

MAAN SOMALI MENTAL HEALTH SHEFFIELD

England & Wales · Charity number 1125763

Details

Other names MAAN

Status Registered

Legal form Charitable company

Company number [06639255](#)

Registered 2008-09-08

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

Contact

Address 8 Paradise Street
Sheffield
Yorkshire
S1 2DF

Phone 01142758556

Email cynthia.maan@hotmail.co.uk

Website www.maansomalimentalhealth.org

Activities

Objects: 3.1 TO RELIEVE POVERTY, SICKNESS AND DISTRESS ARISING THEREFROM OF PERSONS IN YORKSHIRE AND HUMBERSIDE ("THE AREA OF BENEFIT") WHO ARE SUFFERING FROM MENTAL ILLNESS OR MENTAL INCAPACITY ("BENEFICIARIES") AND IN PARTICULAR BENEFICIARIES FROM THE SOMALI AND FROM OTHER BLACK AND MINORITY ETHNIC COMMUNITIES WHO ARE NEW MIGRANTS, REFUGEES OR ASYLUM SEEKERS, BY ASSISTING THEM TO ACCESS STATUTORY AND OTHER SERVICES AND OTHERWISE OBTAIN FULL RIGHTS AND PRIVILEGES AS CITIZENS.3.2 TO PROVIDE FACILITIES FOR COUNSELLING AND SUPPORT AND FOR SOCIAL AND LEISURE ACTIVITIES FOR BENEFICIARIES IN THE AREA OF BENEFIT.3.3 TO ADVANCE THE EDUCATION OF THE PUBLIC IN ALL MATTERS PERTAINING TO MENTAL HEALTH IN RELATION TO THE BENEFICIARIES.

Activities: Maan Somali Mental Health Sheffield provides culturally sensitive services to members of the Somali community and other BME and refugee communities experiencing mental health problems.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives, The Prevention Or Relief Of Poverty
- **Who:** People Of A Particular Ethnic Or Racial Origin

Geography

- **Area of benefit:** YORKSHIRE AND HUMBERSIDE
- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£217,484	£186,863	-	-
2024-03-31	£169,784	£160,403	-	-
2023-03-31	£159,996	£154,787	-	-
2022-03-31	£179,843	£149,372	-	-
2021-03-31	£218,118	£109,464	-	-

Trustees

Name	Role	Appointed
Dr Mohamud Ali Ege		2018-10-23
Ibado Abdi		2018-10-23
Janice Marks		
MATTHEW OSAMMOR		

MAAN SOMALI MENTAL HEALTH SHEFFIELD

England & Wales - Charity number 1125763

Accounts

MAAN Somali Mental Health Sheffield

(Registered charity. Number 1125763)

(Company Ltd by Guarantee No. 06639255)

Financial statements

for the year ended 31 March 2025

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MAAN Somali Mental Health Sheffield

Legal and administrative information

Trustees

Dr Ogo Osammor	Chair
Janice Marks	Treasurer
Dr Mohamud Ege	
Ibado Abdi	

Registered Charity number

1125763

Company Ltd by Guarantee number

06639255

Principal Address

8 Paradise Street
Sheffield
S1 2DF

Independent Examiner

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

Bank

Co-operative Bank plc
78/82 Pinstone Street
Sheffield
S1 2PH

MAAN Somali Mental Health Sheffield

Trustee's report

The Trustees present their annual report and financial statements for the year ended 31 March 2025 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards for Smaller Entities.

Structure, governance and management

The charity is governed by its memorandum and articles of association incorporated , on 7 July 2008 and was entered on the Register of Charities effective from 8 September 2008.

The organisation's finances and policies are administered and overseen by a Management Group made up of the Trustees who are elected by the members.

Both paid staff and volunteers are involved in the day to day running of the project.

The trustees who served during the year are listed on page 2 on the report.

Information for potential Trustees is made available before each A.G.M and new Trustees are voted on at the Annual General Meeting.

Objectives and activities

The Objects of the organisation include:

- To relieve poverty, sickness and the distress arising therefrom of Somali persons living in Sheffield and districts. Who are suffering from mental illness or mental incapacity, by assisting such persons to obtain full rights and privileges as citizens
- to provide facilities for counselling and support and leisure activities for Somali people who are suffering from mental illness or mental incapacity in the area of benefit in the interests of social welfare and the object of improving their conditions of life
- to advance the education of the public in all matters of health issues for Somali people who are suffering from mental illness or mental incapacity in the area of benefit.

Financial Review

Income for the year is shown at £217,484 (2024: £169,784) and this is mostly from grant funding which is listed on the notes to the accounts. Expenditure is shown at £186,863 (2024: £160,403) with a year end carried forward of unrestricted funds balance of £160,628 (2024: £167,544)

Reserves policy

The reserves are needed to ensure that Maan can continue its services in times when the funding received does not cover the costs of the provision of services. Our aim is to maintain reserves equal to twelve months running costs.

Public benefit statement

Maan Somali Mental Health Sheffield addresses the needs of members of the Somali Community experiencing severe enduring mental health problems and supporting Sheffield NHS and other statutory provider agencies in order to contribute to a more effective delivery of mainstream services.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Achievements and performance

Achievements

We continue to have an impact on the well-being of the Somali and other communities through our, one to one support: community engagement work, partnership and networking across sectors to promote culturally informed mental health strategies, services and support at all stages of each person's recovery journey.

One to one support

Over the past year, we have supported 51 individuals on their mental health recovery journeys. For some, this included more focused engagement through one-to-one support sessions, delivered weekly, fortnightly, or more often depending on individual need — particularly during periods of very low mood.

For this second group, we tailored our approach to reflect the varying intensity of support required. This included assisting people in accessing mental health services, social care, and wider wellbeing provision.

Carers and family support

We continue to offer responsive support to carers and family members. Through our work with the Burngreave Women's Well-being Group, we have delivered sessions that foster regular social connection and peer support.

Each session is guided by the needs of the group and carries a strong focus on emotional well-being. Carers have spoken openly about the challenges they face, highlighting the importance of self-care when supporting others. They have shared compelling personal reflections on the emotional toll and stress of caring for someone experiencing mental health difficulties.

Wider community workshops

Maan remains committed to promoting mental health and well-being in the Somali community by tackling stigma and raising awareness. Our work continues to develop through community-led initiatives that focus on prevention, including healthy eating and physical activity.

This strand of work has included workshops, structured courses, and group outings to green and blue spaces in Sheffield and the surrounding areas, all designed to nurture social connection and emotional well-being.

We also champion a Move More approach, encouraging accessible and enjoyable ways for individuals and families to stay active. From walking and swimming to cycling, team sports, and creative games such as scarf juggling — each activity is designed to promote gentle exercise, self-care, and a sense of shared joy.

We welcomed 306 participants across ten workshops and seminars, including events marking Maan's 30-year anniversary.

Work with Health and Social Care Providers and other Organisations

Maan has built trust and credibility not only within the local community, but also across a wide range of statutory and voluntary organisations, teams, and professionals.

We are often the first point of contact for support — whether that's someone experiencing mental health distress, a concerned family member or friend, frontline workers from various agencies, or professionals within the police and court system.

Over the past year, we have actively supported numerous health and social care providers, including social workers and members of Community Mental Health Teams, helping them engage more effectively with Somali individuals in Sheffield. Through cross-sector collaboration and strategic partnerships, we've strengthened our capacity to advocate for the needs of Somali people and others facing mental health challenges in our city.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Maan team have worked with and supporting the following service providers:

1. Sheffield City Council, Adult Social Care Team
2. Forest Close,
3. Willow Beck Care Home, In-Reach.
4. St Catherines Care Home In-Reach
5. Endcliffe Ward
6. We have supported Holistic Care, a Somali led care organisation
7. Limbrick Centre
8. Northland Community Mental Health team
9. Burngreave Surgery,
10. Sloan Medical Centre
11. Rampton Hospital – to support their work with a Somali patient from Sheffield.
12. South Yorkshire Housing Association,
13. Sheffield Perinatal Mental Health Services and Crisis Resolution Mental Health Home Treatment Te
14. Sheffield Housing Solution team.
15. East Glade Community Mental Health Team
16. Northland Community Mental Health Team

Volunteers' contribution to Maan's story

Our volunteers continue to be the heartbeat of Maan, supporting workshops, seminars, and weekly physical activities with real dedication. Their involvement has helped inspire wider community participation — from regular walking groups in Burngreave to increased engagement in wellbeing events.

This year, we trained and welcomed 14 new volunteers from a variety of backgrounds, including medical students from the University of Sheffield and Sheffield Hallam. We're especially grateful for their contribution to our Diabetes Awareness and Active and Well campaigns, helping us connect with the community in meaningful, culturally sensitive ways.

Diabetes awareness campaign

Over the past year, Maan has developed a new focus with our Diabetes Awareness work. We are supporting the development of Diabetes Champions through accessible monitoring and support work for those with pre- and type 2 diabetes diagnosis. Building the skills, knowledge and confidence of Somali Diabetes Champions has been a valuable addition to this area of work. We continue to do awareness raising workshops for the wider community alongside this more focussed work.

Maan Peer Support Work

We have moved from an informal to more formalised Peer Support Work offer by working in partnership with Sheffield NHS and the VCSE sector. We have employed two part time Peer Support Workers.

Our Peer Support strategy includes our contribution to NHS Peer Support Network Meetings as well as taking part in the Lived Experience and Co-production Assurance Group (LECAG). We are also working with SACHMA and other VCSE Peer Support initiatives in order to develop a uniquely Somali approach to Peer Support Work while linking in with other initiatives across the city.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Challenges

Maan continues to experience an increase in referrals and support requests related to welfare rights, housing, and social care — from service users, carers, and other members of the community.

The cost-of-living crisis has had a clear and concerning impact on mental health. Rising levels of anxiety and emotional strain are making it harder for individuals to sustain well-being under the current economic pressures.

Service users, carers and families often describe the systems for accessing health and social care as frustrating and difficult to navigate. Our team is spending growing amounts of time waiting in long phone queues for GP surgeries, mental health teams and social care services — time that could be better spent on direct support.

Trustees responsibilities for the financial statements

Company and charity law requires the trustees to prepare financial statements for each financial period which show the state of affairs of the charity and of net income or expenditure of the charity for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- 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 charity will continue in operation.
- state whether applicable accounting standards of recommended practice have been followed subject to any departures disclosed and explained in the financial statements.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable the Trustees to prepare financial statements. The Trustees are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

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

This report was approved by the Trustees on _____ and is signed on their behalf by:

Dr Ogo Osammor
Chair

MAAN Somali Mental Health Sheffield

**Independent Examiner's report on the Accounts of
MAAN Somali Mental Health Sheffield
for the year ended 31 March 2025**

I report on the accounts of the company for the year ended 31 March 2025, which are set out on pages 8 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees 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(2) of the Charities Act 2011 (the 2011 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 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 you as 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 matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: _____

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

Date: _____

14/11/2025

MAAN Somali Mental Health Sheffield

Balance Sheet as at 31 March 2025

Company number: 06639255		2025	2024
	Notes	£	£
Current Assets			
Debtors	2		-
Balance at Bank and cash		<u>219,497</u>	<u>188,851</u>
Total Current Assets		<u>219,497</u>	<u>188,851</u>
Creditors: amounts falling due within one year	3	(550)	(525)
Net current assets/(liabilities)		<u>218,947</u>	<u>188,326</u>
Total assets less current liabilities		<u>218,947</u>	<u>188,326</u>
Creditors: amounts falling due after one year		-	-
Net Assets		<u>218,947</u>	<u>188,326</u>
Represented By			
Restricted funds	6	58,319	20,782
Unrestricted income fund		<u>160,628</u>	<u>167,544</u>
		<u>218,947</u>	<u>188,326</u>

For the year ending 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities;

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,

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

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

The financial statements are approved by the Trustees on _____ and signed on its behalf by:

Dr Ogo Osammor
Chair

Janice Marks
Treasurer

MAAN Somali Mental Health Sheffield

Statement of financial activities for the year ended 31 March 2025

	Notte	Restricted £	Unrestricted £	2025 £	2024 £
Income for					
Income from Charitable activities					
Grants and contracts	4	128,871	84,816	213,687	169,784
Income from generated funds					
Other income		-	-	-	-
Investment income		-	3,797	3,797	-
Total incoming resources		<u>128,871</u>	<u>88,613</u>	<u>217,484</u>	<u>169,784</u>
Resources expended					
Charitable activities:					
Wages, NI and payroll service	5	64,843	73,224	138,067	126,967
Staff expenses		2,119	1,680	3,799	2,622
Insurance		1,000	1,611	2,611	2,462
Premises costs		9,293	4,683	13,976	9,513
Printing, stationery and publications		-	910	910	1,111
Telephone and postage		2,066	1,770	3,836	2,844
Equipment and software		4,580	3,210	7,790	3,872
Membership and Registration Fees		2,466	69	2,535	852
Volunteer expenses		-	60	60	139
Training and conference		1,100	500	1,600	2,034
Project events and activities		3,867	6,579	10,446	5,891
Accountancy & independent examination		-	550	550	525
Other expenses		-	683	683	1,570
Total resources expended		<u>91,334</u>	<u>95,529</u>	<u>186,863</u>	<u>160,403</u>
Net Incoming/(outgoing) resources		<u>37,537</u>	<u>(6,916)</u>	<u>30,621</u>	<u>9,381</u>
Total funds brought forward		20,782	167,544	188,325	178,945
Total funds carried forward		<u>58,319</u>	<u>160,628</u>	<u>218,947</u>	<u>188,325</u>

MAAN Somali Mental Health Sheffield

Notes to the Accounts for the year ended 31 March 2025

1 Accounting Policies

(a) Basis of preparation

The Financial Statements have been prepared in accordance with the Companies Act 2006 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective from January 2015 and updated with effect from January 2016) - (the Charities SORP (FRS102)), as modified for smaller charities.

The Charity meets the definition of a public benefit entity as defined under FRS102.

(b) Income

Income from 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.

(c) Restricted Funds

Restricted funds are used for specific purposes as laid down by the donor. Expenditure which meets the criteria is identified to the fund together with a fair allocation of management and support costs.

(d) General Funds

Unrestricted Funds are other income received or generated for the objects of the charity without further specified purpose and are available as general funds.

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

(e) Resources expended

MAAN Somali Mental Health Sheffield is not VAT registered.

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

(f) Tangible Fixed Assets and Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost of each asset over its useful life.

(g) Fund Accounting

Funds held by the charity are either restricted funds or unrestricted general funds. Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees. Restricted funds that can only be used for a particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

(h) Creditors and provisions

Creditors and provisions are recognised where has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

(i) Pensions

MAAN Somali Mental Health Sheffield are contracted to NEST to provider their workplace pension scheme.

NEST is a multi-employer, defined contribution occupational pension scheme that has master trust status.

MAAN Somali Mental Health Sheffield

**Notes to the financial statements
for the year ended 31 March 2025**

2 Debtors	Total 2025	Total 2024
	£	£
Trade Debtors	-	-

3 Creditors: amounts falling due within one year

These are amounts owed by the group but not paid during the accounting period.
They are in respect of:

	Total 2025	Total 2024
	£	£
Trade creditors	<u>525</u>	<u>525</u>
	525	525

4 Grants and contracts:

	Restricted £	Unrestricted £	Total 2025 £	Total 2024 £
Contracts:				
Sheffield City Council	-	64,142	64,142	45,834
Self Directed Support	-	7,328	7,328	9,705
Grants:				
Reaching Communities	98,871	-	98,871	97,245
Sheffield Health and Social Care (SHSC)	30,000	6,000	36,000	12,000
University of Sheffield	-	5,096	5,096	-
Voluntary Action Sheffield	-	2,250	2,250	5,000
	<u>128,871</u>	<u>84,816</u>	<u>213,687</u>	<u>169,784</u>

5 Salaries and trustee remuneration:

	Total 2025	Total 2024
	£	£
Salaries:-		
Gross salaries	117,435	108,311
Social security costs	5,587	4,176
Pension costs	8,907	8,531
Associate fees	5,390	5,318
Payroll charges	748	631
	<u>138,067</u>	<u>126,967</u>

Trustees received no reimbursement for out-of-pocket expenses nor any remuneration during the year.

6 Restricted funds

	Brought forward £	Income £	Total Expenditure £	Total Carried forward £
Reaching Communities	20,370	98,871	(88,063)	31,178
Sheffield Health and Social Care (SHSC)	-	30,000	(2,859)	27,141
Yorkshire Sport Foundation	412	-	(412)	-
	<u>20,782</u>	<u>128,871</u>	<u>(91,334)</u>	<u>58,319</u>

MAAN SOMALI MENTAL HEALTH SHEFFIELD

England & Wales - Charity number 1125763

Accounts

MAAN Somali Mental Health Sheffield

(Registered charity. Number 1125763)

(Company Ltd by Guarantee No. 06639255)

Financial statements

for the year ended 31 March 2024

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Legal and administrative information

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Financial Review

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Public benefit statement

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MAAN Somali Mental Health Sheffield

Trustee's report continued

Achievements and performance

One to one support

During the past year, we have supported 50 individuals on their mental health recovery journeys. For some, we provided more focused interaction through one-on-one support sessions. These sessions occurred weekly, bi-weekly, or more frequently, depending on the individual's needs, especially when experiencing very low mood. For this second group, we tailored our support to their varying levels of need. This involves assisting them in accessing mental health, social care, and wider wellbeing service.

Our one to one support has made significant impact on the lives of the service users and their families, for example supporting people to be aware of the importance of annual health checks with their GP's enabled a wider awareness of multiple health issues which impact on each person's well-being. By offering personal centred and timely support, we supported many of their way to mental health recovery, ensuring that they have access to the care. The person centred approach ensured that services users felt understood, valued and supported through their recovery journey.

We created space and encouraged service user in participating in community activities, fostering a sense of belonging and reducing social isolation. We supported our service users by visiting their homes, mental health hospital units, community café and drop in Maan office. We provided regular emotional support to improve their mental health outcomes. Our trained staff also supported in developing a system of coping strategies and building resilience.

Maan continues to support service users in a one capacity. In addition we support informal peer support sessions / outings between service users as well as support their engagement in community based events, encouraging positive social contact. During Ramadan we made sure that isolated service users were supported and able to celebrate the season appropriately. We support service users in the communities and as part of regular In-Reach visits to mental health wards and units. We are often the continuation of support /communication people have when leaving a unit to return to living in the community. We have an increase in the number of Somali people who are having difficulties in understanding and accessing mental health services.

Carers and family support

We continue to support carers, family members in a responsive way. We have held session within the Burngreave Women's Well-being Group sessions where carers and family members are able to take part in regular social contact sessions. Each session has an underlying well-being focus depending on the needs of group members. Carers family members have highlighted that it is important to look after yourself when caring for others. Examples have been shared about how stressful and emotionally draining caring for someone with mental health problems.

Within small group discussion with other carers we have supported carers and family members to identify ways to find ways to look after their own health, find activities that help relaxation and have social contact with other community members through activities such as Burngreave Women's Wellbeing Group. We promote self-care as an important part of carers and family members being able to support others. 'Look after yourself, to be able to support others!'

Wider community workshops

Maan's aim is to promote mental health and well-being within the Somali community by combating the stigma around mental health issues. We are actively working through community development initiatives, which include promoting healthy eating and physical exercise to prevent mental and physical health problems.

Maan successfully delivered 14 workshops to wider community and trained 10 Somali organisations and groups 'Exploring Mental Health and wellbeing' As part of these informal learning gatherings discussions looking at personal and wider community perceptions of mental health across the Somali community. The themes of Maan workshops we gain from our community development work at grass roots levels. Community development approaches underpins all our public health work.

495 Somali community members attended these events. Some of these participants have lived experiences of dealing with mental health issues. Maan's awareness has increased community to talk about their feelings, seeking help earlier and understands the spectrum of the mental health illness.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Diabetes awareness campaign

Maan continue raising awareness of the growing health concern, specific to the Somali community, around rising numbers of people with type 2 diabetes. We're aware that this is a widespread issue. We would welcome being able to identify the specific demographics of people impacted by this. We also have a growing body of evidence from our staff, community members and service users who have improved and removed the dangers of diabetes by making diet, exercise, and other life changes. It is important that across generations we are able to encourage and stimulate awareness that type 2 diabetes is reversible.

We supported individuals in pre and actual diabetes diagnosis to be able to monitor and track any changes that they are able to make. This would build on the existing case stories we have to encourage and reach others. We would also like to identify structural and social factors which impact on people's health. In addressing health inequalities, we will continue to work alongside the community to build a clearer picture of challenges and opportunities facing the Somali community well-being. People with mental health are like have complex physical issues and this included diabetic. Using a traffic light system to monitor understanding about diabetes is a simple and effective way Maan is using to assess and communicate the level of comprehensive among Maan service users and community members.

Burngreave Women's Wellbeing Group

We continued to deliver 3 to 4 workshops monthly with the Burngreave Women's Well-being Group. A Community Development & Well-being session is exploring actions and strategies the build the capacity of group members and mothers to look after their own and children's well-being whilst being aware of mental health literacy through informal play, art, Somali singing, dancing and social contact. This including reflections on the impact of physical activities on mental / emotional wellbeing in addition to positive social contact with other people. Reducing isolation, loneliness and stress were some of the themes explored. Women took part in Chair-Aerobics exercises, Ribbon and scarf juggling activities in addition to Somali dancing and singing. The group also used Islamic verses and images to do art-based colouring activities. We explored ways to personally, collectively and within family settings how to maintain wellbeing and reduce isolation. Much of the sessions were led by service users with lived experiences

Feedback from service users who are now taking a lead role in planning, and running the Burngreave Women's Wellbeing Group is that they appreciate having the regular time to meet other women in the Muslim community regardless of background. One woman, who previously lived in a care home setting, says that she gets practical ideas from other women about managing her home in the community. She also likes that others appreciate her skills sharing such as teaching knitting, crocheting or helping to lead the group in Chair-Aerobics sessions. Another service user who doesn't speak Somali likes to be among other Somali women who don't judge her and appreciate it when she offers ideas and thoughts about issues such as diet, exercise and managing good mood.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Training service providers/joint working

We provided cultural competency training to Endcliffe Ward to better understand the Somali service users that they support. In Maan AGM and Community Conference at Verdon Recreation Centre 15th June 2023 The theme **Challenging Barriers and Building Visions of Inclusion**. The event included small group workshop sessions where participants including service providers, community members and service users discussed challenges and barriers of accessing support at different stages of needs. Out of 83 participants, 21 were service providers.

We also provided a presentation on Somali Mental Wellbeing to University of Sheffield's Student Fair Health Conference.

Volunteers' contribution to Maan's story

Our volunteers are the backbone of Maan and help and support us with workshops and seminars. They are also active in our weekly physical activities. They inspire the community and as a result have many groups take part in activities such as weekly walks around the Burngreave area. Our volunteers come from a range of backgrounds and communities including medical students from Sheffield University and Hallam University. We appreciate the commitment given by our volunteers. During this year we trained and recruited 14 volunteers. Maan appreciated our volunteers' role in promoting the walking campaign in the community.

Trustees responsibilities for the financial statements

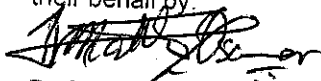
Company and charity law requires the trustees to prepare financial statements for each financial period which show the state of affairs of the charity and of net income or expenditure of the charity for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- 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 charity will continue in operation.
- state whether applicable accounting standards of recommended practice have been followed subject to any departures disclosed and explained in the financial statements.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable the Trustees to prepare financial statements. The Trustees are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

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

This report was approved by the Trustees on 15/10/24 and is signed on their behalf by:



Dr Ogo Osammor
Chair

MAAN Somali Mental Health Sheffield

**Independent Examiner's report on the Accounts of
MAAN Somali Mental Health Sheffield
for the year ended 31 March 2024**

I report on the accounts of the company for the year ended 31 March 2024, which are set out on pages 8 to 11.

Respective responsibilities of trustees and examiner

The charity's trustees 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(2) of the Charities Act 2011 (the 2011 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 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 you as 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 matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records; comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

Date: 17/10/2024

MAAN Somali Mental Health Sheffield

Balance Sheet as at 31 March 2024

Company number: 06639255		2024	2023
	Notes	£	£
Current Assets			
Debtors	2		4,166
Balance at Bank and cash		188,851	175,280
Total Current Assets		188,851	179,445
Creditors: amounts falling due within one year			
	3	(525)	(500)
Net current assets/(liabilities)		188,326	178,945
Total assets less current liabilities		188,326	178,945
Creditors: amounts falling due after one year			
		-	-
Net Assets		188,326	178,945
Represented By			
Restricted funds	6	20,782	28,154
Unrestricted income fund		167,544	150,791
		188,326	178,945

For the year ending 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities;

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,

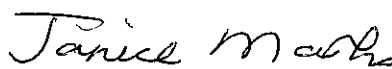
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

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

The financial statements are approved by the Trustees on 15/10/24 and signed on its behalf by:



Dr Ogo Osammor
Chair



Janice Marks
Treasurer

MAAN Somali Mental Health Sheffield

Statement of financial activities for the year ended 31 March 2024

	Notes	Restricted £	Unrestricted £	2024 £	2023 £
Income for					
Income from Charitable activities					
Grants and contracts	4	97,245	72,539	169,784	159,916
Income from generated funds					
Other income		-	-	-	80
Investment income		-	-	-	-
Total incoming resources		<u>97,245</u>	<u>72,539</u>	<u>169,784</u>	<u>159,996</u>
Resources expended					
Charitable activities:					
Wages, NI and payroll service	5	89,259	37,708	126,967	124,437
Staff expenses		1,638	984	2,622	1,539
Insurance		1,075	1,387	2,462	1,896
Premises costs		5,442	4,071	9,513	9,116
Printing, stationery and publications		118	993	1,111	1,316
Telephone and postage		2,067	777	2,844	2,792
Equipment and software		354	3,518	3,872	2,246
Membership and Registration Fees		852	-	852	876
Volunteer expenses		100	39	139	-
Training and conference		1,534	500	2,034	3,500
Project events and activities		2,178	3,713	5,891	5,724
Accountancy & independent examination		-	525	525	500
Other expenses		-	1,570	1,570	846
Total resources expended		<u>104,617</u>	<u>55,786</u>	<u>160,403</u>	<u>154,787</u>
Net Incoming/(outgoing) resources		<u>(7,372)</u>	<u>16,753</u>	<u>9,381</u>	<u>5,209</u>
Total funds brought forward		28,154	150,791	178,945	173,737
Total funds carried forward		<u>20,782</u>	<u>167,544</u>	<u>188,325</u>	<u>178,945</u>

MAAN Somali Mental Health Sheffield

Notes to the Accounts

for the year ended 31 March 2024

1 Accounting Policies

(a) Basis of preparation

The Financial Statements have been prepared in accordance with the Companies Act 2006 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective from January 2015 and updated with effect from January 2016) - (the Charities SORP (FRS102)), as modified for smaller charities.

The Charity meets the definition of a public benefit entity as defined under FRS102.

(b) Income

Income from 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.

(c) Restricted Funds

Restricted funds are used for specific purposes as laid down by the donor. Expenditure which meets the criteria is identified to the fund together with a fair allocation of management and support costs.

(d) General Funds

Unrestricted Funds are other income received or generated for the objects of the charity without further specified purpose and are available as general funds.

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

(e) Resources expended

MAAN Somali Mental Health Sheffield is not VAT registered.

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

(f) Tangible Fixed Assets and Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost of each asset over its useful life.

(g) Fund Accounting

Funds held by the charity are either restricted funds or unrestricted general funds. Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees. Restricted funds that can only be used for a particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

(h) Creditors and provisions

Creditors and provisions are recognised where has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

(i) Pensions

MAAN Somali Mental Health Sheffield are contracted to NEST to provider their workplace pension scheme.

NEST is a multi-employer, defined contribution occupational pension scheme that has master trust status.

MAAN Somali Mental Health Sheffield

**Notes to the financial statements
for the year ended 31 March 2024**

2 Debtors

	Total 2024	Total 2023
	£	£
Trade Debtors	-	4,166

3 Creditors: amounts falling due within one year

These are amounts owed by the group but not paid during the accounting period.
They are in respect of:

	Total 2024	Total 2023
	£	£
Trade creditors	525	500
	<u>525</u>	<u>500</u>

4 Grants and contracts:

	Restricted £	Unrestricted £	Total 2024 £	Total 2023 £
Contracts:				
Sheffield City Council	-	45,834	45,834	50,000
Self Directed Support	-	9,705	9,705	4,251
Grants:				
Darnall Wellbeing	-	-	-	866
Reaching Communities	97,245	-	97,245	95,999
Sheffield CCG	-	-	-	8,300
Sheffield Health and Social Care (SHSC)	-	12,000	12,000	-
Sheffield Community Contract Tracers	-	-	-	500
Voluntary Action Sheffield	-	5,000	5,000	-
	<u>97,245</u>	<u>72,539</u>	<u>169,784</u>	<u>159,916</u>

5 Salaries and trustee remuneration:

	Total 2024	Total 2023
	£	£
Salaries:-		
Gross salaries	108,311	106,578
Social security costs	4,176	4,176
Pension costs	8,531	8,140
Associate fees	5,318	4,982
Payroll charges	631	561
	<u>126,967</u>	<u>124,437</u>

Trustees received no reimbursement for out-of-pocket expenses nor any remuneration during the year.

6 Restricted funds

	Brought forward £	Income £	Total Expenditure £	Total Carried forward £
Reaching Communities	26,670	97,245	(103,545)	20,370
Yorkshire Sport Foundation	1,484	-	(1,072)	412
	<u>28,154</u>	<u>97,245</u>	<u>(104,617)</u>	<u>20,782</u>

MAAN SOMALI MENTAL HEALTH SHEFFIELD

England & Wales - Charity number 1125763

Accounts

MAAN Somali Mental Health Sheffield

(Registered charity. Number 1125763)

(Company Ltd by Guarantee No. 06639255)

Financial statements

for the year ended 31 March 2023

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Legal and administrative information	2
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Examiners report	8
Balance sheet	9
Statement of financial activities	10
Notes to the accounts	11-12

MAAN Somali Mental Health Sheffield

Legal and administrative information

Trustees

Dr Ogo Osammor	Chair
Janice Marks	Treasurer
Dr Mohamud Ege	
Ibado Abdi	

Registered Charity number

1125763

Company Ltd by Guarantee number

06639255

Principal Address

8 Paradise Street
Sheffield
S1 2DF

Independent Examiner

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

Bank

Co-operative Bank plc
78/82 Pinstone Street
Sheffield
S1 2PH

MAAN Somali Mental Health Sheffield

Trustee's report

The Trustees present their annual report and financial statements for the year ended 31 March 2023 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards for Smaller Entities.

Structure, governance and management

The charity is governed by its memorandum and articles of association incorporated , on 7 July 2008 and was entered on the Register of Charities effective from 8 September 2008.

The organisation's finances and policies are administered by an Executive Committee made up of elected members and nominated non-voting members.

Both paid staff and volunteers are involved in the day to day running of the project.

The trustees who served during the year are listed on page 2 on the report.

Information for potential Trustees is made available before each A.G.M and new Trustees are voted on at the Annual General Meeting.

Objectives and activities

The Objects of the organisation include:

- To relieve poverty, sickness and the distress arising therefrom of Somali persons living in Sheffield and districts. Who are suffering from mental illness or mental incapacity, by assisting such persons to obtain full rights and privileges as citizens
- to provide facilities for counselling and support and leisure activities for Somali people who are suffering from mental illness or mental incapacity in the area of benefit in the interests of social welfare and the object of improving their conditions of life
- to advance the education of the public in all matters of health issues for Somali people who are suffering from mental illness or mental incapacity in the area of benefit.

Financial Review

Income for the year is shown at £156,696 (2022: £179,483) and this is mostly from grant funding which is listed on the notes to the accounts. Expenditure is shown at £154,787 (2022: £149,372) with a year end carried forward of unrestricted funds balance of £147,491 (2022: £139,432)

Reserves policy

The reserves are needed to ensure that Maan can continue its services in times when the funding received does not cover the costs of the provision of services. Our aim is to maintain reserves equal to twelve months running costs.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Public benefit statement

Maan Somali Mental Health Sheffield addresses the needs of members of the Somali Community experiencing severe enduring mental health problems and supporting Sheffield NHS and other statutory provider agencies in order to contribute to a more effective delivery of mainstream services.

Achievements and performance

One to one support

During the past year we have supported 50 people, in general who need support with their mental health recovery journey. For some people we provided a more focussed interaction, using one to one support on either a weekly, bi-weekly or more regular session when someone is experiencing very low mood. For this second group we are responding to different levels of need by supporting them to access mental health, social care and wider wellbeing services.

For all our service users we are also working alongside housing, welfare, utilities services etc. Communicating with wider service providers is part of our support, for people experiencing mental health crisis, it is vital to help people live in the community while building their skills to manage a home and all these relationships.

We continue to support our service users faced with the cost-of-living increases. This impacts our service users, carers, family members and the wider Somali community. Anyone feeling extreme anxiety, due to not feeling able to manage household bills and wellbeing, is potentially someone who could need the support from Maan and other social care services. For those living in the community independently, managing home finances and household budget can be stressful and challenging at the best of times.

In addition, we signposted people to other services such as immigration services, housing, benefits, health and social care provision and employment services.

Carers and family support

We encourage carers and other family members to be aware of the need to look after their own wellbeing. Working with carers and families we support their understanding and awareness of each person's mental health condition and the associated services and support systems linked to personal recovery journeys.

We promote self-care as an important part of carers and family members being able to support others. 'Look after yourself, to be able to support others!'

Wider community workshops

Maan supports the wellbeing and understanding of the wider community. We deliver workshops on themes which we gain from our community development work at grass roots levels. Community development approaches underpins all our public health work.

- Wider community workshops (27 events, workshops/ seminars, delivered to 331 people)
 - Providing training / networking and mental health literacy workshops to Somali community groups / organisations and community members
 - Wellbeing activities linking mental and physical wellbeing strategies for e.g., Burngreave Women's Chair-Aerobics sessions and Active through Football in Burngreave led By Community Foundation
 - Covid Confidence and Vaccination awareness sessions and support
 - Encouraging community members to be physically active, which included promoting and supporting walking group led by Maan Volunteers
 - Working and close partnership

MAAN Somali Mental Health Sheffield

Trustee's report continued

Burngreave Women's Wellbeing Group

During the year the focus and role of participants, including service users has developed. Using participatory evaluation, the group identified the changes the group has gone through since the end of the pandemic. The group is more focussed on providing space for peer support sessions for those with a lived experience of mental ill health.

During the year participants including four service users showed an interest in learning how to lead parts of the group session for Chair-Aerobics. Maan worked in partnership with Darnall Wellbeing to source a in house course for **15** learners. The course equipped participants with the skills, knowledge, and confidence to facilitate safe Chair-based exercises in community settings. The impact of service users, volunteers and Maan staff undertaking this course is that the roles of service users and volunteers has changed in a positive way.

Training service providers/joint working

- 12th May 2022 Maan AGM and Conference: During the event 73 participants, mainly drawn from the local Somali communities attended. The theme of the event explored routes to early intervention as part of the process of building Somali resilience. The event included small group workshop sessions where participants including service providers, community members and service users discussed experiences of accessing support at different stages of needs.

- Maan staff contribution to service user Care Programme Approach (CPA) meetings to help support future planning for individuals.

- Maan has played an active role in the formation of Sheffield Mental Health Alliance to support people with mental health issues in Sheffield including Somali community. The Synergy mental health alliance has more than 100 members including voluntary organisations, decision makers from the local authority, GP's, and experts by lived experience working together to improve the lives of people with mental health issues.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Covid Confidence and Vaccination Awareness Work

Maan continued to run engagement events and workshops to engage Somali community members in wellbeing sessions which raised awareness of Covid-19, encouraged debate, and questions and provided up to date and valid information around themes such as testing, self-isolation and vaccination.

Volunteers' contribution to Maan's work

Our volunteers are the backbone of MAAN and help and support us with workshops and seminars. They are also active in our weekly physical activities. They inspire the community and as a result have many groups take part in activities such as weekly walks around the Burngreave area. Our volunteers come from a range of backgrounds and communities. We appreciate the commitment given by our volunteers. During this year we trained and recruited 16 volunteers. Maan appreciated volunteer's role in promoting walking campaign in the community.

Maan team have worked with and supporting the following service providers:

- Cheswold Park Hospital
- Limbrick Centre
- Michael Carlisle Pharmacy
- Maan staff members carried out in-reach visits to Michael Carlisle Hospital Visits were made to Burbage and Dovedale 1 wards.
- We supported the **Crisis Resolution Home Treatment Team** with two new referrals.
- We supported **Forest Close** to reach out to family members who needed support in the community.
- G1 Ward at Grenoside Grange
- Northland Community Mental Health Team
- Maple ward, Sheffield
- Endcliffe ward Sheffield
- FURD (Football Unites, Racism Divides)

The future and challenges for Maan in the coming year 2023/2024

One ongoing challenge for Maan is to try and provide support to the many individuals experiencing mental health issues, even when there are an increasing range of causes and triggers as described in this report.

The causes of mental ill health are many and complex. Maan is hoping to find a way of undertaking community-based research in order to understand better what, if anything, has changed over the past thirty years. In order for Maan, and others, to offer the most effective support possible.

Another challenge for Maan is the future and sustainability of Maan itself. Unfortunately, it looks like the services of Maan will be needed for many years in the future. Maan needs people from the younger generations to get involved in Maan and commit to sustaining it into the future.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Trustees responsibilities for the financial statements

Company and charity law requires the trustees to prepare financial statements for each financial period which show the state of affairs of the charity and of net income or expenditure of the charity for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- 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 charity will continue in operation.
- state whether applicable accounting standards of recommended practice have been followed subject to any departures disclosed and explained in the financial statements.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable the Trustees to prepare financial statements. The Trustees are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

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

This report was approved by the Trustees on _____ and is signed on their behalf by:

Dr Ogo Osammor
Chair

MAAN Somali Mental Health Sheffield

Independent Examiner's report on the Accounts of MAAN Somali Mental Health Sheffield for the year ended 31 March 2023

I report on the accounts of the company for the year ended 31 March 2023, which are set out on pages 9 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees 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(2) of the Charities Act 2011 (the 2011 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 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 you as 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 matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: _____

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

Date: _____

MAAN Somali Mental Health Sheffield

Balance Sheet as at 31 March 2023

Company number: 06639255		2023	2022
	Notes	£	£
Current Assets			
Debtors	2	4,166	-
Balance at Bank		175,279	174,210
Cash in Hand		1	2
Total Current Assets		179,445	174,212
Creditors: amounts falling due within one year	3	(500)	(475)
Net current assets/(liabilities)		178,945	173,737
Total assets less current liabilities		178,945	173,737
Creditors: amounts falling due after one year		-	-
Net Assets		178,945	173,737
Represented By			
Restricted funds	6	28,154	34,305
Unrestricted income fund		150,791	139,432
		178,945	173,737

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities;

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,

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

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

The financial statements are approved by the Trustees on _____ and signed on its behalf by:

Dr Ogo Osammor
Chair

Janice Marks
Treasurer

MAAN Somali Mental Health Sheffield

Statement of financial activities for the year ended 31 March 2023

	Notes	Restricted £	Unrestricted £	2023 £	2022 £
Income for					
Income from Charitable activities					
Grants and contracts	4	95,999	63,917	159,916	178,999
Income from generated funds					
Other income		-	80	80	844
Investment income		-	-	-	-
Total incoming resources		95,999	63,997	159,996	179,843
Resources expended					
Charitable activities:					
Wages, NI and payroll service	5	81,614	42,823	124,437	107,211
Staff expenses		1,319	220	1,539	3,057
Insurance		1,310	586	1,896	2,386
Premises costs		6,185	2,931	9,116	9,653
Printing, stationery and publications		-	1,316	1,316	719
Telephone and postage		1,376	1,416	2,792	2,277
Equipment and software		294	1,952	2,246	9,667
Membership and Registration Fees		828	48	876	109
Volunteer expenses		-	-	-	3,910
Training and conference		3,500	-	3,500	1,620
Refreshments		-	-	-	45
Project events and activities		5,724	-	5,724	3,181
Accountancy & independent examination		-	500	500	475
Returned grant		-	-	-	4,545
Other expenses		-	846	846	516
Total resources expended		102,150	52,638	154,787	149,372
Net Incoming/(outgoing) resources		(6,151)	11,359	5,209	30,471
Total funds brought forward		34,305	139,432	173,737	143,266
Total funds carried forward		28,154	150,791	178,945	173,737

MAAN Somali Mental Health Sheffield

Notes to the Accounts for the year ended 31 March 2023

1 Accounting Policies

(a) Basis of preparation

The Financial Statements have been prepared in accordance with the Companies Act 2006 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective from January 2015 and updated with effect from January 2016) - (the Charities SORP (FRS102)), as modified for smaller charities.

The Charity meets the definition of a public benefit entity as defined under FRS102.

(b) Income

Income from 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.

(c) Restricted Funds

Restricted funds are used for specific purposes as laid down by the donor. Expenditure which meets the criteria is identified to the fund together with a fair allocation of management and support costs.

(d) General Funds

Unrestricted Funds are other income received or generated for the objects of the charity without further specified purpose and are available as general funds.

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

(e) Resources expended

MAAN Somali Mental Health Sheffield is not VAT registered.

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

(f) Tangible Fixed Assets and Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost of each asset over its useful life.

(g) Fund Accounting

Funds held by the charity are either restricted funds or unrestricted general funds. Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees. Restricted funds that can only be used for a particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

(h) Creditors and provisions

Creditors and provisions are recognised where there is a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

(i) Pensions

MAAN Somali Mental Health Sheffield are contracted to NEST to provide their workplace pension scheme.

NEST is a multi-employer, defined contribution occupational pension scheme that has master trust status.

MAAN Somali Mental Health Sheffield

Notes to the financial statements for the year ended 31 March 2023

2 Debtors	Total 2023 £	Total 2022 £
Trade Debtors	-	-

3 Creditors: amounts falling due within one year

These are amounts owed by the group but not paid during the accounting period.
They are in respect of:

	Total 2023 £	Total 2022 £
Trade creditors	475	475
	475	475

4 Grants and contracts:

	Restricted £	Unrestricted £	Total 2023 £	Total 2022 £
Contracts:				
Sheffield City Council	-	50,000	50,000	50,000
Self Directed Support	-	4,251	4,251	5,309
Grants:				
Darnall Wellbeing	-	866	866	-
Reaching Communities	95,999	-	95,999	96,468
Sheffield CCG	-	8,300	8,300	-
Sheffield City Council - COVID	-	-	-	5,000
Sheffield City Council - Public Health	-	-	-	4,243
Sheffield Health and Social Care (SHSC)	-	-	-	17,729
Sheffield Community Contract Tracers	-	500	500	-
Yorkshire Sport Foundation	-	-	-	250
	95,999	63,917	159,916	178,999

5 Salaries and trustee remuneration:

	Total 2023 £	Total 2022 £
Salaries:-		
Gross salaries	106,578	91,217
Social security costs	4,176	3,741
Pension costs	8,140	7,299
Associate fees	4,982	4,431
Payroll charges	561	523
	124,437	107,211

Trustees received no reimbursement for out-of-pocket expenses nor any remuneration during the year.

6 Restricted funds

	Brought forward £	Income £	Total Expenditure £	Total Carried forward £
Reaching Communities	31,789	95,999	(101,118)	26,670
Yorkshire Sport Foundation	2,516		(1,032)	1,484
	34,305	95,999	(102,150)	28,154

MAAN SOMALI MENTAL HEALTH SHEFFIELD

England & Wales - Charity number 1125763

Accounts

MAAN Somali Mental Health Sheffield

(Registered charity. Number 1125763)

(Company Ltd by Guarantee No. 06639255)

Financial statements

for the year ended 31 March 2022

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MAAN Somali Mental Health Sheffield

Legal and administrative information

Trustees

Dr Ogo Osammor	Chair
Janice Marks	Treasurer
Dr Mohamud Ege	
Ibado Abdi	

Registered Charity number

1125763

Company Ltd by Guarantee number

06639255

Principal Address

8 Paradise Street
Sheffield
S1 2DF

Independent Examiner

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

Bank

Co-operative Bank plc
78/82 Pinstone Street
Sheffield
S1 2PH

MAAN Somali Mental Health Sheffield

Trustee's report

The Trustees present their annual report and financial statements for the year ended 31 March 2022 which are also prepared to meet the requirements for a directors' report and accounts for Companies Act purposes.

The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standards for Smaller Entities.

Structure, governance and management

The charity is governed by its memorandum and articles of association incorporated , on 7 July 2008 and was entered on the Register of Charities effective from 8 September 2008.

The organisation's finances and policies are administered by an Executive Committee made up of elected members and nominated non-voting members.

Both paid staff and volunteers are involved in the day to day running of the project.

The trustees who served during the year are listed on page 2 on the report.

Information for potential Trustees is made available before each A.G.M and new Trustees are voted on at the Annual General Meeting.

Objectives and activities

The Objects of the organisation include:

- To relieve poverty, sickness and the distress arising therefrom of Somali persons living in Sheffield and districts. Who are suffering from mental illness or mental incapacity, by assisting such persons to obtain full rights and privileges as citizens
- to provide facilities for counselling and support and leisure activities for Somali people who are suffering from mental illness or mental incapacity in the area of benefit in the interests of social welfare and the object of improving their conditions of life
- to advance the education of the public in all matters of health issues for Somali people who are suffering from mental illness or mental incapacity in the area of benefit.

Financial Review

Income for the year is shown at £179,843 (2021: £218,118) and this is mostly from grant funding which is listed on the notes to the accounts. Expenditure is shown at £149,372 (2021: £109,464) with a year end carried forward of unrestricted funds balance of £139,432 (2021: £76,023)

Reserves policy

The reserves are needed to ensure that Maan can continue its services in times when the funding received does not cover the costs of the provision of services. Our aim is to maintain reserves equal to twelve months running costs.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Public benefit statement

Maan Somali Mental Health Sheffield addresses the needs of members of the Somali Community experiencing severe enduring mental health problems and supporting Sheffield NHS and other statutory provider agencies in order to contribute to a more effective delivery of mainstream services.

Achievements and performance

One to one support

During the past year we have supported 55 people, who needed support with their mental health recovery journey. Among these, there are a number people to whom we provided regular one to one support sessions. This support included signposting people to services such as vaccinations for both Covid 19 and the 'flu, we also signposted people to health, social care and welfare services when needed.

As early as February and March 2022 we became increasingly aware that rising domestic fuel costs were becoming an issue for our service users, carers, family members and wider community. For those living in the community independently, managing home finances and household budget can be stressful and challenging at the best of times. As a team we prioritised and supported our most vulnerable service users to take a reading of their meters using phones to photograph these where possible. We supported our most vulnerable service users to note and record their energy meter readings on or before 31st March 2022, which was Meter Reading Day.

For service users who receive regular support, we worked with them to identify personalised plans for their recovery journey and wellbeing management. One of the key tools used is the Mental Health Recovery Star. We also use our own traffic light system to help people to improve an understanding of their mental health and overall wellbeing. We have also supported individuals to go to their GP for annual check-ups. In addition, we signposted people to other services such as immigration services, housing, benefits, health and social care provision and employment services.

Carers and family support

Working with carers and families we support their understanding and awareness of each person's mental health condition and the associated services and support systems linked to personal recovery journeys. We encourage carers and other family members to be aware of the need to look after their own wellbeing. We help each person to understand the systems and structures which will form part of the wider support of the person they care for and / or are related to.

We promote self-care as an important part of carers and family members being able to support others. 'Look after yourself, to be able to support others!'

MAAN Somali Mental Health Sheffield

Trustee's report continued

Wider community workshops

Maan supports the wellbeing and understanding of the wider community. We deliver workshops on themes which we gain from our community development work at grass roots levels. Community development approaches underpins all our public health work.

- Wider community workshops (22 sessions delivered to 170 people)
 - Providing training / networking and mental health literacy workshops to Somali community groups / organisations and community members
 - Wellbeing activities linking mental and physical wellbeing strategies for e.g. Burngreave Women's Chair-Aerobics sessions
 - Covid Confidence and Vaccination awareness sessions and support
 - Encouraging community members to be physically active, which included promoting and supporting walking group led by Maan Volunteers

Outreach / Grassroots engagement

- 5th August, 2021 Well-being Green and Blue (water) Landscape visit to Longshaw estate and Padley Gorge for service users, volunteers and staff
- We were able to facilitate conversations about the benefit of accessing blue and green landscapes as part of maintaining our well-being.
- People also discussed feelings and managing their overall emotional well-being in the context of the pandemic

Training service providers/joint working

- **Somali Experience of Mental Health and Isolation: During the Pandemic workshop** . Delivered via Zoom for health and social care providers and Somali community members delivered by Maan's team on 29 March 2022, 24 participants attended from various organisations.
- We explored ways to further embed our working relationship with the Limbrick Centre on 11/11/2021. We explored how to improve the focus on Somali mental health including ways to signpost early warning between our organisations; improve awareness of professional opportunities in the mental health field and gather more up to date information on the level of need across the community. Analysis of the levels and numbers of people being supported in crisis, including the provision of Home Treatment Team support.
- Ongoing in-reach into mental health units and wards to support and provide cultural connections for service users.
- Maan staff contribution to service user Care Programme Approach (CPA) meetings to help support future planning for individuals.

Covid Confidence and Vaccination Awareness Work

Maan continued to run engagement events and workshops to engage Somali community members in wellbeing sessions which raised awareness of Covid-19, encouraged debate, and questions and provided up to date and valid information around themes such as testing, self-isolation and vaccination.

- Maan, along with other voluntary sector organisations, provided support at the Burngreave Vestry Hall Pop up Vaccination. We took part in a BBC Look North News feature on 10th August 2021. Via Social media, in the period July to September, we engaged with 14,000 people.
- Maan continued to use social media to share Sheffield City Council messaging about Covid 19 and other health and wellbeing
 - Grab the Job Campaign poster promoted via Twitter, WhatsApp. Via Twitter this reached 855 views 22/12/2021.
 - We regularly circulate public health and other well-being messages verbally and visually via WhatsApp.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Volunteers' contribution to Maan's work

Maan Somali Mental Health Sheffield believes that life experiences and the environment we live in play a major part of influencing our mental health. During the year we recruited and worked with 16 volunteers. Our volunteers come from a range of backgrounds and communities. We appreciate the commitment given by our volunteers.

The future and challenges for Maan in the coming year 2022/2023

During 2021/2022 Maan continued to strengthen our financial situation. Our successful fundraising strategy has allowed Maan to increase the total hours worked by our small core team of four Wellbeing and Support workers, and to make a modest improvement to their pay.

The mental wellbeing needs within the Somali community have increased over the course of the pandemic. The increasing inequalities in society, the impact of ten years of austerity, the current 'cost of living crisis' all have a negative impact on the Somali community, in addition to the particular challenges that they face which include the rise of Islamophobia and endemic racism among many others.

Maan recognises that however many paid hours and workers that we can afford, however hard our staff team work, however much mutual trust and support we build with the community, we can never think that we are addressing all the needs. The pandemic has laid bare the huge impact that poverty, racism and other structural inequalities have on people's mental and physical wellbeing. Many previous reports have cited our immediate challenge as Maan as an organisation surviving. Thankfully this is not the case in 2022. The challenge is how Maan can build on all our previous work and experience to try and find even more effective ways to support the mental wellbeing of the Somali community in Sheffield, and especially the individuals who experience the greatest mental health distress.

As always this report from the Trustees concludes with heartfelt thanks to Maan's staff team, our volunteers, the service users, the Sheffield Somali community, other people and organisations we have worked with during the year, and to our funders.

MAAN Somali Mental Health Sheffield

Trustee's report continued

Trustees responsibilities for the financial statements

Company and charity law requires the trustees to prepare financial statements for each financial period which show the state of affairs of the charity and of net income or expenditure of the charity for that period. In preparing those financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently;
- 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 charity will continue in operation.
- state whether applicable accounting standards of recommended practice have been followed subject to any departures disclosed and explained in the financial statements.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enable the Trustees to prepare financial statements. The Trustees are responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention of fraud and other irregularities.

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

This report was approved by the Trustees on _____ and is signed on their behalf by:

Dr Ogo Osammor
Chair

MAAN Somali Mental Health Sheffield

Independent Examiner's report on the Accounts of MAAN Somali Mental Health Sheffield for the year ended 31 March 2022

I report on the accounts of the company for the year ended 31 March 2022, which are set out on pages 9 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees 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(2) of the Charities Act 2011 (the 2011 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 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145 (5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the 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 you as 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 matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: _____

Craig Williamson
White Rose Accounting for Charities
The Ghyll
Threapland
Aspatria
CA7 2EL

Date: _____

MAAN Somali Mental Health Sheffield

Balance Sheet as at 31 March 2022

Company number: 06639255		2022	2021
	Notes	£	£
Current Assets			
Debtors	2	-	-
Balance at Bank		174,210	143,719
Cash in Hand		2	2
Total Current Assets		174,212	143,721
Creditors: amounts falling due within one year			
	3	(475)	(455)
Net current assets/(liabilities)		173,737	143,266
Total assets less current liabilities		173,737	143,266
Creditors: amounts falling due after one year			
		-	-
Net Assets		173,737	143,266
Represented By			
Restricted funds	6	34,305	67,243
Unrestricted income fund		139,432	76,023
		173,737	143,266

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

Director's responsibilities;

The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,

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

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

The financial statements are approved by the Trustees on _____ and signed on its behalf by:

Dr Ogo Osammor
Chair

Janice Marks
Treasurer

MAAN Somali Mental Health Sheffield

Statement of financial activities for the year ended 31 March 2022

	Notes	Restricted £	Unrestricted £	2022 £	2021 £
Income for					
Income from Charitable activities					
Grants and contracts	4	96,718	82,281	178,999	217,703
Income from generated funds					
Other income		-	844	844	415
Investment income		-	-	-	-
Total incoming resources		96,718	83,125	179,843	218,118
Resources expended					
Charitable activities:					
Wages, NI and payroll service	5	101,876	5,335	107,211	82,310
Staff expenses		1,547	1,510	3,057	806
Insurance		1,074	1,312	2,386	1,076
Premises costs		7,309	2,344	9,653	9,265
Printing, stationery and publications		-	719	719	732
Telephone and postage		900	1,377	2,277	3,321
Equipment and software		8,711	956	9,667	8,770
Membership and Registration Fees		-	109	109	48
Volunteer expenses		3,910	-	3,910	-
Training and conference		1,620	-	1,620	1,015
Refreshments		-	45	45	5
Project events and activities		2,709	472	3,181	1,661
Accountancy & independent examination		-	475	475	455
Returned grant		-	4,545	4,545	-
Other expenses		-	516	516	-
Total resources expended		129,656	19,716	149,372	109,464
Net Incoming/(outgoing) resources		(32,938)	63,409	30,472	108,654
Total funds brought forward		67,243	76,023	143,266	34,612
Total funds carried forward		34,305	139,432	173,737	143,266

MAAN Somali Mental Health Sheffield

Notes to the Accounts for the year ended 31 March 2022

1 Accounting Policies

(a) Basis of preparation

The Financial Statements have been prepared in accordance with the Companies Act 2006 the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102), and the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with FRS102 (effective from January 2015 and updated with effect from January 2016) - (the Charities SORP (FRS102)), as modified for smaller charities.

The Charity meets the definition of a public benefit entity as defined under FRS102.

(b) Income

Income from 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.

(c) Restricted Funds

Restricted funds are used for specific purposes as laid down by the donor. Expenditure which meets the criteria is identified to the fund together with a fair allocation of management and support costs.

(d) General Funds

Unrestricted Funds are other income received or generated for the objects of the charity without further specified purpose and are available as general funds.

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

(e) Resources expended

MAAN Somali Mental Health Sheffield is not VAT registered.

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

(f) Tangible Fixed Assets and Depreciation

Depreciation is provided on all tangible fixed assets at rates calculated to write off the cost of each asset over its useful life.

(g) Fund Accounting

Funds held by the charity are either restricted funds or unrestricted general funds. Unrestricted funds are funds which can be used in accordance with the charitable objects at the discretion of the trustees. Restricted funds that can only be used for a particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

(h) Creditors and provisions

Creditors and provisions are recognised where there is a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably.

(i) Pensions

MAAN Somali Mental Health Sheffield are contracted to NEST to provide their workplace pension scheme.

NEST is a multi-employer, defined contribution occupational pension scheme that has master trust status.

MAAN Somali Mental Health Sheffield

Notes to the financial statements for the year ended 31 March 2022

2 Debtors	Total 2022	Total 2021
	£	£
Trade Debtors	-	-

3 Creditors: amounts falling due within one year

These are amounts owed by the group but not paid during the accounting period.

They are in respect of:

	Total 2022	Total 2021
	£	£
Trade creditors	475	455
	475	455

4 Grants and contracts:

	Restricted	Unrestricted	Total 2022	Total 2021
	£	£	£	£
Contracts:				
Sheffield City Council	-	50,000	50,000	50,000
Self Directed Support	-	5,309	5,309	5,890
Grants:				
Reaching Communities Covid 19 Funding	-	-	-	39,081
Reaching Communities	96,468	-	96,468	48,691
Resourcing Racial Justice	-	-	-	28,750
Sheffield City Council - COVID	-	5,000	5,000	5,000
Sheffield City Council - Public Health	-	4,243	4,243	-
Sheffield City Council - BAME	-	-	-	5,000
Sheffield Health and Social Care (SHSC)	-	17,729	17,729	12,000
Sheffield Mind	-	-	-	15,791
South Yorkshire Community Foundation	-	-	-	5,000
Yorkshire Sport Foundation	250	-	250	2,500
	96,718	82,281	178,999	217,703

5 Salaries and trustee remuneration:

	Total 2022	Total 2021
	£	£
Salaries:-		
Gross salaries	91,217	68,750
Social security costs	3,741	3,741
Pension costs	7,299	5,811
Associate fees	4,431	3,708
Payroll charges	523	300
	107,211	82,310

Trustees received no reimbursement for out-of-pocket expenses nor any remuneration during the year.

6 Restricted funds

	Brought forward	Income	Total Expenditure	Total Carried forward
	£	£	£	£
Resourcing Racial Justice	25,392	-	(25,392)	-
Sheffield Mind	3,948	-	(3,948)	-
Reaching Communities	33,174	96,468	(97,853)	31,789
South Yorkshire Community Foundation	2,379	-	(2,379)	-
Yorkshire Sport Foundation	2,350	250	(84)	2,516
	67,243	96,718	(129,656)	34,305