

**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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# **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

## **Trustee's report**

The Trustees present their annual report and financial statements for the year ended 31 March 2024 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 £169,784 (2023: £159,996) and this is mostly from grant funding which is listed on the notes to the accounts. Expenditure is shown at £160,403 (2023: £154,787) with a year end carried forward of unrestricted funds balance of £167,544 (2023: £150,791)

### **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**

##### **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.

**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**

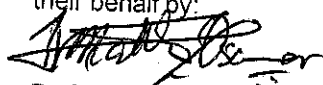
Company and charity law requires the trustees to prepare financial statements for each financial period which show the state of affairs of the charity and of net income or expenditure of the charity for that period. In preparing those financial statements, the Trustees are required to:

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

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 £
<b>Income for</b>					
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		-	-	-	-
<b>Total incoming resources</b>		<u>97,245</u>	<u>72,539</u>	<u>169,784</u>	<u>159,996</u>
<b>Resources expended</b>					
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
<b>Total resources expended</b>		<u>104,617</u>	<u>55,786</u>	<u>160,403</u>	<u>154,787</u>
<b>Net Incoming/(outgoing) resources</b>		<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
<b>Total funds carried forward</b>		<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 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 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
	<b>525</b>	<b>500</b>

### 4 Grants and contracts:

	Restricted £	Unrestricted £	Total 2024 £	Total 2023 £
<b>Contracts:</b>				
Sheffield City Council	-	45,834	45,834	50,000
Self Directed Support	-	9,705	9,705	4,251
<b>Grants:</b>				
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	-
	<b>97,245</b>	<b>72,539</b>	<b>169,784</b>	<b>159,916</b>

### 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
	<b>126,967</b>	<b>124,437</b>

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
	<b>28,154</b>	<b>97,245</b>	<b>(104,617)</b>	<b>20,782</b>