

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.

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		219,497	188,851
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		160,628	167,544
		<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

	Notes	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		128,871	88,613	217,484	169,784
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		91,334	95,529	186,863	160,403
Net Incoming/(outgoing) resources		37,537	(6,916)	30,621	9,381
Total funds brought forward		20,782	167,544	188,325	178,945
Total funds carried forward		58,319	160,628	218,947	188,325

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 £
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Trade Debtors	-	-
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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	525	525
	<u>525</u>	<u>525</u>

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>