

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.



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> <small>Rhona Dunn (Mar 12, 2026 10:08:27 GMT)</small>	
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)

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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)

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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

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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

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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)

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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
	126,203	23,905	150,108	145,453