

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 Jab 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.

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