independent examination of accounts	200	-
	200	-

21 Events after the end of the reporting period

No events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the reporting period.

22 Analysis of charitable funds**Analysis of movements in unrestricted funds**

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Unrestricted funds					
General unrestricted fund	22,474	63,181	(42,595)	-	43,059
Designated funds					
Depreciating assets	-	-	-	43,157	43,157
Totals	22,474	63,181	(42,595)	43,157	86,217

Purpose of unrestricted funds

General unrestricted fund	The 'free reserves' after allowing for designated funds
Designated funds	Fund set aside for developing future projects

Analysis of movement in restricted funds

	Fund balances brought forward £	Incoming resources £	Resources expended £	Transfers £	Fund balances carried forward £
Restricted funds					
Caravan	29,190	19,310	(6,220)	(40,502)	1,778
Community Foundation	2,113	-	(1,531)		582
Magic Little Grant	500	500	(630)	-	370
The Clothworkers	3,479	-	(423)	(2,655)	401
Recovery College	18,515	-	(14,760)	-	3,755
CPDO Salaries Fund	8,144	-	(7,951)		193
Wilan Trust	-	8,500	-	-	8,500
Activities	-	843	(177)	-	666
Morpeth Town Council	-	5,000	-	-	5,000
Other grants	10,895	-	-	-	10,895
Totals	72,836	34,153	(31,692)	(43,157)	32,140

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS

For the year ended 31 July 2022

22 Analysis of charitable funds continued**Purpose of restricted funds**

Restricted funds represent income resources used for a specific purpose within the charity as identified by the donor.

Caravan	To support the purchase and running costs of a Respite Breaks Caravan Project, available for members to use for short breaks
Community Foundation	To support counselling provided by the organisation

Purpose of restricted funds continued

Magic Little Grant	To support the activities that the organisation runs
The Clothworkers	To assist with the refurbishment of the centre and replacing equipment
Recovery College	To support the activities that the organisation runs and usage of the building
CPDO Salaries Fund	To support the salary costs
Wilan Trust	To support the core running costs of the organisation
Activities	Funding received to support the running costs of the activities provided
Morpeth Town Council	To support the core running costs of the organisation
Other grants	To support the core running costs of the organisation

Transfers between funds

	Reason for transfer	Amount £
Between restricted and unrestricted funds	Value of fixed assets (IT Equipment) purchased by restricted funds transferred to unrestricted funds to be depreciated over future years.	43,157

23 Capital commitments

As at 31 July 2022, the charity had no capital commitments (2021 (restated) -£nil)

24 Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2021 £
Tangible fixed assets	38,580	-	38,580	-
Cash at bank and in hand	45,989	32,140	78,129	95,177
Other net current assets/(liabilities)	1,648	-	1,648	133
	86,217	32,140	118,357	95,310

CONTACT (MORPETH MENTAL HEALTH GROUP) LIMITED

England & Wales - Charity number 1124547

Accounts



Contact Morpeth Mental Health Group

Annual Report 2020/21



MISSION STATEMENT

To engage in any other charitable activity which may relieve the needs of such persons and ancillary thereto to protect and preserve the health of their families, friends and carers.

The objectives of the charity are:

To relieve the needs of persons suffering or who have suffered from mental ill-health, and in particular to advance education, relieve poverty and to provide facilities in the interests of social welfare for recreation and other leisure-time occupation for such persons with the object of improving their well-being.

Chairperson report

Well, we have survived!! I have to admit I was doubtful at times as accessing funding got more and more difficult and many of our members have not returned yet but, we are still here and things are getting better. Last Annual Report I said that we were looking to improve the health of our members and due to some funding specifically for health and well-being we have managed to be running two courses which is helping our members. Our Funky keep fit on a Thursday by James is very popular and two weeks ago we started a Meditation and Mindfulness course which has intrigued many of our members. We have been delighted with the response from some of our members who never join in anything so fingers crossed this will continue.

I know COVID has been a disaster for so many people, but because we have a caravan we were able to access grants from our County Council for which we are really grateful and it has enabled us to do an excellent part exchange on our old caravan and we now have a splendid new 8 berth caravan at Haggerston Castle on our old site and our members are really looking forward to using it. First booking in at Easter. This is specifically for respite holidays and for some of our members, the only holiday they will get.

I also mentioned in our last annual Report that we were looking to expand our Counselling and this is happening. Many people are in need of Counselling after the pandemic and waiting lists are very long so we have been able to offer more Counselling than we have done in the past. We would like to be registered with the NHS but these things take time so we will just keep trying. Local GPs are slowly recommending people to us for help which is a start.

We are also this year hoping to go on holiday with some of the members who are very excited as it is over 2 years since we have been able to do anything. I am really looking forward to it having got stranded the last time!!!!

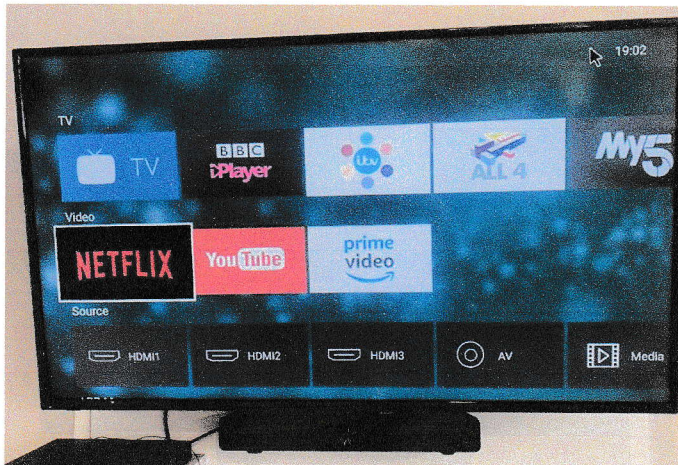
We also have had several new members and indeed some of the members who come for Counselling decide to join us which is great for them and for us.

We lost our fundraiser this year who opted to go for a better paid job and there was little I could do about it as we do not have the money to pay anything more. We have however, employed a young man as an administrator and have recently employed a fundraiser part/time who will also help with admin.

Our trustees and volunteers have worked tirelessly throughout this difficult time and our centre and charity could not operate without so many valuable helpers in their various capacities.

As I said earlier without volunteers and trustees we would not have survived. More members are returning along with new ones and we look forward to putting new activities on so that everyone can be helped with the health and well-being. It only remains for me to say a huge 'Thank you' to our local community, churches and organisations who support us generously in many different ways. Hopefully 2022 will be successful for all concerned. – Rhona Dunn Chair

FILM CLUB COMING SOON



WILLMOTT DIXON- HELPING MENTAL HEALTH IN THE COMMUNITY



Good News Stories

We still have good news stories and we have 2 in particular which is great news. One of our recent members had recently moved in the locality and came to see me to ask what we did. She was a very nervous lady having just come out of a Women's refuge after

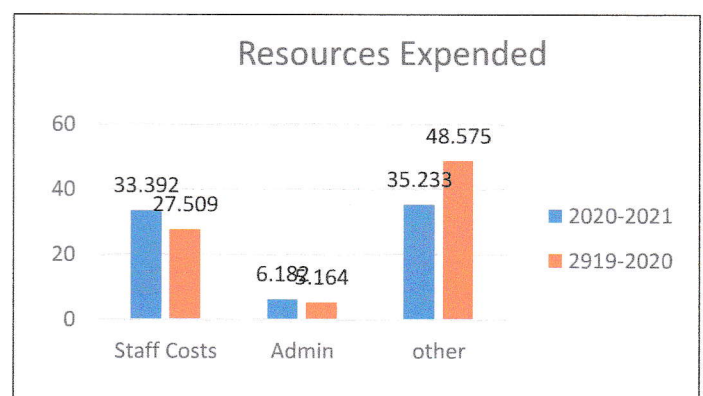
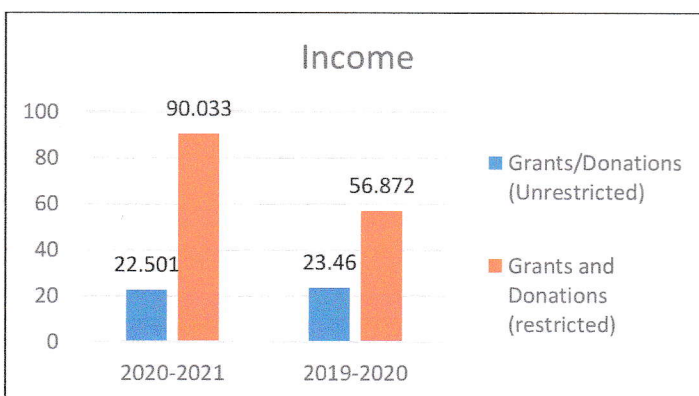
much abuse. I persuaded her that perhaps she would enjoy joining us for a coffee and to be honest I hardly recognise her now. She opted for counselling which is giving her confidence in herself, However I found out that in her former life she was a flower arranger and she now decorates the Sheltered Housing where she lives with help from the Manager of some finance. I have also persuaded her that she might be useful helping at my local church and she is going on the rota after Easter. She is also the first person to use our new caravan. She is such a different person to when she came to us 2 months ago.

We engaged James to run our Funky Fitness class and also he has just started Meditation and Mindfulness and the people I have seen get up on the floor with James is amazing. (It helps that he is tall, dark, handsome and wears shorts.) One of the members wrote a note about how he felt about the Funky fitness class. He has never done fitness of any kind in his life and he asked James on Thursday if he would write the exercises down for him as he would like to try and do them at home in his flat. Whilst I have to pay James (he does give us a charity rate) I feel that it is worth every penny and shall continue to try and find funding when it is making a such a difference to our members.

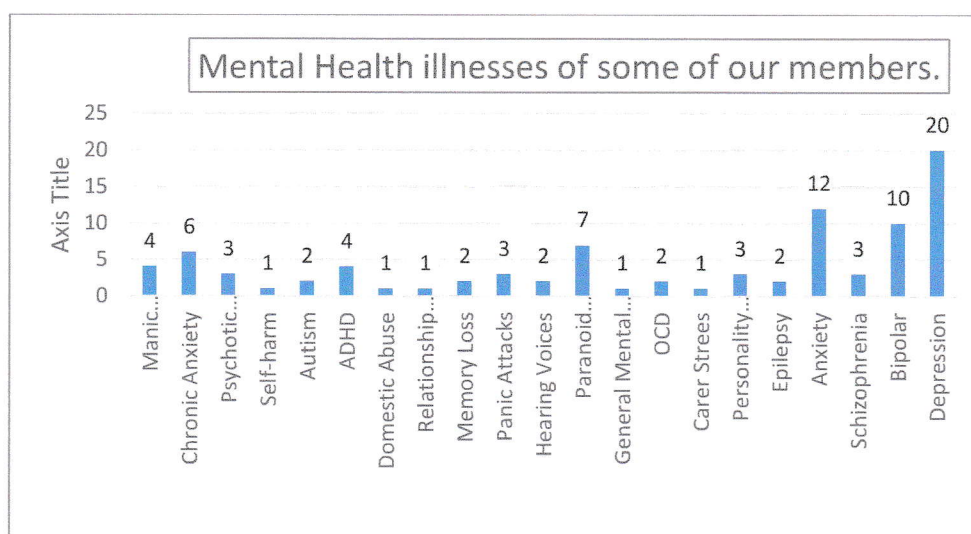
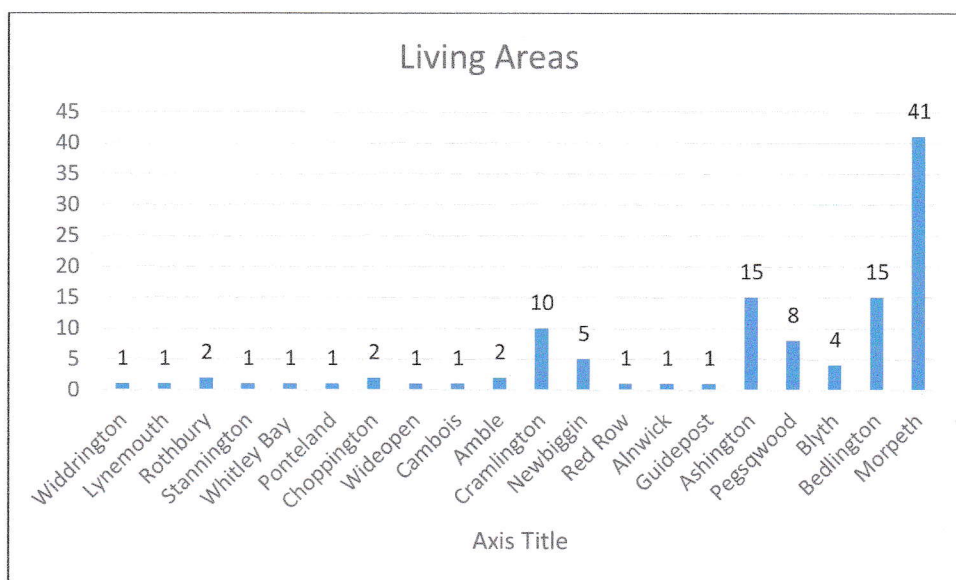
A very interesting thing happened in the centre recently.

I had a new volunteer who wanted to get engaged with the members and asked if she could start a conversation group. I am happy to try anything so we duly put up a notice. However nobody wanted to join something so dull sounding so the next week she started to chat to one person and by the hour was up she had 4 joining in. It has increased a little each week and members ring up asking when the talk group is on. There is no formal programme, they just talk about anything and everything and it is great stimulation for the members.

Income and Expenditure.



Information on regular members who attend the centre.



Trustees – Our trustees continue to serve us well although Rev Keith Harbour decided to retire having given the charity 10 plus years of pastoral support and I am looking for someone to replace him as I feel it is important to have someone with those skills in support of the members. All our trustees are active and have specific jobs within the charity which is really helpful.

Volunteers – We could not operate without our volunteers but it does cost us money to have them as all those who work in the kitchen have to do the Food Hygiene Certificate and all volunteers a DBS. This all costs money, but it is essential that we do this to keep up to date.

Fundraising

As I mentioned earlier, fundraising has been extremely difficult but I have done my best and hope that when my part time fundraiser starts soon that things might improve. We did however get some financial help from Recovery College for our rent and activities in return for them using our building on a Monday when we are not active. This was very welcome and enabled me to use some of it for our healthy living activities. We were very lucky that the builders of the new Leisure Centre have also been extremely good to us, donating some money as well as decorating and flooring our gent's toilet. This means that we only have the ladies toilets to refurbish and we are all refurbished and it looks extremely smart. Castle Carpets also did some Carpeting for us and I was so sorry to lose Paul Taylor as he has supported us as a charity for many years. Do have an application for funding with Little Magic Grant and Newcastle Building Society so hoping for success. First priority of course is finding the rent of £13000 and paying our wonderful staff.

Staff & Volunteers – Thank you

The Trustees would like to say 'Thank you to all those volunteers who give us their time year after year. They are invaluable to our charity. They are great fun to have around and no job is too much for them.

Leadership Group

Chair	Rhona Dunn BEM
Vice-Chair	Geoff Bushell
Treasurer	Mary Kendall
Counselling	Elaine Smith
HR	Jacky Calder-Rice
Legal	Wadzanai Richardson
Pastoral	Vacant

Representatives on the Leadership Group

Volunteers	Cynthia Livesey
Members	Lyndsay Thompson
Carers	Derek Lord

**Thank you to our invaluable Auditor
for his patience**

**Mr S J Lewis
2 St Leonard's Walk
Lancaster Park
Morpeth
NR61 3SZ**

CONTACT MMHG

7 Grey's Yard
Morpeth NE61 1QD
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contact@contactmorpeth.org.uk

www.contactmorpeth.org.uk

Financial Report

1st August 2020 to 31st July 2021

Accounting Statement

This report has been prepared under the historic cost convention.

The report shows all money received and all money spent in the period without adjusting for accruals.

All expenditure has been expended in furtherance of the objects of the charity.

Restricted funds represent money received for a specified purpose.

Unrestricted funds are expendable at the discretion of the Trustees in furtherance of the objects of the charity

Audit Exemption Statement

For the year ended 31st July 2021 the company 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 accounts for the year to 31st July 2021 in accordance with section 476 of the Companies Act 2006.
The Directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small

Statement of Approval

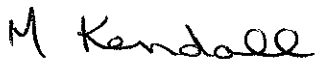
These accounts were approved by the Directors and Members of Contact (Morpeth Mental Health Group) Ltd. at the Annual General Meeting

Signed on behalf of Contact (Morpeth Mental Help Group) Ltd.

Rhona Dunn: Honorary Chair and Director



Mary Kendall : Honorary Treasurer and Director



Receipts and Payments Account (detailed) for the year ended 31st July 2021

INCOMING RESOURCES 1st August 2020 to 31st July 2021

INCOMING RESOURCES

	<u>2020-2021</u>			<u>2019-2020</u>		
	<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>
<u>Grants and Donations: General Fund</u>						
General Donations	4,447	4,447	0	4,212	4,212	0
Individual Donations	2,397	2,397	0	0	0	0
My Donate & Pay Pal	0	0	0	0	0	0
Activities & Events (Including DJ costs)	1,039	1,039	0	3,399	3,349	50
Social Outings	0	0	0	0	0	0
Office & Equipment	22	22	0	276	276	0
Coffee Den	167	167	0	2,257	2,257	0
Room Hire	0	0	0	0	0	0
Local Giving	1,269	1,269	0	190	190	0
Caravan Lettings	980	0	980	1,165	1,165	0
Reimbursement	1,115	0	1,115	11	11	0
	0	0	0	0	0	0
Morpeth Lions (Contribution to Social Outing)	0	0	0	0	0	0
Fundraising	710	0	710	0	0	0
Members Contribution to Services	0	0	0	0	0	0
Fundraising	0	0	0	0	0	0
Morpeth Town Council	0	0	0	5,000	5,000	0
William Leech	0	0	0	3,000	3,000	0
Ballinger Trust	0	0	0	1,000	1,000	0
Barbour Foundation	0	0	0	2,000	2,000	0
Charity Trust Grant	0	0	0	500	500	0
Morpeth Ladies Inner Wheel	0	0	0	500	500	0
Northumberland County Council	0	0	0	0	0	0
Mayor' Fund	10,357	0	10,357	0	0	0
Transfer between funds	0	0	0	0	0	0
	22,501	9,340	13,161	23,510	23,460	50

Grants and Donations: Restricted Funds

JH Burn Charity Trust	300	0	300	0	0	0
William Leach	5,000	0	5,000	0	0	0
Barbour Foundation	4,000	0	4,000	0	0	0
Northumberland COVID grant	29,556	0	29,556	0	0	0
Edward Gosling	5,000	0	5,000	0	0	0
The Clothworkers	9,000	0	9,000	0	0	0
Hadrian Trust	1,000	0	1,000	0	0	0
The Recovery College	21,000	0	21,000	0	0	0
Salaries (BLF & HMRC)	5,677	0	5,677	8,266	0	8,266
Big Lottery Fund New Caravan	0	0	0	4,746	0	4,746
The Charity Trust (Craft Group)	0	0	0	0	0	0
Mary Hollon Fund (Hardship Fund)	1,000	0	1,000	750	0	750
Volunteers	0	0	0	0	0	0
Contact Holiday	0	0	0	0	0	0
National Citizen Service - Photo Field Trips	0	0	0	0	0	0
Donations for Caravan Holiday	0	0	0	0	0	0
Big Lottery Magic Little Grant	0	0	0	500	0	500
Diamond Contract Costs - Old Copier	0	0	0	0	0	0
Flat Clearance for Member	0	0	0	0	0	0
Community Foundation - Counselling	0	0	0	3,000	0	3,000
Community Foundation - Refurbishment	0	0	0	2,950	0	2,950
Awards for All	0	0	0	8,850	0	8,850
Catherine Cookson Trust	0	0	0	500	0	500
Sir James Knott Trust	6,000	0	6,000	6,000	0	6,000
Rothley Trust	0	0	0	1,000	0	1,000
Lloyds Foundation	0	0	0	14,360	0	14,360
Community Chest	2,000	0	2,000	4,900	0	4,900
Coca - Cola	500	500	0	1,000	0	1,000
	90,033	500	89,533	56,822	0	56,822

TOTAL INCOMING RESOURCES

112,534	9,840	102,694	80,332	23,460	56,872
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Receipts and Payments Account (detailed) for the year ended 31st July 2021

RESOURCES EXPENDED 1st August 2020 to 31st July 2021

<u>RESOURCES EXPENDED</u>	<u>2020-20201</u>			<u>2019-2020</u>		
	<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>
<u>Staff Costs</u>						
Salaries incl NEST & Redundancy	29,813	0	29,813	26,920	0	26,920
Payroll Preparation	806	806	0	589	0	589
HMRC Extra Payment	1,726	1,726	0	0	0	0
Staff Volunteer Training	47	47	0	0	0	0
	32,392	2,579	29,813	27,509	0	27,509
<u>Administration</u>						
Photocopier	2,749	2,749	0	2,544	0	2,544
Telephone	352	352	0	880	0	880
Office & Equipment	2,873	1,253	1,620	1,456	0	1,456
Printing and Advertising	208	208	0	284	0	284
	6,182	4,562	1,620	5,164	0	5,164
<u>Centre Costs</u>						
Rent Rates and Insurance	14,937	0	14,937	15,058	0	15,058
Utility Costs	2,201	2,201	0	3,621	3,621	0
Repairs and Refurbishment	10,718	0	10,718	2,109	2,109	0
Cleaning & Laundry	0	0	0	86	86	0
Activities & Events	1,272	0	1,272	526	526	0
Caravan Services	0	0	0	0	0	0
Utility Warehouse Top Up	0	0	0	1,470	1,470	0
Counselling Supervision	544	0	544	319	319	0
Social Outings	0	0	0	0	0	0
Volunteer Expenses	234	234	0	849	849	0
IT & WIFI for Members	26	26	0	0	0	0
Membership	232	232	0	767	767	0
Mary Hollon Fund (Hardship Fund)	0	0	0	0	0	0
Office & Photo Equipment - Comm Chest	0	0	0	2,229	2,229	0
Craft Group Materials	0	0	0	4	4	0
Coffee Den	0	0	0	0	0	0
Flat Clearance Costs for Member	0	0	0	600	0	600
Contact Holiday	0	0	0	3,644	0	3,644
NCS - Photo group Field Trip	0	0	0	0	0	0
Old Copier Contract (Investec - Toshiba)	0	0	0	0	0	0
Caravan Project	4,302	0	4,302	6,585	0	6,585
Refurbishments	0	0	0	10,190	0	10,190
Therapies - Hospital of God	0	0	0	518	0	518
TV Licence	159	0	159	0	0	0
Contact Café	207	102	105	0	0	0
Petty Cah	100	100	0	0	0	0
Legal	300	0	300	0	0	0
Reserves	0	0	0	0	0	0
	35,233	2,896	32,337	48,575	11,980	36,595
<u>TOTAL RESOURCES EXPENDED</u>	73,808	10,037	63,770	81,248	11,980	69,268
<u>NET INCOMING / OUTGOING RESOURCES</u>	38,726	(197)	38,924	(916)	11,480	(12,396)

Receipts and Payments Account for the year ended 31st July 2021

MOVEMENT OF FUNDS

<u>Cash Funds from last year end</u>	2020-2021			2019-2020		
	<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>	<u>Total</u>	<u>Unrestricted</u>	<u>Restricted</u>
DJ Christmas Party	50	50	0	50	0	50
Hospital of God (Therapies)	433	433	0	956	0	956
Caravan Account	3,755	0	3,755	3,781	0	3,781
Photographic Field Trip	340	340	0	340	0	340
IT & WiFi Tuition Group For Members	139	139	0	139	0	139
Holiday Fund	0	0	0	3,560	0	3,560
Charity Trust Craft Group	240	240	0	244	0	244
Northumberland CC (office & Photo Equipmnet)	1,888	0	1,888	3,062	0	3,062
Caravan Lettings	805	805	0	0	0	0
Mary Hollon (Hardship Fund)	67	67	0	0	0	0
Community Foundation Newcastle Fund	2,705	0	2,705	0	0	0
A4A (Food & 2months rent)	7,281	0	7,281	0	0	0
Rothley Trust	1,000	0	1,000	0	0	0
Lloyds	9,225	0	9,225	0	0	0
Community Foundation (Counselling)	2,702	0	2,702	0	0	0
Magic Little Grant (Exercise)	500	0	500	0	0	0
Restricted Reserves	20,000	0	20,000	20,000	0	20,000
Unrestricted Funds	5,454	5,454	0	25,241	25,241	0
TOTAL	56,584	7,528	49,056	57,373	25,241	32,132
 Net Incoming/Outgoing resources	 38,543	 14,763	 23,780	 -789	 -17,713	 16,924

Cash Funds this year end

DJ Christmas Party	0	0	0	50	50	0
Childrens Hospital in Sheburn (therapies)	0	0	0	0	0	0
Hospital of God (Therapies)	0	0	0	433	433	0
Caravan Account	0	0	0	3,755	0	3,755
Photographic Field Trip	0	0	0	340	340	0
IT & WiFi for Members	0	0	0	139	139	0
Charity Trust Craft Group	0	0	0	240	240	0
Northumberland CC (Office & Photo Equipment)	0	0	0	1,888	0	1,888
Caravan Project	29,190	0	29,190	0	0	0
Caravan Lettings	0	0	0	805	805	0
Mary Hollon	0	0	0	67	67	0
Community Foundation Newcastle Fund	0	0	0	2,705	0	2,705
A4A (Food & 2months rent)	0	0	0	7,281	0	7,281
Rothley Trust	0	0	0	1,000	0	1,000
Lloyds	0	0	0	9,225	0	9,225
Community Foundation (Counselling)	2,113	0	2,113	2,702	0	2,702
Magic Little Grant (Exercise)	500	0	500	500	0	500
Clothworkers	3,479	0	3,479	0	0	0
Recovery College	18,515	0	18,515	0	0	0
CPDO Salaries Fund	8,144	0	8,144	0	0	0
 Restricted reserves	 10,895	 0	 10,895	 20,000	 0	 20,000
 Unrestricted Funds	 22,291	 22,291	 0	 5,454	 5,454	 0
TOTAL	95,127	22,291	72,836	56,584	7,528	49,056

REPRESENTED BY

	31 July'21	31 July'20
Cash	28	
Santander Bank (includes £10,894.51 reserves)	95,127	56,402
Utility Warehouse Card		182
	95,155	56,584

Contact (Morpeth Mental Health Group) Ltd.
Charity Number 1124547 Company Limited by Guarantee Number 6182748

Receipts and Payments Account for the year ended 31st July 2021

SUMMARY

	<u>2020-2021</u>	<u>2019-2020</u>
<u>INCOMING RESOURCES</u>		
Grants and Donations Unrestricted	22,501	23,460
Grants and Donations Restricted Funds	90,033	56,872
Other Income		
TOTAL	<u>112,534</u>	<u>80,332</u>
<u>RESOURCES EXPENDED</u>		
Staff Costs	32,392	27,509
Administration	6,182	5,164
Other	35,233	48,575
Total	<u>73,808</u>	<u>81,248</u>
Surplus/Deficit	<u>38,726</u>	<u>(916)</u>
<u>BALANCE IN HAND</u>		
Restricted Funds	72,836	49,056
Unrestricted Funds	<u>22,291</u>	<u>7,528</u>
	<u>95,127</u>	<u>56,584</u>

OTHER ASSETS

Contact (Morpeth Mental Health Group) Ltd rent their drop in centre. The company owns a static caravan, which was purchased March 2015 (using a grant from the Big Lottery Fund). The company also owns the furniture and office equipment in the drop in centre, which is all fully depreciated.

Balance of funds represents 15 months of 2020 -
2021 operating costs



Section A

Independent Examiner's Report

Report to the trustees/
members of

Charity Name
CONTACT (MORPETH MENTAL HEALTH GROUP) LTD

On accounts for the year
ended

31st JULY 2021

Charity no
(if any)

1124547

Set out on pages

(remember to include the page numbers of additional sheets)

Responsibilities and
basis of report

I report to the trustees on my examination of the accounts of the above
charity ("the Trust") for the year ended 31.07.2021

As the charity's trustees, you are responsible for the preparation of the
accounts in accordance with the requirements of the Charities Act 2011
("the Act").

I report in respect of my examination of the Trust's accounts carried out
under section 145 of the 2011 Act and in carrying out my examination, I
have followed all the applicable Directions given by the Charity Commission
under section 145(5)(b) of the Act.

Independent
examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to
undertake the examination by being a qualified member of [insert name of
applicable listed body]]. ~~Delete [] if not applicable.~~

I have completed my examination. I confirm that no material matters have
come to my attention in connection with the examination (other than that
disclosed below *) which gives me cause to believe that in, any material
respect:

- the accounting records were not kept in accordance with section 130
of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements
concerning the form and content of accounts set out in the Charities
(Accounts and Reports) Regulations 2008 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.

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.

* Please delete the words in the brackets if they do not apply.

Signed:

Date:

7/2/22

Name:

STUART JOHN LEWIS

Relevant professional
qualification(s) or body

CIMA

(if any):

Address:

20 ST LEONARDS WALK
MORPETH
NE61 3SZ

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.