



# **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!!!!

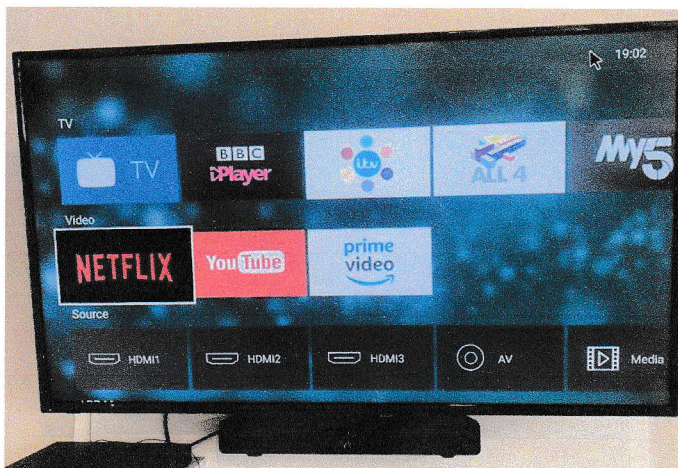
We also have had several new members and indeed some of the members who come for Counselling decide to join us which is great for them and for us.

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



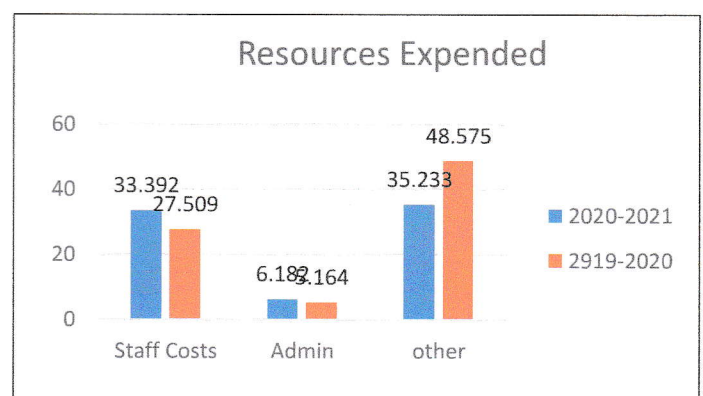
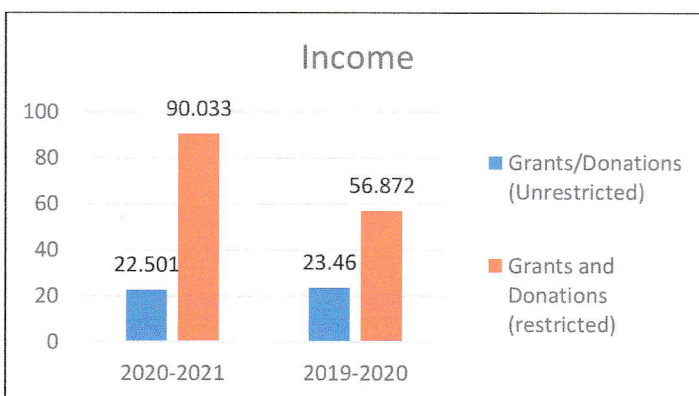
much abuse. I persuaded her that perhaps she would enjoy joining us for a coffee and to be honest I hardly recognise her now. She opted for counselling which is giving her confidence in herself, However I found out that in her former life she was a flower arranger and she now decorates the Sheltered 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.

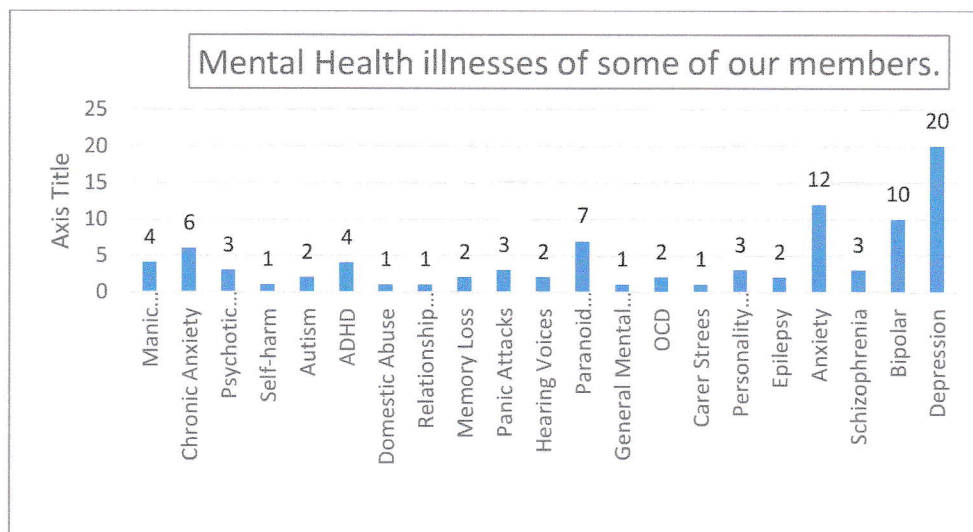
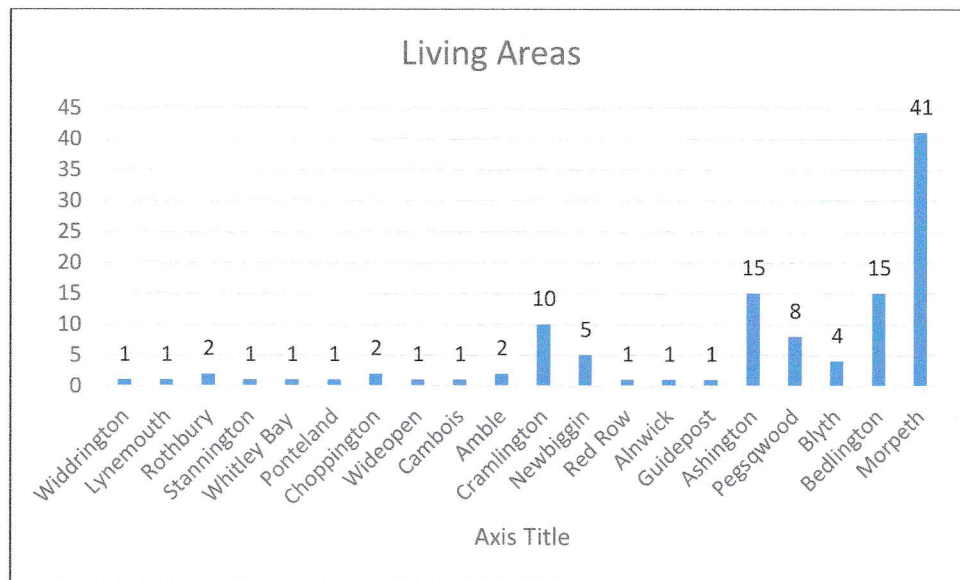
I had a new volunteer who wanted to get engaged with the members and asked if she could start a conversation group. I am happy to try anything so we duly put up a notice. However nobody wanted to join something so dull sounding so the next week she started to chat to one person and by the hour was up 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

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Morpeth NE61 1QD  
Northumberland

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[www.contactmorpeth.org.uk](http://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**

	<b><u>2020-2021</u></b>			<b><u>2019-2020</u></b>		
	<b><u>Total</u></b>	<b><u>Unrestricted</u></b>	<b><u>Restricted</u></b>	<b><u>Total</u></b>	<b><u>Unrestricted</u></b>	<b><u>Restricted</u></b>
<b><u>Grants and Donations: General Fund</u></b>						
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
	<b>22,501</b>	<b>9,340</b>	<b>13,161</b>	<b>23,510</b>	<b>23,460</b>	<b>50</b>

**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
	<b>90,033</b>	<b>500</b>	<b>89,533</b>	<b>56,822</b>	<b>0</b>	<b>56,822</b>

**TOTAL INCOMING RESOURCES**

<b>112,534</b>	<b>9,840</b>	<b>102,694</b>	<b>80,332</b>	<b>23,460</b>	<b>56,872</b>
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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**

<b><u>RESOURCES EXPENDED</u></b>	<b><u>2020-20201</u></b>			<b><u>2019-2020</u></b>		
	<b><u>Total</u></b>	<b><u>Unrestricted</u></b>	<b><u>Restricted</u></b>	<b><u>Total</u></b>	<b><u>Unrestricted</u></b>	<b><u>Restricted</u></b>
<b><u>Staff Costs</u></b>						
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
	<b>32,392</b>	<b>2,579</b>	<b>29,813</b>	<b>27,509</b>	<b>0</b>	<b>27,509</b>
<b><u>Administration</u></b>						
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
	<b>6,182</b>	<b>4,562</b>	<b>1,620</b>	<b>5,164</b>	<b>0</b>	<b>5,164</b>
<b><u>Centre Costs</u></b>						
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
	<b>35,233</b>	<b>2,896</b>	<b>32,337</b>	<b>48,575</b>	<b>11,980</b>	<b>36,595</b>
<b><u>TOTAL RESOURCES EXPENDED</u></b>	<b>73,808</b>	<b>10,037</b>	<b>63,770</b>	<b>81,248</b>	<b>11,980</b>	<b>69,268</b>
<b><u>NET INCOMING / OUTGOING RESOURCES</u></b>	<b>38,726</b>	<b>(197)</b>	<b>38,924</b>	<b>(916)</b>	<b>11,480</b>	<b>(12,396)</b>



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
<b>TOTAL</b>	<b>56,584</b>	<b>7,528</b>	<b>49,056</b>	<b>57,373</b>	<b>25,241</b>	<b>32,132</b>
 <b>Net Incoming/Outgoing resources</b>	 <b>38,543</b>	 <b>14,763</b>	 <b>23,780</b>	 <b>-789</b>	 <b>-17,713</b>	 <b>16,924</b>

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
<b>TOTAL</b>	<b>95,127</b>	<b>22,291</b>	<b>72,836</b>	<b>56,584</b>	<b>7,528</b>	<b>49,056</b>

REPRESENTED BY

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



**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**

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

**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

31<sup>st</sup> 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.