

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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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 signpost 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.

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		<u>95,999</u>	<u>63,997</u>	<u>159,996</u>	<u>179,843</u>
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		<u>102,150</u>	<u>52,638</u>	<u>154,787</u>	<u>149,372</u>
Net Incoming/(outgoing) resources		<u>(6,151)</u>	<u>11,359</u>	<u>5,209</u>	<u>30,471</u>
Total funds brought forward		34,305	139,432	173,737	143,266
Total funds carried forward		<u>28,154</u>	<u>150,791</u>	<u>178,945</u>	<u>173,737</u>

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