

MHIST (MENTAL HEALTH INDEPENDENT SUPPORT TEAM)

England & Wales · Charity number 1130152

Details

Other names MHIST

Status Registered

Legal form Charitable company

Company number [04128980](#)

Registered 2009-06-15

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

Contact

Address Family Action
34 Wharf Road
London
N1 7GR

Phone 01204527200

Website www.mhist.co.uk

Activities

Objects: THE OBJECTS OF THE COMPANY SHALL BE:(A) THE RELIEF OF THOSE PERSONS WHO HAVE SUFFERED OR WHO ARE SUFFERING FROM MENTAL HEALTH PROBLEMS AND OTHER CONDITIONS BY THE PROVISION OF AN ADVOCACY AND OTHER RELEVANT SERVICES AS DETERMINED BY THE EXECUTIVE COMMITTEE FOR THESE PERSONS, THEIR FAMILIES AND CARERS; (B) THE PROTECTION AND PRESERVATION OF THE GOOD HEALTH OF THE CARERS AND FAMILIES BY THE PROVISION OF SUCH SERVICES AND BY LIAISING WITH OTHER STATUTORY VOLUNTARY AND RELEVANT HEALTH AGENCIES.

Activities: Advocacy service focusing on the needs of people with mental health problems. Self help support groups for people who experience - Bi polar affective disorder; Depression; Self Harm; Obsessive Compulsive Disorder (OCD); Craft and Social and Substance abuse issues. Talk therapy where we provide a variety of different talk therapies. Information to service users and carers.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Elderly/old People, People With Disabilities, The General Public/mankind

Geography

- **Area of benefit:** UNDEFINED. IN PRACTICE LOCAL
- Bolton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£638,318	£612,466	£73,620	20
2024-03-31	£479,166	£452,904	-	-
2023-03-31	£366,467	£370,377	-	-
2022-03-31	£335,799	£357,465	-	-
2021-03-31	£479,767	£439,580	-	-

Trustees

Name	Role	Appointed
Martin John Pilkington	Chair	2024-01-01
David Thomas		2023-03-10
Helen Ricketts		2024-10-14
Kirsty Fitzsimons		2024-12-09
Philip Grierson		2023-09-04

MHIST (MENTAL HEALTH INDEPENDENT SUPPORT TEAM)

England & Wales - Charity number 1130152

Accounts

Company Registration Number - 04128980

The Charity Registration Number is :- 01130152

MhIST Mental Health Independent Support Team

Report and Accounts

31 March 2025

MHIST Mental Health Support Team

Report and accounts for the 31 March 2025

	Page
Charity Information	3
Trustees Annual Report	3
Statement of Trustees Responsibilities	8
Independent Examiners Report	9
Statement of Financial Activities	10
Balance Sheet	12
Notes to the accounts	13

MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2025

Company Registration number - 04128980

The Trustees present their Report and Accounts for the year ended 31 March 2025. This is also the Directors Report required by the Companies Act 2006.

Reference and Administration

The charity is registered in England & Wales with the Charity Commission in England & Wales with charity number 01130152.

Legal structure

The charity is constituted as a company limited by guarantee, registered under the Companies Acts. The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

By operation of law all, trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation.

Trustees

The trustees who served during the year were:

Sarah Banks (resigned 11 December 24)
Kirsty Fitzsimons (appointed 12 September 2024)
Philip Grierson
Martin Pilkington
Helen Ricketts (appointed (14 October 2025)
Sarah Tattersall (resigned 28 April 2025)
David Thomas
Alex Waddington

The trustees are all individuals.

The trustees retire at the AGM but all are eligible for re-election.

Public benefit

The charity's main activities and achievements are described in the sections below. The board of trustees is satisfied with the performance of the charity during the year and in planning the activities the trustees have had regard to the Charity Commission's guidance on public benefit

Objects and Activities

The objects of the company are:

- a) The relief of those persons who have suffered or who are suffering from mental health problems and other conditions by the provision of an advocacy service and other relevant services , as determined by the Executive Committee, for these persons, their families and carers;
- b) The protection and preservation of the good health of carers and families by the provision of such services and by liaising with other statutory, voluntary and relevant health agencies.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2025**

Activities and achievements

The main achievements and performance of the charity during the year.

MhIST has continued to grow this year, developing new partnerships, increasing our financial income and our number of projects. We have strengthened our governance this year recruiting new Trustees with a broad range of skills and lived experience complementary to those already on our Board.

We have supported over 1,300 people over the last year with a broad range of services supporting people with mental health problems.

MhIST continues to maintain strong links with our local community. We work with health and social care providers to complement the provision and receive regular referrals from GP surgeries and the GP Federation, Greater Manchester Mental Health NHS Trust, Bolton Council services, DWP/Job Centre Plus, secondary schools, emergency services and other voluntary, faith and community services.

Our client group is predominantly adults but some young people in Bolton, who experience a mental health problem, their families, friends, and carers.

Farewell to Outgoing CEO Melvin Bradley – Our long serving CEO Melvin Bradley retired in December 2024 after 25 years at MhIST in various roles. The Board of Trustees are very grateful to Melvin for his many years of service and commitment to the organisation and wish Melvin well in his well-deserved retirement. We were delighted to appoint a new CEO Sam Hawksley after a competitive external recruitment process. Sam started work with us in November 2024.

Thank you to all the people and organisations who have raised funds for us over the last year as well as our volunteers. Your kindness has helped and encouraged us to support people in the community and we had over 100 active volunteers last year.

Funders - MhIST relies on grants and contracts and MhIST would like to thank our following principal funders over the last year who continue to partner with us to make a real difference for people in Bolton struggling with their mental health

Greater Manchester Integrated Care Board, Lloyds Bank Foundation, Bolton Council, The Pilgrim Trust, Greater Manchester Combined Authority, Workers Education Association, GMCVO and Garfield Weston Foundation.



WEDNESDAY CREATIVE CREW GROUP

Despite our growth over the last year, the external funding environment remains challenging with trusts and foundations applications becoming increasingly competitive. The Board is focused on increasing the financial sustainability of MhIST and building complementary partnerships with organisations who share our mission to support people in Bolton with their mental health and wellbeing

MhIST Mental Health Support Team Trustees Report for the year ended 31 March 2025

Talking Therapies

The last year has been challenging for the talk therapy service as our contract with the NHS / 1Point Northwest came to an end in December 2024. This was due to NHS England changes and our business model utilising volunteers, some of which are on their placement working towards qualification. We began winding down the contract in the Autumn and unfortunately had to let go most of our team of 60 volunteer Counsellors due to this contract being the only source of our referrals

Despite our challenges we are still pleased we were able to support 436 people over the last year with a team of over 60 volunteer counsellors. The main presenting issues continued to be bereavement, anxiety and stress, depression and low mood, family and relationships.

Following our NHS contract finishing, we kept a small number of Counsellors on and began to launch a new Counselling service in the first months of 2025. This was a cultural change for the organisation and beneficiaries moving towards a paid-for model. We were pleased to be able to keep costs low for the service users due to using volunteers. We have retained our relationships with training providers and look forward to building on this in future with partners such as: University of Bolton, University of Salford, Edge Hill University, University of Central Lancashire (UCLAN), Bury College, Manchester College, and Stockport College. We look forward to continuing to build upon our initial success over the next year to develop partnerships and new referral routes.

Self Help Groups

MhIST's self-help groups continued to grow and develop throughout the year, supporting 436 individuals. We continued to be led by our Members, of what activities they would like to see and attend. This inspired our Saturday Social Group to develop more free and cheap activities as well as launch new groups such as Music for Everyone, Wellbeing Choir, Exercise Group and creative groups such as crafting and creative writing.

Our anxiety, depression and wellbeing groups continued to be very popular as well as our mindfulness and social groups. We were delighted to be able to attract additional funding around our digital inclusion, young women and music groups.

We were pleased to continue our partnership with Bolton Together providing peri-natal wellbeing support to parents or carers of children aged 0-2 years old in Westhoughton. We have also made great progress launching our Elevate Her project, supporting young women to improve their self-belief, confidence and wellbeing through a peer support group and 1-1 support.

Advocacy

In the last year we supported 226 people with advocacy. MhIST's advocacy service provides both statutory and community support to people in Bolton. During the year, community referrals were received in addition to Litigation Friend and Rule 1.2 representative cases. These clients generate complex issues, and the advocacy services remain oversubscribed with a waiting list. The main presenting issue continued to be support with benefits, in particular Personal Independent Payments, with smaller case numbers around access to services, finance and housing.

MhIST also provides an advocacy service to the Living Well and Listening Lounge services in conjunction with BAND/Family action and Greater Manchester Mental Health NHS Trust.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2025**

Bolton Listening Lounge



Wellbeing Choir

The service is open 365 days a year 3-10pm supporting people experiencing their own self defined crisis. MhIST provides on site Support Workers as well as advocacy and community navigation to help clients access other activities in the community to improve their wellbeing.

Mental Health Urgent Triage [MHUT]

TOGS Mind [Tameside, Oldham, Glossop & Stockport] and MhIST jointly deliver the MHUT service in collaboration with NWAS [North West Ambulance Service]. The service is based at the NWAS centre in Manchester and aims to support people who have rung 999 due to a mental health crisis and do not need an ambulance.

Once a mental health nurse clinical assessment is completed with a low risk, one of our community navigators supports the individual with information about services in their area of Greater Manchester so they can get the most appropriate support they need.

In partnership with BAND/Family Action and GMMH [Greater Manchester Mental Health NHS Mental Health Foundation Trust], MhIST has been delivering Bolton Listening Lounge since August 2023 to support individuals in crisis and reduce the numbers of people attending A&E.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2025**

What Our Members Say



Self-help Group

The group has really helped me with my mental health and anxiety issues. Everyone is extremely helpful and friendly and I do not think I could have coped over the last 2 years without the help.

I spoke a little on my first week and kind of thought it was ok, a little out of my comfort zone but was able to settle in for the next few months in which i found that i wasn't looking after myself and got the knowledge and support from the group to realise this and from then on i was on a journey with looking after myself first so that i could care for my wife and family. I don't know where i would be without the support of this group.

Financial Review

Reserves

The board of directors has reviewed MhIST's need for financial reserves in line with the guidance issued by the Charity Commission.

The Company aims to have six to nine months running costs calculated and reviewed annually. In 2025 this would amount to between £306,233 and £459,349.

Going Concern

The charity had adequate resources to continue in operation at the year end.

The Trustees are pleased the charity has secured a large proportion of our running costs for 26-27 by the date of the AGM. The charity has a fundraising target but is confident it will be able to meet this.

Risks

Risks are identified and assessed at operational and corporate level against the agreed strategic aims and objectives. The board of Trustees review key changes in risks.

Statement of the Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), .

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted
- 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 business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

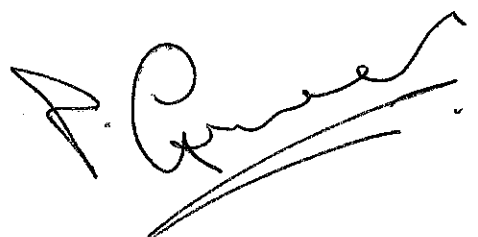
The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

This report was approved by the board of trustees on 26 November 2025

Philip Grierson
Director and Trustee



MhIST Mental Health Support Team

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2025

I report to the charity trustees on my examination of the accounts for the year ended for the year ended 31 March 2025

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the directors report, you the charities trustees , who are also the Directors of the company for the purposes of company law, are sresponsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to small entities, and for being satisfied that the financial statements give a true and fair view.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under section 145 of the Act,
- b) follow the applicable procedures in the Directions given by the Charity Commissioners under section 145(5)(b) of the Act

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

Independent Examiner's Statement, Report and Opinion

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006 and section 130 of the Charities Act 2011
the accounting records do not accord with those records
the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 other than any requirement that the accounts give a rue and fair view which is not a matter considered as part of an independent examination
have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015 (the SORP)

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in this report in orde to enable a proper understanding of the financial statements to be reached.

David Procter

David Procter - Independent Examiner
Member of the Chartered Association of Certified Accountants
18 Redhill Grove, Chorley, PR6 8TU

This report was signed on 26 November 2025

MHST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2025

	Note	Current Year	Current Year	Current Year	Prior Year
		Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Income from:					
Donations	9	7,721	-	7,721	8,783
Charitable activities	10	338,772	241,703	580,475	438,049
Trading activities	11	15,650	17,550	33,200	18,220
Investment income	13	1,962	-	1,962	464
Other income	14	3,791	11,169	14,960	13,650
Total income		<u>367,896</u>	<u>270,422</u>	<u>638,318</u>	<u>479,166</u>
Expenditure on:					
Raising Funds	16	-	51,869	51,869	33,600
Charitable activities	15	308,495	252,102	560,597	419,304
Total expenditure		<u>308,495</u>	<u>303,971</u>	<u>612,466</u>	<u>452,904</u>
Net income/expenditure for the year		59,401	(33,549)	25,852	26,262
Transfer between funds		-	-	-	-
Total Funds Brought Forward		10,082	37,686	47,768	21,506
Total Funds Carried Forward		<u>69,483</u>	<u>4,137</u>	<u>73,620</u>	<u>47,768</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 17 to 24 form an integral part of these accounts

MhIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2025

Analysis of Statement of Financial Activities for the Prior Year

	Prior Year	Prior Year	Prior Year
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	2024	2024	2024
	£	£	£
Income from:			
Donations	9 8,783	-	8,783
Charitable activities	10 306,713	131,336	438,049
Trading activities	11 18,220	-	18,220
Investment income	13 464	-	464
Other income	14 13,650	-	13,650
Total income	<u>347,830</u>	<u>131,336</u>	<u>479,166</u>
Expenditure on:			
Raising Funds	16 33,600	-	33,600
Charitable activities	15 309,657	109,647	419,304
Total expenditure	<u>343,257</u>	<u>109,647</u>	<u>452,904</u>
Net expenditure for the year	4,573	21,689	26,262
Transfer between funds	-	-	-
Total Funds Brought Forward	5,509	15,997	21,506
Total Funds Carried Forward	<u>10,082</u>	<u>37,686</u>	<u>47,768</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 17 to 24 form an integral part of these accounts

**MhIST Mental Health Support Team
Balance Sheet as at 31 March 2025**

	Note	2025 £	£	2024 £	£
Fixed assets					
Investments held as fixed assets	6		1		1
Current Assets					
Debtors	7	2,726		11,739	
Cash at bank and in hand		129,787		90,991	
Total Current Assets		<u>132,513</u>		<u>102,730</u>	
Creditors					
Amounts falling due within one year	8	<u>58,894</u>		<u>54,964</u>	
Net current assets			73,619		47,766
Total Net assets			<u>73,620</u>		<u>47,767</u>
Restricted funds					
Restricted revenue funds			4,137		37,686
Unrestricted funds					
Unrestricted revenue funds			69,483		10,082
Total Funds			<u>73,620</u>		<u>47,768</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 9.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes attached on pages 13 to 19 form an integral part of these accounts

Philip Grierson - Trustee

Approved by the board of Trustees on 26 November 2025



1 Accounting Policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, and FRS102 SORP (Statement of Recommended Accounting Practice for Accounting and Reporting by Charities) 2015, (The SORP), and in accordance with all applicable law in England and Wales

Public Benefit Entity

In the opinion of the trustees the charity is a public benefit entity.

Income recognition

Income is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Donated Goods

The charity operates two charity shops in the centre of Bolton. The goods donated are not valued when they are received and are only recognised in the accounts when sold.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated..

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

Pensions - defined contribution schemes

The charity operates a defined contribution pension scheme. Contributions are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme.

MHIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2025

2 Liability to Taxation

The charity is exempt from corporation tax on its income to the extent that such income is applied to the specific charitable objects of the charity.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Staff costs and emoluments

	2025	2024
	£	£
Salary costs		
Gross Salaries excluding trustees and key management personnel	366,104	263,040
Employer's National Insurance for all staff	12,115	12,115
Employer's operating costs of defined contribution pension schemes	3,820	3,820
Total salaries, wages and related costs	<u>382,039</u>	<u>278,975</u>
Numbers of employees		
Engaged on charitable activities	20	20
Engaged on fundraising activities	0	0
Average number of employees	<u>20</u>	<u>20</u>

The charity operates a defined contribution pension scheme, the costs of which are shown above.

5 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity or any related entity.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2025

6 Investments held as fixed assets

	Investments in subsidiaries	
	£	£
Carrying Value of investments		
At start and end of the year	<u>1</u>	<u>1</u>

The charity has established a subsidiary to promote sales in accordance with the charity objects.

The subsidiary's transactions in the year were insignificant and group consolidated accounts have not been prepared.

7 Debtors

	2025	2024
	£	£
Trade debtors	<u>2,726</u>	<u>11,739</u>

8 Creditors: amounts falling due within one year

	2025	2024
	£	£
Loan payable by instalments	-	-
Expense invoices due and payable	14,060	15,707
Accruals	6,822	709
Deferred income	38,012	38,548
	<u>58,894</u>	<u>54,964</u>

MHIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2025

Analysis of income and expenditure for the year ended 31 March 2025

9 Donations

	Current Year Unrestricted Funds 2025 £	Current Year Restricted Funds 2025 £	Current Year Total Funds 2025 £	Prior Year Total Funds 2024 £
Donations and Gifts from individuals				
Small donations	7,721	-	7,721	8,783
Total Donations and Gifts from individuals	<u>7,721</u>	<u>-</u>	<u>7,721</u>	<u>8,783</u>

10 Revenue grants from Government and public bodies

NHS	166,679	68,580	235,259	167,488
Bolton MB Council	13,617	-	13,617	13,350
I-thrive	-	10,290	10,290	19,000
Living Well	11,994	-	11,994	19,991
Litigation Friends	2,041	-	2,041	1,920
DWP	-	-	-	1,404
Total public sector	<u>194,331</u>	<u>78,870</u>	<u>273,201</u>	<u>223,153</u>

Revenue grants and donations from non-public bodies

Lloyds Bank Foundation	25,000	-	25,000	25,000
National Lottery	-	108,466	108,466	131,336
GMCVO	39,771	-	39,771	-
Bolton CVS	-	19,828	19,828	7,013
WEA	-	11,857	11,857	-
Pilgrim Trust	-	22,082	22,082	-
Garfield Weston Foundation	20,000	-	20,000	-
Other small grants	-	600	600	6,342
Total Revenue grants and donations from non-public bodies	<u>84,771</u>	<u>162,833</u>	<u>247,604</u>	<u>169,691</u>

Income from charitable activities - trading

Primary purpose and ancillary trading

Sale of goods and services in accordance with the charity's objects	59,670	-	59,670	45,205
Income from charitable activities - trading	<u>59,670</u>	<u>-</u>	<u>59,670</u>	<u>45,205</u>

Total Charitable Income	<u>338,772</u>	<u>241,703</u>	<u>580,475</u>	<u>438,049</u>
-------------------------	----------------	----------------	----------------	----------------

MHIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2025

Analysis of income and expenditure for the year ended 31 March 2025

11 Income from other non charitable trading activities

Income from the sale of donated goods				670
Other Income	15,650	-	15,650	-
Achieve	-	17,550	17,550	17,550
Total other activities	<u>15,650</u>	<u>17,550</u>	<u>33,200</u>	<u>18,220</u>

13 Investment income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Bank interest receivable	1,962	-	1,962	464
Total investment income	<u>1,962</u>	<u>-</u>	<u>1,962</u>	<u>464</u>

14 Other income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Sundry income	3,791	11,169	14,960	13,650
Furlough	-	-	-	-
Total other income	<u>3,791</u>	<u>11,169</u>	<u>14,960</u>	<u>13,650</u>

MHIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2025

Analysis of income and expenditure for the year ended 31 March 2025

15 Expenditure on charitable activities

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2025	2025	2025	2024
	£	£	£	£
Employee costs				
Gross wages and salaries	253,980	112,124	366,104	263,040
Employers NI	8,859	10,018	18,877	12,115
Defined contribution pension costs	2,288	2,007	4,295	3,820
Recruitment costs	-	1,045	1,045	3,002
Staff training and welfare	179	3,045	3,224	5,537
Staff travel and subsistence	1,056	1,701	2,757	1,575
Session staff	4,622	5,122	9,744	7,626
Volunteer costs				
Volunteer expenses	1,383	1,128	2,511	3,117
Service User	2,551	8,861	11,412	-
Premises				
Rent and service charge payable	10,213	36,070	46,283	29,410
Heat, light and power	1,789	19,362	21,151	16,112
Cleaning and waste	2,377	7,395	9,772	7,502
Repairs, renewals and maintenance	-	303	303	12,424
Room Hire	1,495	3,160	4,655	4,025
Administration				
Telephone and internet	2,728	4,726	7,454	7,891
Postage	23	475	498	557
Stationery and printing	598	2,680	3,278	2,560
Health and safety costs	467	1,038	1,505	1,462
Advertising and marketing	-	1,008	1,008	1,419
Insurance	3,178	8,859	12,037	6,497
Subscriptions	-	2,446	2,446	594
Sundry expenses	3,192	2,416	5,608	3,280
Equipment	1,479	8,319	9,798	12,005
Network support	2,056	3,531	5,587	2,979
Consultancy fees	3,382	4,785	8,167	8,359
Translation fees	-	-	-	-
Other legal and professional	-	350	350	550
Financial charges				
Bank charges	-	60	60	60
Loan interest	-	-	-	1,760
Total expenditure on charitable activities	307,895	252,034	559,929	419,278

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2025

Analysis of income and expenditure for the year ended 31 March 2025

Other expenditure - Governance cost

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2025	2025	2025	2024
	£	£	£	£
Independent Examiners Fees	600	-	600	-
AGM Costs	-	-	-	26
Board meeting costs	-	68	68	-
Total Governance costs	600	68	668	26

Charitable expenditure

Charitable expenditure	307,895	252,034	559,929	419,278
Governance costs	600	68	668	26
	308,495	252,102	560,597	419,304

16 Expenditure on raising funds

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2025	2025	2025	2024
	£	£	£	£
Fundraising costs				
Fundraising Consultancy	-	51,869	51,869	33,600
Total fundraising costs	-	51,869	51,869	33,600

MHIST (MENTAL HEALTH INDEPENDENT SUPPORT TEAM)

England & Wales - Charity number 1130152

Accounts

Company Registration Number - 04128980

The Charity Registration Number is :- 01130152

MhIST Mental Health Independent Support Team

Report and Accounts

31 March 2024

MhIST Mental Health Support Team

Report and accounts for the 31 March 2024

	Page
Charity Information	3
Trustees Annual Report	3
Statement of Trustees Responsibilities	15
Independent Examiners Report	16
Statement of Financial Activities	17
Balance Sheet	19
Notes to the accounts	20

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

Company Registration number - 04128980

The Trustees present their Report and Accounts for the year ended 31 March 2024. This is also the Directors Report required by the Companies Act 2006.

Reference and Administration

The charity is registered in England & Wales with the Charity Commission in England & Wales with charity number 01130152.

Legal structure

The charity is constituted as a company limited by guarantee, registered under the Companies Acts. The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

By operation of law all, trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation.

Trustees

The trustees who served during the year were:

Sarah Banks
Sarah Tattersall
Alex Waddington
David Thomas
Philip Grierson (appointed 4 September 2023)

The trustees are all individuals.

The trustees retire at the AGM but all are eligible for re-election.

Objects and Activities

The objects of the company are:

- a) The relief of those persons who have suffered or who are suffering from mental health problems and other conditions by the provision of an advocacy service and other relevant services, as determined by the Executive Committee, for these persons, their families and carers;
- b) The protection and preservation of the good health of carers and families by the provision of such services and by liaising with other statutory, voluntary and relevant health agencies.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

Activities and achievements

The main achievements and performance of the charity during the year.

MhIST is a grassroots charity supporting vulnerable people living in the Bolton area with mental health challenges. Our purpose is to help people to support wellbeing. MhIST services are free at the point of access, inclusive, responsive and creative. We are committed to supporting service users in building their resilience and driving their personal recovery to develop self-management strategies and connect through ongoing peer support.

We are committed to creating a safe and non-judgmental space where people can receive a warm welcome and help to access the right support at the right time. We believe everyone has the right to be listened to, heard, and have a voice, and every individual is at the centre of decision-making.

Overall referrals remain at a similar level to that in previous years.

A key issue identified was and remains that those presenting were/are too poorly to fit into primary care provision and not poorly enough (due to mental distress) to require a crisis or secondary care intervention. We have also begun to notice that significant reasons for attendance and deteriorating mental health is loneliness and isolation.

The complexity [multiple co-occurring difficulties] and acuity [the difficulty or severity of the problem] of the mental health of people that use MhIST both remain high. Therefore we can say that most people accessing MhIST services are reporting significantly deteriorating mental health.

MhIST has been based at Moorland House since the autumn of 2020. We now deliver all our main services from Moorland house. We are collocated with Achieve the GMMH drug and alcohol service.

Who do we actually help and work with

MhIST has strong links with our community. We work with health and social care providers to ensure we complement the provision accessible to people in Bolton. Given the needs of our beneficiaries, we work with:

- GPs: Working with local GP Surgeries and the GP federation to ensure people with mental health challenges receive the proper support. Surgeries refer people to our services. Social Prescribing makes sure people have access to our project,;
- Greater Manchester Mental Health NHS Trust: Working with the NHS Trust to ensure people have the right service at the right time;
- Bolton Council: we work with a variety of council departments, including housing, social care, benefits etc.;
- DWP: we have a strong link with local JCPs and work closely with them to ensure that their clients experiencing poor mental health are supported appropriately in the community;
- Education: working with secondary schools and FE College supporting students and staff;
- 3rd sector providers: Liaising with 3rd sector providers helps to highlight the need, potential partnership working and avoid duplication. MhIST is represented in the GM (VCSE) Mental Health Forum;
- Emergency services: Developing and maintaining a relationship with emergency services will help create a continuity plan to support our beneficiaries when necessary. We have strong links with all the emergency services across the Bolton area.

Our client group includes everyone in Bolton, whatever their age, who experiences a mental health problem, their families, friends, and carers. We now estimate that 11% of people using our service qualify as ex-military or their family.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

The percentage ethnic make up of MhIST client group in comparison to Bolton as a whole is as follows:

Ethnicity	MhIST	Bolton
White British	71	79.4
Other White	21	2.5
Mixed Ethnicity	2	1.8
Asian/Asian Indian	2	7.8
Asian/Asian Pakistani	1	4.3
Other Asian	2	1.8
Black/African/Caribbean/Black British	2.5	1.7
Other Ethnicity	0.5	0.7

Talking Therapies

MhIST provides a 'free at the point of delivery' one-to-one talking therapy service using a variety of models such as Integrative counselling, transactional analysis, psychodynamic approaches, and CBT.

Amy, our head of talk therapy, has kept up a fast pace recruiting new placement students as well as keeping a trusted band of well qualified volunteers engaged and happy. Recruitment is always just around the corner and keeping a team of around 60 is lots of work.

The service has developed and in some cases maintained placement relationships with the following education providers:

University of Bolton, University of Salford, University of Central Lancashire (UCLAN),
Bury College, Manchester College, and Stockport college

The MhIST talk therapy service is now consistently providing in person, on the telephone and video consultations.

During this year we worked with 652 clients.

The distribution of gender of clients was:

	This year	Last year	Year before last
Female	69%	63%	71%
Male	30%	36%	28%
Other	1%	1%	1%

This shows that the female to male balance of service users is starting to fall back into the pre-pandemic percentage.

The age distribution of clients was:

Age bands	This year	Last year	Year before last
25 or younger	10%	10%	14%
26 to 35	20%	26%	23%
36 to 45	24%	23%	18%
46 to 55	22%	22%	21%
56 to 65	17%	13%	15%
65 and older	7%	6%	10%

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

The postcode of clients was:

Postcode area	This year	Last year	Year before last
BL1	21%	19%	23%
BL2	14%	16%	14%
BL3	27%	21%	18%
BL4	11%	11%	13%
BL5	8%	9%	11%
BL6	12%	15%	13%
BL7	2%	4%	6%
Out of Area	5%	4%	1%

The presenting issues were:

Presenting Issue	This year	Last year	Year before last
Anger	1%	1%	0%
Anxiety/Stress	28%	18%	28%
Depression/Low mood	28%	18%	32%
Domestic abuse	2%	3%	2%
Family	8%	11%	5%
Loss/Bereavement	14%	23%	17%
PTSD	0%	1%	0%
Relationships	10%	8%	6%
Self Esteem	6%	8%	4%
Sexual Abuse	1%	0%	3%
Sexual identity	0%	0%	1%
Trauma	0%	1%	2%
Work related	2%	3%	0%

Self Help Groups

Self-help groups continued to flourish both in person and on WhatsApp.

The number of referrals into the self-help service escalated significantly as did the source of those referrals.

During the year the number of referrals to self-help increased to 438

The distribution of gender of clients was:

	This year	Last year	Year before last
Female	59%	51%	64%
Male	40%	45%	32%
Other	0%	0%	0.5%
Not stated	2%	4%	3.6%

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

The age distribution of clients was:

Age bands	This year	Last year	Year before last
25 or younger	7%	12%	6%
26 to 35	19%	18%	18%
36 to 45	23%	21%	22%
46 to 55	21%	21%	22%
56 to 65	20%	16%	20%
65 and older	8%	7%	12%
Not known	3%	6%	0%

The postcode of clients was:

Postcode area	This year	Last year	Year before last
BL1	22%	18%	20%
BL2	11%	17%	15%
BL3	22%	23%	18%
BL4	13%	15%	11%
BL5	11%	9%	14%
BL6	9%	7%	6%
BL7	3%	3%	0%
Other	8%	9%	13%
None given	0%	0%	4%

The groups running have been:

- Anxiety, depression and self-esteem
- Anxiety, depression and well-being
- Art for wellbeing
- Autism
- Craft and social
- Social Chat and Wellbeing
- Directions for men
- Farnworth wellbeing support
- Mindfulness meditation
- Music for Everyone
- Keeping Grounded
- Saturday social
- Welcome to the digital world
- Westhoughton wellbeing support

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

Children, Young People and Family services

Small Steps

Small Steps has been running for over two years. Its target audience is people suffering with their mental health, who is a parent or carer of a child age 0 – 2 years old, pregnant and concerned about your mental well-being, feeling lonely and anxious

This peer-to-peer support group will explore the challenges that looking after a baby can cause in our mental health, parenthood can be a very anxious and lonely place, but it doesn't have to be. The group aims to help build friendships, feel engaged with adults and to help with better care of your mental health and your baby. This group is where carers can discuss their mental wellbeing in a safe and secure setting. A setting where personal experiences and lived challenges can be shared without judgement.

This group is predominately for adults, but we are aware what looking after a baby means no time alone. Therefore children are welcome.

Advocacy Service

MhISTs advocacy service provides both statutory and community support to people in Bolton. During the year, community referrals were received in addition to Litigation Friend and Rule 1.2 representative cases. These clients generate huge numbers of issues. As in previous years the most common issues remain benefits, debt, and access to services. MhIST also provides a statutory advocacy service to local private hospitals.

MhIST also provides an advocacy service to the 'Living Well' service in conjunction with BAND/Family action and GMMH.

The distribution of gender of clients was:

	This year	Last year	Year before last
Female	54%	54%	44%
Male	46%	46%	56%

The age distribution of clients was:

Age bands	This year	Last year	Year before last
25 or	5%	8%	11%
26 to 35	21%	12%	14%
36 to 45	17%	14%	14%
46 to 55	19%	23%	26%
56 to 65	23%	30%	27%
65 and	4%	10%	8%
Not known	10%	4%	0%

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

The postcode of clients was:

Postcode area	This year	Last year	Year before last
BL1	21%	24%	28%
BL2	16%	19%	23%
BL3	28%	19%	16%
BL4	13%	9%	11%
BL5	7%	8%	6%
BL6	6%	10%	10%
BL7	3%	4%	0%
Out of area	2%	1%	6%
Not known	5%	5%	0%

The presenting issues were:

Presenting Issue	This year	Last year	Year before last
Benefits	67%	69%	56%
Housing	10%	6%	6%
Finance	9%	3%	5%
Mental	2%	4%	10%
Access to	4%	5%	6%
Other	8%	11%	16%

The breakdown of case outcome is as follows:

	This year	Last year	Year before last
Resolved with advocacy	57%	50%	70%
Resolved without advocacy	3%	14%	9%
Not resolved	2%	1%	1%
Client withdrew	27%	22%	20%
Unknown	7%	4%	0%
Referred or Signposted	4%	10%	0%

Unfortunately, as in previous years, the service remains overwhelmed

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

Listening Lounge

In partnership with BAND/Family Action and GMMH [Greater Manchester Mental Health NHS Mental Health Foundation Trust], MhIST has been commissioned by GMICB [Greater Manchester Integrated Care Board] to deliver the listening lounge offer in Bolton. The service began on the 2nd August 2023 and has gone from strength to strength.

The service is open every day from 15:00 to 22:00 for people that are experiencing their own self defined crisis. People can arrive in person without an appointment between 16:00 and 19:00 and outside of these times an appointment is needed.

In addition to the afternoon and evening work we are also providing an advocacy service in linked to our main service. We have also introduced a new element of the service which is what we call a 'warm navigator'. The navigator replaces signposting. We have realised that signposting does not work well for people in crisis. A better and more effective solution is to provide a navigator who can go with clients to whatever appointments or services are best able to help.

The purpose of the service is to divert demand from A&E. It is effective in this aim.

Mental Health Urgent Triage [MHUT]

TOG [Thameside, Oldham and Glossop] MIND and MhIST jointly deliver the MHUT service in collaboration with NWS [North West Ambulance Service]. The service is based at the NWS centre in Manchester

The idea of this service is that people who need a mental health response after having rung 999 and they do not need an ambulance.

Once the NWS call handlers have established that it's not a physical problem they will pass the call to mental health nurses from either Pennine care or GMMH who will conduct a clinical risk assessment over the phone. Depending upon the clinical risk assessment those calls will then be passed to the navigators for distribution across Greater Manchester. It is important that navigators know about services in each of the 10 GM districts which they can learn.

The objective of the role is to try and stop the revolving door. It is not just about sign posting it's much more about doing a warm handover to services.

GMP will also be involved as part of the mental health nurse provision going out to see people in those cases where it is necessary.

The service is a 24 hour a day service running every day of the year. The offer provides for all ages including children and young people, essentially anybody who rings 999.

Fundraising activities during the year.

We would like to thank all the people who have raised funds for us especially through 'JustGiving', 'Give as you live' and all of the other platforms that our supports use. You are all fantastic and it is great to have your support, thank you.

The charity relies on grant aid from the donors identified in the accounts, whose support is valued.

The trusts and foundation that have supported MhIST this year are as follows and we give our grateful thanks for their support:

Lloyds Bank Foundation
Warburtons
The Pilgrim Trust

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

Benefit to Society

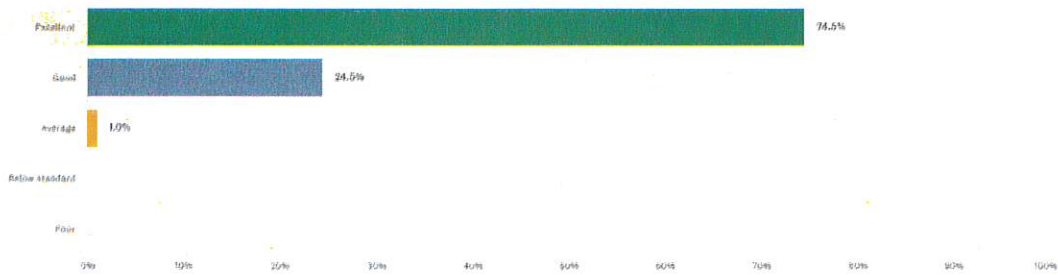
MhIST continues to provide the services and activities which are demanded by the people who use MhIST.

During the year we have continued to canvas opinion and conduct surveys among the various user groups.

The survey which was completed by an independent third party in January 2024 reveals the following:

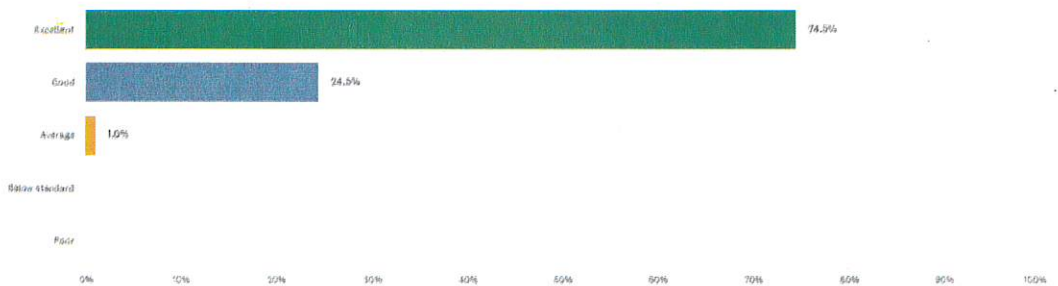
How would you rate MhIST services overall?

Answered: 102 Skipped: 1



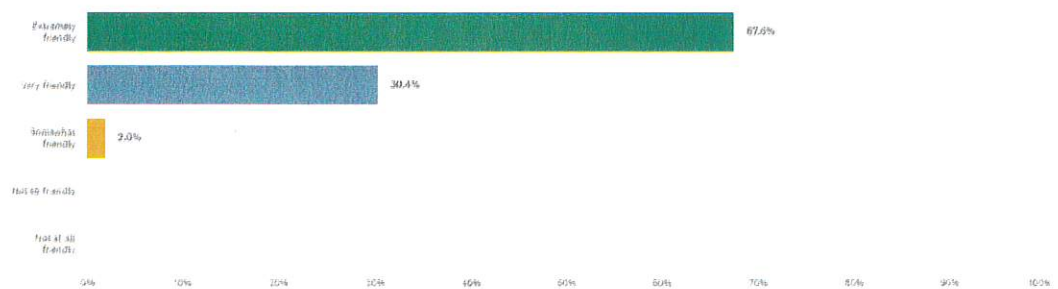
How would you rate MhIST services overall?

Answered: 102 Skipped: 1



What is your experience of MhIST staff?

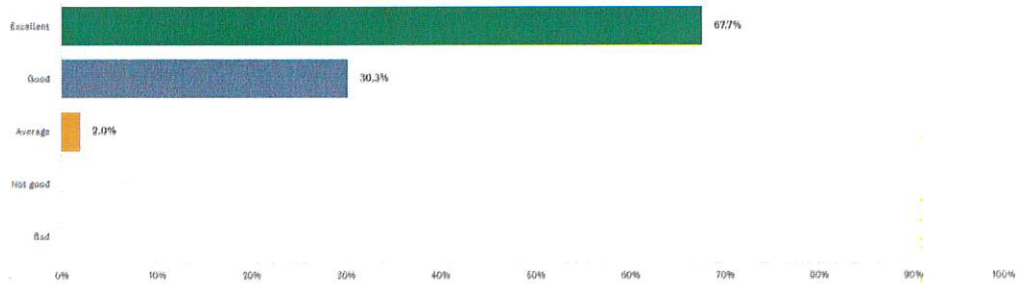
Answered: 102 Skipped: 1



MhIST Mental Health Support Team Trustees Report for the year ended 31 March 2024

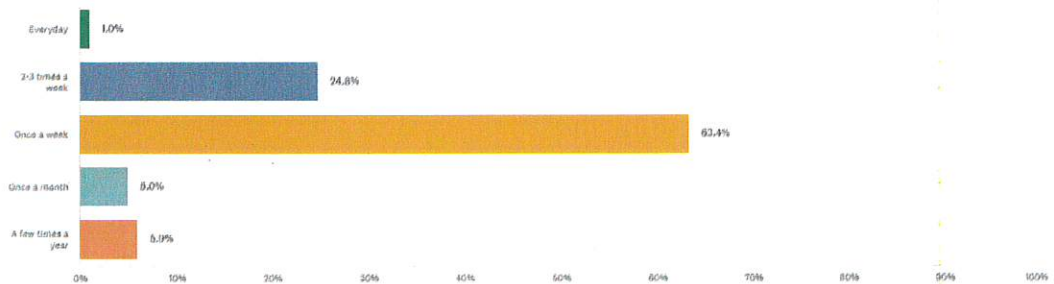
How would you rate your experience of attending different activities at MhIST?

Answered: 99 Skipped: 4



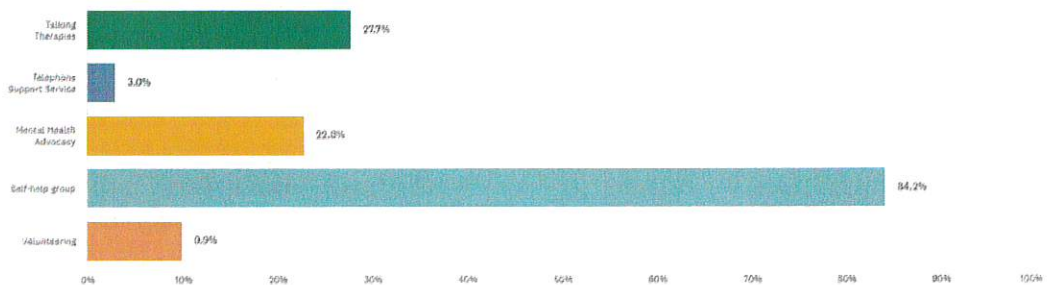
How often do you visit MhIST?

Answered: 101 Skipped: 2



Which services do you currently access or have previously accessed at MhIST?(Please tick all that apply)

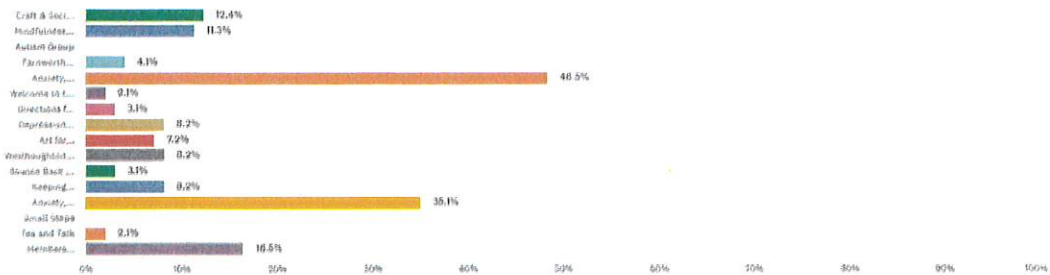
Answered: 101 Skipped: 2



**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

Which Support Groups & Activities do you currently attend or have previously attended at MhIST?(Please tick all that apply)

Answers: 47 Skipped: 0



Please tell us about MhIST has helped or improved your life:

Answers: 22 Skipped: 24

“I feel like I belong at MhIST.”

← PREV

13/50

NEXT →

Please tell us about MhIST has helped or improved your life:

Answers: 22 Skipped: 24

“Mhist has been a lifesaver for me. They were there for me at my lowest point and are still there for me now. Most other services are time limited. The staff are amazing and genuinely care. I cannot recommend them highly enough.”

← PREV

24/50

NEXT →

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2024**

Financial Review

Reserves

The board of directors has reviewed MhIST's need for reserves in line with the guidance issued by the Charity Commission.

The Company aims to have six to nine months running costs calculated and reviewed annually. In 2024 this would amount to between £220,000 and £340,000

Going Concern

The charity has seen some of its funding come to an end and staff are applying to a number of agencies for additional funding.

Risks

Risks are identified and assessed at operational and corporate level against the agreed strategic aims and objectives. The board of Trustees review key changes in risks.

Statement of the Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), .

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted
- 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 business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

This report was approved by the board of trustees on 18 Deember 2024

Philip Grierson
Director and Trustee



MhIST Mental Health Support Team

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2024

I report to the charity trustees on my examination of the accounts for the year ended for the year ended 31 March 2024

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the directors report, you the charities trustees , who are also the Directors of the company for the purposes of company law, are sresponsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to small entities, and for being satisfied that the financial statements give a true and fair view.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under section 145 of the Act,
- b) follow the applicable procedures in the Directions given by the Charity Commissioners under section 145(5)(b) of the Act

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

Independent Examiner's Statement, Report and Opinion

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006 and section 130 of the Charities Act 2011
- the accounting records do not accord with those records
- the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 other than any requirement that the accounts give a rue and fair view which is not a matter considered as part of an independent examination
- have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015 (the SORP)

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in this report in orde to enable a proper understanding of the financial statements to be reached.

David Procter

David Procter - Independent Exanminer
Member of the Chartered Association of Certified Accountants
18 Redhill Grove, Chorley, PR6 8TU

This report was signed on 18 December 2024

MhIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2024

	Note	Current Year Unrestricted Funds 2024 £	Current Year Restricted Funds 2024 £	Current Year Total Funds 2024 £	Prior Year Total Funds 2023 £
Income from:					
Donations	10	8,783	-	8,783	3,264
Charitable activities	11	306,713	131,336	438,049	301,869
Trading activities	12	18,220	-	18,220	23,404
Investment income	13	464	-	464	171
Other income	14	13,650	-	13,650	37,759
Total income		<u>347,830</u>	<u>131,336</u>	<u>479,166</u>	<u>366,467</u>
Expenditure on:					
Raising Funds	16	33,600	-	33,600	29,726
Charitable activities	15	309,657	109,647	419,304	340,651
Total expenditure		<u>343,257</u>	<u>109,647</u>	<u>452,904</u>	<u>370,377</u>
Net expenditure for the year		4,573	21,689	26,262	(3,910)
Transfer between funds		-	-	-	-
Total Funds Brought Forward		5,509	15,997	21,506	25,416
Total Funds Carried Forward		<u>10,082</u>	<u>37,686</u>	<u>47,768</u>	<u>21,506</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 17 to 24 form an integral part of these accounts

MhIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2024

Analysis of Statement of Financial Activities for the Prior Year

	Prior Year	Prior Year	Prior Year
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	2023	2023	2023
	£	£	£
Income from:			
Donations	10 3,264	-	3,264
Charitable activities	11 173,247	128,622	301,869
Trading activities	12 23,404	-	23,404
Investment income	13 171	-	171
Other income	14 20,298	17,461	37,759
Total income	<u>220,384</u>	<u>146,083</u>	<u>366,467</u>
Expenditure on:			
Raising Funds	16 29,726	-	29,726
Charitable activities	15 198,205	142,446	340,651
Total expenditure	<u>227,931</u>	<u>142,446</u>	<u>370,377</u>
Net expenditure for the year	(7,547)	3,637	(3,910)
Transfer between funds	-	-	-
Total Funds Brought Forward	13,056	12,360	25,416
Total Funds Carried Forward	<u>5,509</u>	<u>15,997</u>	<u>21,506</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 17 to 24 form an integral part of these accounts

**MhIST Mental Health Support Team
Balance Sheet as at 31 March 2024**

	Note	2024 £	£	2023 £	£
Fixed assets					
Investments held as fixed assets	6		1		1
Current Assets					
Debtors	7	11,739		28,409	
Cash at bank and in hand		90,991		31,275	
Total Current Assets		<u>102,730</u>		<u>59,684</u>	
Creditors					
Amounts falling due within one year	8	<u>54,964</u>		<u>38,179</u>	
Net current assets			47,766		21,505
Creditors					
Amounts falling due after one year	9		-		-
Total Net assets			<u>47,767</u>		<u>21,506</u>
Restricted funds					
Restricted revenue funds			37,686		15,997
Unrestricted funds					
Unrestricted revenue funds			10,082		5,509
Total Funds			<u>47,768</u>		<u>21,506</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 9.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes attached on pages 13 to 19 form an integral part of these accounts

Philip Grierson - Trustee

Approved by the board of Trustees on 18 December 2024

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2024

1 Accounting Policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, and FRS102 SORP (Statement of Recommended Accounting Practice for Accounting and Reporting by Charities) 2015, (The SORP), and in accordance with all applicable law in England and Wales

Public Benefit Entity

In the opinion of the trustees the charity is a public benefit entity.

Income recognition

Income is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Donated Goods

The charity operates two charity shops in the centre of Bolton. The goods donated are not valued when they are received and are only recognised in the accounts when sold.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

Pensions - defined contribution schemes

The charity operates a defined contribution pension scheme. Contributions are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2024

2 Liability to Taxation

The charity is exempt from corporation tax on its income to the extent that such income is applied to the specific charitable objects of the charity.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Staff costs and emoluments

	2024	2023
	£	£
Salary costs		
Gross Salaries excluding trustees and key management personnel	263,040	206,471
Employer's National Insurance for all staff	12,115	6,046
Employer's operating costs of defined contribution pension schemes	3,820	3,158
Total salaries, wages and related costs	<u>278,975</u>	<u>215,675</u>
Numbers of employees		
Engaged on charitable activities	20	20
Engaged on fundraising activities	0	0
Average number of employees	<u>20</u>	<u>20</u>

The charity operates a defined contribution pension scheme, the costs of which are shown above.

5 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity or any related entity.

6 Investments held as fixed assets

	Investments in subsidiaries	
	£	£
Carrying Value of investments		
At start and end of the year	<u>1</u>	<u>1</u>

The charity has established a subsidiary to promote sales in accordance with the charity objects.

The subsidiary's transactions in the year were insignificant and group consolidated accounts have not been prepared.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2024

7 Debtors	2024	2023
	£	£
Trade debtors	<u>11,739</u>	<u>28,409</u>
8 Creditors: amounts falling due within one year	2024	2023
	£	£
Loan payable by instalments	-	5,614
Expense invoices due and payable	15,707	14,437
Accruals	709	843
Deferred income	38,548	17,285
	<u>54,964</u>	<u>38,179</u>
9 Creditors: amounts falling due after one year	2024	2023
	£	£
Loans payable by instalments	<u>-</u>	<u>-</u>
Loans payable by instalments		
Instalments due within 12 months	-	5,614
Instalments due between 1 and 2 years	-	-
Instalments due between 2 and 5 years	-	-
Total loan due	<u>-</u>	<u>5,614</u>

The charity took out a loan from Access to Growth Ltd in order to provide funds to help develop the charity's primary purpose trading. The loan is being repaid in instalments over 5 years.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2024

Analysis of income and expenditure for the year ended 31 March 2024

10 Donations

	Current Year Unrestricted Funds 2024 £	Current Year Restricted Funds 2024 £	Current Year Total Funds 2024 £	Prior Year Total Funds 2023 £
Donations and Gifts from individuals				
Small donations	8,783	-	8,783	3,264
Total Donations and Gifts from individuals	<u>8,783</u>	<u>-</u>	<u>8,783</u>	<u>3,264</u>

11 Revenue grants from Government and public bodies

NHS	167,488	-	167,488	64,207
Bolton MB Council	13,350	-	13,350	13,088
I-thrive	19,000	-	19,000	-
Living Well	19,991	-	19,991	-
Litigation Friends	1,920	-	1,920	2,454
DWP	1,404	-	1,404	-
Total public sector	<u>223,153</u>	<u>-</u>	<u>223,153</u>	<u>79,749</u>

Revenue grants and donations from non-public bodies

Lloyds Bank Foundation	25,000	-	25,000	-
Access Reach Fund	-	-	-	-
National Lottery	-	131,336	131,336	110,021
Mind	-	-	-	-
GMCVO	-	-	-	-
Disability Action	-	-	-	-
Bolton CVS	7,013	-	7,013	18,601
WEA	-	-	-	-
Power to Change	-	-	-	-
CAFbank	-	-	-	-
Other small grants	6,342	-	6,342	17,434
Total Revenue grants and donations from non-public bodies	<u>38,355</u>	<u>131,336</u>	<u>169,691</u>	<u>146,056</u>

Income from charitable activities - trading

Primary purpose and ancillary trading

Sale of goods and services in accordance with the charity's objects	45,205	-	45,205	76,064
Income from charitable activities - trading	<u>45,205</u>	<u>-</u>	<u>45,205</u>	<u>76,064</u>

Total Charitable Income	<u>306,713</u>	<u>131,336</u>	<u>438,049</u>	<u>301,869</u>
--------------------------------	----------------	----------------	----------------	----------------

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2024

Analysis of income and expenditure for the year ended 31 March 2024

12 Income from other non charitable trading activities

Income from the sale of donated goods	670	670	-
Other Income	-	-	-
Achieve	17,550	17,550	23,404
Total other activities	18,220	-	23,404

13 Investment income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Bank interest receivable	464	-	464	171
Total investment income	464	-	464	171

14 Other income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Sundry income	13,650	-	13,650	37,759
Furlough	-	-	-	-
Total other income	13,650	-	13,650	37,759

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2024

Analysis of income and expenditure for the year ended 31 March 2024

15 Expenditure on charitable activities

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2024	2024	2024	2023
	£	£	£	£
Employee costs				
Gross wages and salaries	193,311	69,729	263,040	206,471
Employers NI	12,115		12,115	6,046
Defined contribution pension costs	3,820		3,820	3,158
Recruitment costs	3,002		3,002	-
Staff training and welfare	5,537		5,537	2,338
Staff travel and subsistence	1,575		1,575	1,699
Session staff	7,626		7,626	-
Volunteer costs				
Volunteer expenses	3,117		3,117	1,366
Premises				
Rent and service charge payable	14,694	14,716	29,410	43,905
Heat, light and power	6,991	9,121	16,112	7,458
Cleaning and waste	3,259	4,243	7,502	4,155
Repairs, renewals and maintenance	10,572	1,852	12,424	2,924
Room Hire	2,149	1,876	4,025	1,964
Administration				
Telephone and internet	6,459	1,432	7,891	10,587
Postage	557		557	705
Stationery and printing	2,560		2,560	2,412
Health and safety costs	1,462		1,462	522
Advertising and marketing	1,419		1,419	1,477
Insurance	2,819	3,678	6,497	8,006
Subscriptions	594		594	555
Sundry expenses	280	3,000	3,280	1,808
Equipment	12,005		12,005	4,890
Network support	2,979		2,979	10,566
Consultancy fees	8,359		8,359	9,590
Translation fees	-		-	-
Other legal and professional	550		550	3,066
Move Forward Bolton				
Financial charges				
Bank charges	60		60	72
Loan interest	1,760		1,760	2,640
Total expenditure on charitable activities	309,631	109,647	419,278	338,380

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2024

Analysis of income and expenditure for the year ended 31 March 2024

Other expenditure - Governance cost

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2024	2024	2024	2023
	£	£	£	£
Independent Examiners Fees		-	-	600
AGM Costs	26	-	26	1,191
Board meeting costs		-	-	480
Total Governance costs	<u>26</u>	<u>-</u>	<u>26</u>	<u>2,271</u>

Charitable expenditure

Charitable expenditure	309,631	109,647	419,278	338,380
Governance costs	26	-	26	2,271
	<u>309,657</u>	<u>109,647</u>	<u>419,304</u>	<u>340,651</u>

16 Expenditure on raising funds

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2024	2024	2024	2023
	£	£	£	£
Fundraising costs				
Fundraising Consultancy	33,600	-	33,600	29,726
Total fundraising costs	<u>33,600</u>	<u>-</u>	<u>33,600</u>	<u>29,726</u>

MHIST (MENTAL HEALTH INDEPENDENT SUPPORT TEAM)

England & Wales - Charity number 1130152

Accounts

Company Registration Number - 04128980

The Charity Registration Number is :- 01130152

MhIST Mental Health Independent Support Team

Report and Accounts

31 March 2023

MhIST Mental Health Support Team

Report and accounts for the 31 March 2023

	Page
Charity Information	3
Trustees Annual Report	3
Statement of Trustees Responsibilities	10
Independent Examiners Report	11
Statement of Financial Activities	12
Balance Sheet	13
Notes to the accounts	15

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2023**

Company Registration number - 04128980

The Trustees present their Report and Accounts for the year ended 31 March 2023. This is also the Directors Report required by the Companies Act 2006.

Reference and Administration

The charity is registered in England & Wales with the Charity Commission in England & Wales with charity number 01130152.

Legal structure

The charity is constituted as a company limited by guarantee, registered under the Companies Acts. The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

By operation of law all, trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation.

Trustees

The trustees who served during the year were:

Sarah Banks
Michael Payne (retired 10 February 2023)
Peter Pendlebury (retired 24 May 2022)
Sarah Tattersall
Alex Waddington
Amy Wiggans (retired 24 May 2022)
David Thomas (appointed 10 March 2023)

The trustees are all individuals.

The trustees retire at the AGM but all are eligible for re-election.

Objects and Activities

The objects of the company are:

- a) The relief of those persons who have suffered or who are suffering from mental health problems and other conditions by the provision of an advocacy service and other relevant services , as determined by the Executive Committee, for these persons, their families and carers;
- b) The protection and preservation of the good health of carers and families by the provision of such services and by liaising with other statutory, voluntary and relevant health agencies.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2023**

Activities and achievements

The main achievements and performance of the charity during the year.

MhIST is a grassroots charity supporting vulnerable people living in the Bolton area with mental health challenges. Our purpose is to help people to support wellbeing. MhIST services are free at the point of access, inclusive, responsive and creative. We are committed to supporting service users in building their resilience and driving their personal recovery to develop self-management strategies and connect through ongoing peer support.

We are committed to creating a safe and non-judgmental space where people can receive a warm welcome and help to access the right support at the right time. We believe everyone has the right to be listened to, heard, and have a voice, and every individual is at the centre of decision-making.

Overall referrals remain at a similar level to that discussed last year [40 per week], there has not been any of the expected decline as the pandemic recedes.

A key issue identified was and remains that those presenting were/are too poorly to fit into primary care provision and not poorly enough (due to mental distress) to require a crisis or secondary care intervention.

The complexity [multiple co-occurring difficulties] and acuity [the difficulty or severity of the problem] of the mental health of people that use MhIST both remain high. Therefore we can say that most people accessing MhIST services are reporting significantly deteriorating mental health.

MhIST has been based at Moorland House since the autumn of 2020 although it has only been since the summer of 2022 that the whole team moved in. We now deliver all our main services from Moorland house. We are collocated with Achieve the GMMH drug and alcohol service.

Who do we actually help and work with

MhIST has strong links with our community. We work with health and social care providers to ensure we complement the provision accessible to people in Bolton. Given the needs of our beneficiaries, we work with:

GPs: Working with local GP Surgeries to ensure people with mental health challenges receive the proper support. Surgeries refer people to our services. Social Prescribing makes sure people have access to our project;

Greater Manchester Mental Health NHS Trust: Working with the NHS Trust to ensure people have the right service at the right time;

Bolton Council: we work with a variety of council departments, including housing, social care, benefits etc.;

Education: working with secondary schools and FE College supporting students and staff;

3rd sector providers: Liaising with 3rd sector providers helps to highlight the need, potential partnership working and avoid duplication. MhIST is represented in the GM (VCSE) Mental Health Forum;

Emergency services: Developing and maintaining a relationship with emergency services will help create a continuity plan to support our beneficiaries when necessary. We have strong links with all the emergency services across the Bolton area.

Our client group includes everyone in Bolton, whatever their age, who experiences a mental health problem, their families, friends, and carers. We now estimate that 11% of people using our service qualify as ex-military or their family.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2023**

The percentage ethnic make up of MhIST client group in comparison to Bolton as a whole is as follows:

Ethnicity	MhIST	Bolton
White British	84.1	79.4
Other White	2.8	2.5
Mixed Ethnicity	1.5	1.8
Asian/Asian Indian	2.8	7.8
Asian/Asian Pakistani	2.9	4.3
Other Asian	1.5	1.8
Black/African/Caribbean/Black British	3.1	1.7
Other Ethnicity	1.5	0.7

Talking Therapies

MhIST provides a 'free at the point of delivery' one-to-one talking therapy service using a variety of models such as Integrative counselling, transactional analysis, psychodynamic approaches, and CBT.

Amy, our head of talk therapy, has kept up a fast pace recruiting new placement students as well as keeping a trusted band of well qualified volunteers engaged and happy. Recruitment is always just around the corner and keeping a team of around 50 is lots of work.

The service has developed and in some cases maintained placement relationships with the following education providers:

University of Bolton, University of Salford, University of Central Lancashire (UCLAN), Bury College, Manchester College, and Stockport college

The MhIST talk therapy service is now consistently providing in person, on the telephone and video consultations.

Overall we provided 4070 sessions during the year. Of these 4040 were for counselling the small remainder were for CBT. This is a significant overall increase compared to last year.

As we have come out of the pandemic the method of delivery has changed. This year 1734 session have been provided in person compared to 195 last year. The next most popular is telephone with 1254 sessions fewer than last year [1480]. Again, the least favourite delivery method is video with 1082 sessions compared to 389 last year.

The distribution of gender of clients was:

	This year	Last year
Female	63%	71%
Male	36%	28%
Other	1%	1%

It is clearly seen that this year the number of males opting to use the therapy service has increased significantly, nearly 30% over last year. There has been a corresponding percentage decrease in females accessing therapy.

The age distribution of clients was:

Age bands	This year	Last year
25 or younger	10%	14%
26 to 35	26%	23%
36 to 45	23%	18%
46 to 55	22%	21%
56 to 65	13%	15%
65 and older	6%	10%

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2023**

The postcode of clients was:

Postcode area	This year	Last year
BL1	19%	23%
BL2	16%	14%
BL3	21%	18%
BL4	11%	13%
BL5	9%	11%
BL6	15%	13%
BL7	4%	6%
Out of Area	4%	1%

The presenting issues were:

Presenting Issue	This year	Last year
Anger	1%	0%
Anxiety/Stress	18%	28%
Depression/Low mood	18%	32%
Domestic abuse	3%	2%
Family	11%	5%
Loss/Bereavement	23%	17%
PTSD	1%	0%
Relationships	8%	6%
Self Esteem	8%	4%
Sexual Abuse	0%	3%
Sexual identity	0%	1%
Trauma	1%	2%
Work related	3%	0%

Self Help Groups

Self-help groups continued to flourish both in person and on WhatsApp.

The number of referrals into the self-help service escalated significantly as did the source of those referrals.

During the year the number of referrals to self-help increased to 265

The distribution of gender of clients was:

	This year	Last year
Female	51%	64%
Male	45%	32%
Other	0%	0.5%
Not stated	4%	3.6%

**MhiST Mental Health Support Team
Trustees Report for the year ended 31 March 2023**

The age distribution of clients was:

Age bands	This year	Last year
25 or	12%	6%
26 to 35	18%	18%
36 to 45	21%	22%
46 to 55	21%	22%
56 to 65	16%	20%
65 and older	7%	12%
Not known	6%	0%

The postcode of clients was:

Postcode area	This year	Last year
BL1	18%	20%
BL2	17%	15%
BL3	23%	18%
BL4	15%	11%
BL5	9%	14%
BL6	7%	6%
BL7	3%	0%
Other	9%	13%
None given	0%	4%

The groups running have been:

- Anxiety, depression and self-esteem
- Anxiety, depression and well-being
- Art for wellbeing
- Autism
- Craft and social
- Depression recovery
- Directions for men
- Farnworth wellbeing support
- Mindfulness meditation
- Music for Everyone
- Saturday social
- Welcome to the digital world
- Westhoughton wellbeing support

Children, Young People and Family services

Small Steps

Small Steps has running for well over a year. Its target audience is people suffering with their mental health, who is a parent or carer of a child age 0 – 2 years old, pregnant and concerned about your mental well-being, feeling lonely and anxious

This peer-to-peer support group will explore the challenges that looking after a baby can cause in our mental health, parenthood can be a very anxious and lonely place, but it doesn't have to be. The group aims to help build friendships, feel engaged with adults and to help with better care of your mental health and your baby. This group is where carers can discuss their mental wellbeing in a safe and secure setting. A setting where personal experiences and lived challenges can be shared without judgement.

This group is predominately for adults, but we are aware what looking after a baby means no time alone. Therefore children are welcome.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2023**

Advocacy Service

MhIST's advocacy service provides both statutory and community support to people in Bolton. During the year, community referrals were received in addition to Litigation Friend and Rule 1.2 representative cases. These clients generate huge numbers of issues. As in previous years the most common issues remain benefits, debt, and access to services. MhIST also provides a statutory advocacy service to local private hospitals.

The distribution of gender of clients was:

	This year	Last year
Female	54%	44%
Male	46%	56%

The age distribution of clients was:

Age bands	This year	Last year
25 or	8%	11%
26 to 35	12%	14%
36 to 45	14%	14%
46 to 55	23%	26%
56 to 65	30%	27%
65 and	10%	8%
Not known	4%	0%

The postcode of clients was:

Postcode area	This year	Last year
BL1	24%	28%
BL2	19%	23%
BL3	19%	16%
BL4	9%	11%
BL5	8%	6%
BL6	10%	10%
Out of area	1%	6%
Not known	5%	0%

The presenting issues were:

Presenting Issue	This year	Last year
Benefits	69%	56%
Housing	6%	6%
Finance	3%	5%
Mental	4%	10%
Access to	5%	6%
Other	11%	16%

The breakdown of case outcome is as follows:

	This year	Last year
Resolved with advocacy	50%	70%
Resolved without advocacy	14%	9%
Not resolved	1%	1%
Client withdrew	22%	20%

Unfortunately, as in previous years, the service remains overwhelmed

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2023**

Fundraising activities during the year.

We would like to thank all the people who have raised funds for us especially through 'JustGiving', 'Give as you live' and all of the other platforms that our supports use. You are all fantastic and it is great to have your support, thank you.

The charity relies on grant aid from the donors identified in the accounts, whose support is valued.

Benefit to Society

MhIST continues to provide the services and activities which are demanded by the people who use MhIST.

During the year we have continued to canvas opinion and conduct surveys among the various user groups. In the main people want us to continue doing what we are doing. They get a lot from it, the stability and consistency seems to help improve their mental health.

Financial Review

Reserves

The board of directors has reviewed MhIST's need for reserves in line with the guidance issued by the Charity Commission.

The Company aims to have six to nine months running costs calculated and reviewed annually. In 2023 this would amount to between £112,000 and £168,000

Going Concern

The charity has seen some of its funding come to an end and staff are applying to a number of agencies for additional funding.

Risks

Risks are identified and assessed at operational and corporate level against the agreed strategic aims and objectives. The board of Trustees review key changes in risks.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2023**

Statement of the Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), .

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted
- 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 business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

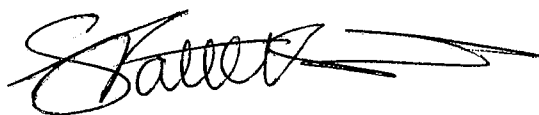
The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

This report was approved by the board of trustees on 15 November 2023



Sarah Tattersall
Director and Trustee

MhIST Mental Health Support Team

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2023

I report to the charity trustees on my examination of the accounts for the year ended for the year ended 31 March 2023

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the directors report, you the charities trustees , who are also the Directors of the company for the purposes of company law, are sresponsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to small entities, and for being satisfied that the financial statements give a true and fair view.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under section 145 of the Act,
- b) follow the applicable procedures in the Directions given by the Charity Commissioners under section 145(5)(b) of the Act

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

Independent Examiner's Statement, Report and Opinion

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

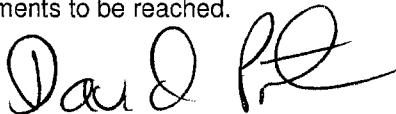
accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006 and section 130 of the Charities Act 2011

the accounting records do not accord with those records

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 other than any requirement that the accounts give a rue and fair view which is not a matter considered as part of an independent examination

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015 (the SORP)

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in this report in orde to enable a proper understanding of the financial statements to be reached.



David Procter - Independent Exanminer
Member of the Chartered Association of Certified Accountants
18 Redhill Grove, Chorley, PR6 8TU

This report was signed on 15 November 2023

MHIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2023

	Note	Current Year	Current Year	Current Year	Prior Year
		Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Income from:					
Donations	10	3,264	-	3,264	6,573
Charitable activities	11	173,247	128,622	301,869	324,228
Trading activities	12	23,404	-	23,404	4,260
Investment income	13	171	-	171	3
Other income	14	20,298	17,461	37,759	735
Total income		<u>220,384</u>	<u>146,083</u>	<u>366,467</u>	<u>335,799</u>
Expenditure on:					
Raising Funds	16	29,726	-	29,726	29,108
Charitable activities	15	198,205	142,446	340,651	328,357
Total expenditure		<u>227,931</u>	<u>142,446</u>	<u>370,377</u>	<u>357,465</u>
Net expenditure for the year		(7,547)	3,637	(3,910)	(21,666)
Transfer between funds		-	-	-	-
Total Funds Brought Forward		13,056	12,360	25,416	47,082
Total Funds Carried Forward		<u>5,509</u>	<u>15,997</u>	<u>21,506</u>	<u>25,416</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 17 to 24 form an integral part of these accounts

MHIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2023

Analysis of Statement of Financial Activities for the Prior Year

	Prior Year	Prior Year	Prior Year
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	2022	2022	2022
	£	£	£
Income from:			
Donations	10 6,573	-	6,573
Charitable activities	11 144,500	179,728	324,228
Trading activities	12 4,260	-	4,260
Investment income	13 3	-	3
Other income	14 -	735	735
Total income	<u>155,336</u>	<u>180,463</u>	<u>335,799</u>
Expenditure on:			
Raising Funds	16 29,108	-	29,108
Charitable activities	15 105,170	223,187	328,357
Total expenditure	<u>134,278</u>	<u>223,187</u>	<u>357,465</u>
Net expenditure for the year	21,058	(42,724)	(21,666)
Transfer between funds	(40,000)	40,000	-
Total Funds Brought Forward	31,998	15,084	47,082
Total Funds Carried Forward	<u>13,056</u>	<u>12,360</u>	<u>25,416</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 17 to 24 form an integral part of these accounts

**MhIST Mental Health Support Team
Balance Sheet as at 31 March 2023**

	Note	2023 £	£	2022 £	£
Fixed assets					
Investments held as fixed assets	6		1		1
Current Assets					
Debtors		28,409		24,198	
Cash at bank and in hand		31,275		55,866	
Total Current Assets		<u>59,684</u>		<u>80,064</u>	
Creditors					
Amounts falling due within one year	8	<u>38,179</u>		<u>49,033</u>	
Net current assets			21,505		31,031
Creditors					
Amounts falling due after one year	9		-		(5,616)
Total Net assets			<u>21,506</u>		<u>25,416</u>
Restricted funds					
Restricted revenue funds			15,997		12,360
Unrestricted funds					
Unrestricted revenue funds			5,509		13,056
Total Funds			<u>21,506</u>		<u>25,416</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

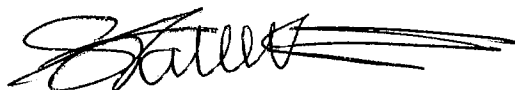
The members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 9.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes attached on pages 13 to 19 form an integral part of these accounts



Sarah Tattersall - Trustee

Approved by the board of Trustees on 15 November 2023

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2023

1 Accounting Policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, and FRS102 SORP (Statement of Recommended Accounting Practice for Accounting and Reporting by Charities) 2015, (The SORP), and in accordance with all applicable law in England and Wales

Public Benefit Entity

In the opinion of the trustees the charity is a public benefit entity.

Income recognition

Income is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Donated Goods

The charity operates two charity shops in the centre of Bolton. The goods donated are not valued when they are received and are only recognised in the accounts when sold.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated.

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

Pensions - defined contribution schemes

The charity operates a defined contribution pension scheme. Contributions are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2023

2 Liability to Taxation

The charity is exempt from corporation tax on its income to the extent that such income is applied to the specific charitable objects of the charity.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Staff costs and emoluments	2023	2022
	£	£
Salary costs		
Gross Salaries excluding trustees and key management personnel	206,471	217,861
Employer's National Insurance for all staff	6,046	7,178
Employer's operating costs of defined contribution pension schemes	3,158	3,241
Total salaries, wages and related costs	<u>215,675</u>	<u>228,280</u>
Numbers of employees		
Engaged on charitable activities	20	20
Engaged on fundraising activities	0	0
Average number of employees	<u>20</u>	<u>20</u>

The charity operates a defined contribution pension scheme, the costs of which are shown above.

5 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity or any related entity.

6 Investments held as fixed assets

	Investments in subsidiaries	
	£	£
Carrying Value of investments		
At start and end of the year	<u>1</u>	<u>1</u>

The charity has established a subsidiary to promote sales in accordance with the charity objects.

The subsidiary's transactions in the year were insignificant and group consolidated accounts have not been prepared.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2023

7 Debtors

Trade debtors	<u>28,409</u>	<u>24,198</u>
---------------	---------------	---------------

8 Creditors: amounts falling due within one year

	2023	2022
	£	£
Loan payable by instalments	5,614	8,420
Expense invoices due and payable	14,437	9,537
Accruals	843	400
Deferred income	17,285	30,676
	<u>38,179</u>	<u>49,033</u>

9 Creditors: amounts falling due after one year

	2023	2022
	£	£
Loans payable by instalments	<u>-</u>	<u>5,616</u>
Loans payable by instalments		
Instalments due within 12 months	5,614	8,420
Instalments due between 1 and 2 years	-	5,616
Instalments due between 2 and 5 years	-	-
Total loan due	<u>5,614</u>	<u>14,036</u>

The charity took out a loan from Access to Growth Ltd in order to provide funds to help develop the charity's primary purpose trading. The loan is being repaid in instalments over 5 years.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2023

Analysis of income and expenditure for the year ended 31 March 2023

10 Donations

	Current Year Unrestricted Funds 2023 £	Current Year Restricted Funds 2023 £	Current Year Total Funds 2023 £	Prior Year Total Funds 2022 £
Donations and Gifts from individuals				
Small donations	3,264	-	3,264	6,573
Total Donations and Gifts from individuals	<u>3,264</u>	<u>-</u>	<u>3,264</u>	<u>6,573</u>

11 Revenue grants from Government and public bodies

NHS	64,207	-	64,207	64,057
Bolton MB Council	13,088	-	13,088	22,000
Ministry of Justice	-	-	-	-
Litigation Friends	2,454	-	2,454	2,426
Total public sector	<u>79,749</u>	<u>-</u>	<u>79,749</u>	<u>88,483</u>

Revenue grants and donations from non-public bodies

Lloyds Bank Foundation	-	-	-	5,545
Access Reach Fund	-	-	-	-
National Lottery	-	110,021	110,021	108,232
Mind	-	-	-	34,003
GMCVO	-	-	-	-
Disability Action	-	-	-	-
Bolton CVS	-	18,601	18,601	13,353
WEA	-	-	-	(3,747)
Power to Change	-	-	-	12,078
CAFbank	-	-	-	-
Other small grants	17,434	-	17,434	10,264
Total Revenue grants and donations from non-public bodies	<u>17,434</u>	<u>128,622</u>	<u>146,056</u>	<u>179,728</u>

Income from charitable activities - trading

Primary purpose and ancillary trading

Sale of goods and services in accordance with the charity's objects	76,064	-	76,064	56,017
Income from charitable activities - trading	<u>76,064</u>	<u>-</u>	<u>76,064</u>	<u>56,017</u>

Total Charitable Income	<u>173,247</u>	<u>128,622</u>	<u>301,869</u>	<u>324,228</u>
-------------------------	----------------	----------------	----------------	----------------

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2023

Analysis of income and expenditure for the year ended 31 March 2023

12 Income from other non charitable trading activities

Income from the sale of donated goods		-	810
Other Income		-	3,450
Achieve	23,404	23,404	-
Total other activities	<u>23,404</u>	<u>-</u>	<u>4,260</u>

13 Investment income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Bank interest receivable	171	-	171	3
Total investment income	<u>171</u>	<u>-</u>	<u>171</u>	<u>3</u>

14 Other income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Sundry income	20,298	17,461	37,759	-
Furlough	-	-	-	735
Total other income	<u>20,298</u>	<u>17,461</u>	<u>37,759</u>	<u>735</u>

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2023

Analysis of income and expenditure for the year ended 31 March 2023

15 Expenditure on charitable activities

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Employee costs				
Gross wages and salaries	125,034	81,437	206,471	217,861
Employers NI	2,984	3,062	6,046	7,178
Defined contribution pension costs	2,604	554	3,158	3,241
Recruitment costs	-	-	-	-
Staff training and welfare	508	1,830	2,338	1,103
Staff travel and subsistence	1,629	70	1,699	2,313
Volunteer costs				
Volunteer expenses	869	497	1,366	2,685
Premises				
Rent and service charge payable	16,438	27,467	43,905	26,783
Heat, light and power	3,169	4,289	7,458	8,174
Cleaning and waste	1,549	2,606	4,155	334
Repairs, renewals and maintenance	1,049	1,875	2,924	1,351
Room Hire	1,677	287	1,964	2,160
Administration				
Telephone and internet	7,561	3,026	10,587	12,332
Postage	652	53	705	612
Stationery and printing	1,235	1,177	2,412	2,483
Health and safety costs	378	144	522	455
Advertising and marketing	1,322	155	1,477	1,449
Insurance	5,485	2,521	8,006	7,060
Subscriptions	499	56	555	-
Sundry expenses	464	1,344	1,808	1,939
Equipment	4,102	788	4,890	5,328
Network support	7,988	2,578	10,566	4,822
Consultancy fees	4,818	4,772	9,590	14,090
Translation fees	-	-	-	-
Other legal and professional	1,208	1,858	3,066	-
Move Forward Bolton	-	-	-	-
Financial charges				
Bank charges	72	-	72	96
Loan interest	2,640	-	2,640	2,640
Total expenditure on charitable activities	195,934	142,446	338,380	326,489

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2023

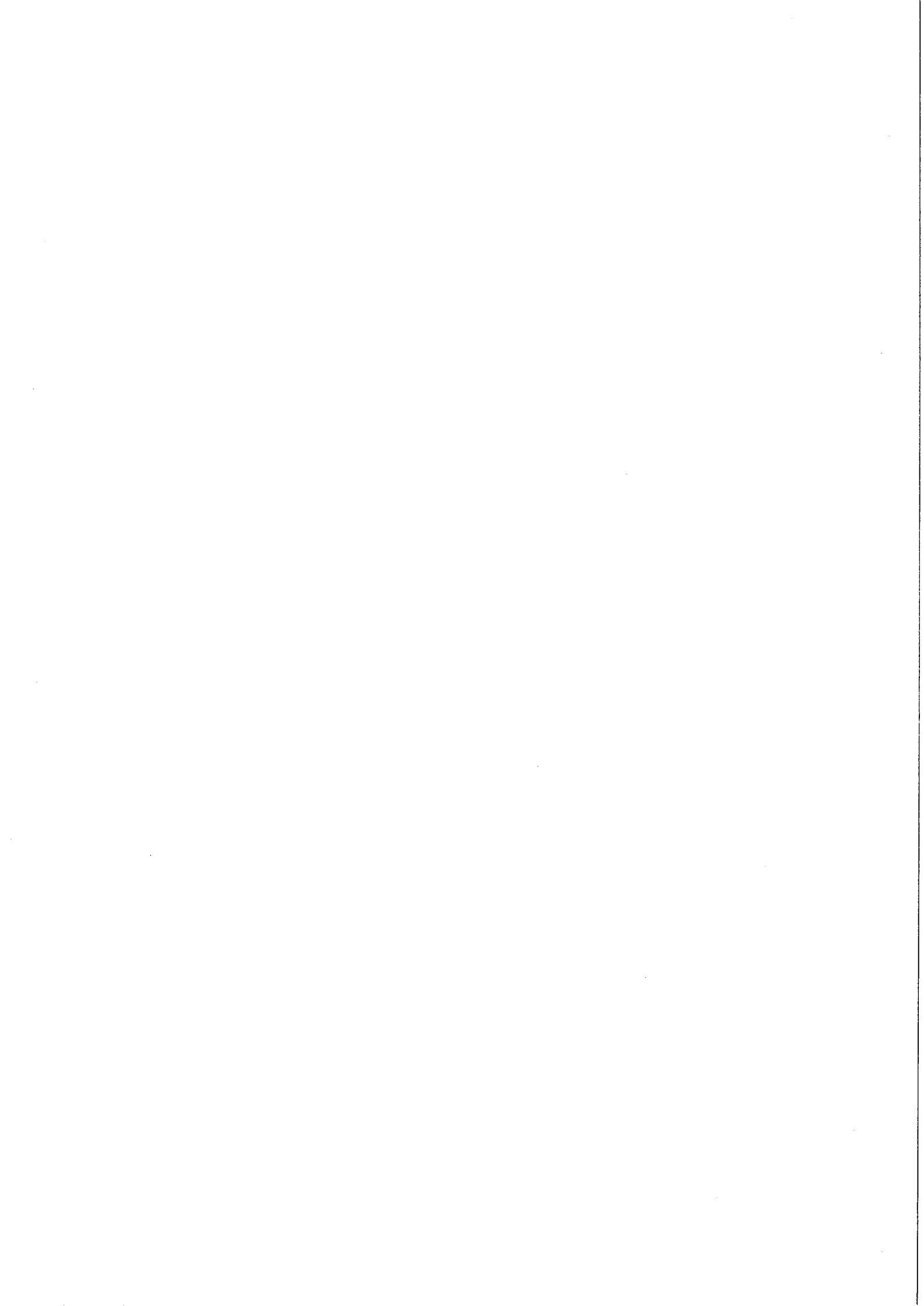
Analysis of income and expenditure for the year ended 31 March 2023

Other expenditure - Governance cost

	Current Year Unrestricted Funds 2023 £	Current Year Restricted Funds 2023 £	Current Year Total Funds 2023 £	Prior Year Total Funds 2022 £
Independent Examiners Fees	600	-	600	800
AGM Costs	1,191	-	1,191	1,055
Board meeting costs	480	-	480	13
Total Governance costs	2,271	-	2,271	1,868
Charitable expenditure				
Charitable expenditure	195,934	142,446	338,380	326,489
Governance costs	2,271	-	2,271	1,868
	198,205	142,446	340,651	328,357

16 Expenditure on raising funds

	Current Year Unrestricted Funds 2023 £	Current Year Restricted Funds 2023 £	Current Year Total Funds 2023 £	Prior Year Total Funds 2022 £
Fundraising costs				
Charity shop selling donated goods	-	-	-	-
Shop wages and salaries	-	-	-	-
Shop Employers NI	-	-	-	-
Shop pension	-	-	-	-
Property repair	-	-	-	-
Trading costs	-	-	-	-
Fundraising Consultancy	29,726	-	29,726	29,108
Total fundraising costs	29,726	-	29,726	29,108



MHIST (MENTAL HEALTH INDEPENDENT SUPPORT TEAM)

England & Wales - Charity number 1130152

Accounts

Company Registration Number - 04128980

The Charity Registration Number is :- 01130152

MhIST Mental Health Independent Support Team

Report and Accounts

31 March 2022

MhIST Mental Health Support Team

Report and accounts for the 31 March 2022

	Page
Charity Information	3
Trustees Annual Report	3
Statement of Trustees Responsibilities	7
Independent Examiners Report	9
Statement of Financial Activities	10
Balance Sheet	12
Notes to the accounts	13

MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022

Company Registration number - 04128980

The Trustees present their Report and Accounts for the year ended 31 March 2022. This is also the Directors Report required by the Companies Act 2006.

Reference and Administration

The charity is registered in England & Wales with the Charity Commission in England & Wales with charity number 01130152.

Legal structure

The charity is constituted as a company limited by guarantee, registered under the Companies Acts. The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

By operation of law all, trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation.

Trustees

The trustees who served during the year were:

Sarah Banks
Michael Payne (appointed 7 September 2021)
Peter Pendlebury (retired 24 May 2022)
Sarah Tattersall
Alex Waddington (appointed 11 February 2022)
Amy Wiggans (retired 24 May 2022)

The trustees are all individuals.

The trustees retire at the AGM but all are eligible for re-election.

Objects and Activities

The objects of the company are:

- a) The relief of those persons who have suffered or who are suffering from mental health problems and other conditions by the provision of an advocacy service and other relevant services, as determined by the Executive Committee, for these persons, their families and carers;
- b) The protection and preservation of the good health of carers and families by the provision of such services and by liaising with other statutory, voluntary and relevant health agencies.

MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022

Activities and achievements

The main achievements and performance of the charity during the year.

MhIST is a grassroots charity supporting vulnerable people living in the Bolton area with mental health challenges. Our purpose is to help people to support wellbeing. MhIST services are free at the point of access, inclusive, responsive and creative. We are committed to supporting service users in building their resilience and driving their personal recovery to develop self-management strategies and connect through ongoing peer support.

We are committed to creating a safe and non-judgmental space where people can receive a warm welcome and help to access the right support at the right time. We believe everyone has the right to be listened to, heard, and have a voice, and every individual is at the centre of decision-making.

Referrals increased by over 100% in the last year (which averaged 20-per week pre-Covid, to approximately 40-per week now), causing considerable capacity issues for MhIST as we were one of only a very few dedicated community-based mental health support services who operated during the pandemic.

A key issue identified was and remains that those presenting were/are too poorly to fit into primary care provision and not poorly enough (due to mental distress) to require a crisis or secondary care intervention.

During the Covid 19 pandemic the mental health of people accessing our services deteriorated significantly. So much so that we developed a method of trying to gauge the deterioration of people's mental health on a scale of 1 to 5 with 1 being slight and 5 being massive. This is based on a self-reported scale; we ask how much people think their mental health has deteriorated. The number of referrals into our service has been over 2000 during the year and during that time it has been rare for people to report a deterioration of less than 3. There have been almost no occurrences of a 1 or 2. That means that most people accessing MhIST services are reporting significantly deteriorating mental health.

As the lockdown in January 2021 was enforced our service was still able to operate Covid safe from Moorland and Hanover Houses. Hanover House was operating Covid safe to ensure that the advocacy team had an in-person base from which to operate. Hanover house was also the base where we began to restore our in person talking therapy service. As mentioned elsewhere Moorland House continued as the base for the Self-help team.

Service User report:

95% of service users have demonstrated reduced stress and anxiety levels, improved mental health, emotional stability and increased levels of independence;

90% of our service users report that access to Self-help Groups and the advocacy service has improved their mental health and reduced their risk of going into crisis and subsequently being hospitalised;

100% rate their experience as excellent or good;

100% would recommend the service they have used to their friends and family;

85% service users attend at least once a week to either service;

100% rated staff as very or extremely friendly;

85% are very likely to recommend MhIST to others.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022**

Who do we actually help and work with

MhIST has strong links with our community. We work with health and social care providers to ensure we complement the provision accessible to people in Bolton. Given the needs of our beneficiaries, we work with:

GPs: Working with local GP Surgeries to ensure people with mental health challenges receive the proper support. Surgeries refer people to our services. Social Prescribing makes sure people have access to our project;

Greater Manchester Mental Health NHS Trust: Working with the NHS Trust to ensure people have the right service at the right time;

Bolton Council: we work with a variety of council departments, including housing, social care, benefits etc.;

Education: working with secondary schools and FE College supporting students and staff;

3rd sector providers: Liaising with 3rd sector providers helps to highlight the need, potential partnership working and avoid duplication. MhIST is represented in the GM (VCSE) Mental Health Forum;

Emergency services: Developing and maintaining a relationship with emergency services will help create a continuity plan to support our beneficiaries when necessary. We have strong links with all the emergency services across the Bolton area.

Our client group includes everyone in Bolton, whatever their age, who experiences a mental health problem, their families, friends, and carers. Notable in this year has been an increase in the number of military veterans who have begun using our service. We now estimate that 13% of people using our service qualify as ex-military or their family.

The ethnic make up of MhIST client group in comparison to Bolton as a whole is as follows:

Ethnicity	MhIST	Bolton
White British	85.8	79.4
Other White	<0.5	2.5
Mixed Ethnicity	2.7	1.8
Asian/Asian Indian	1	7.8
Asian/Asian Pakistani	<0.5	4.3
Other Asian	5.8	1.8
Black/African/Caribbean/Black British	3.9	1.7
Other Ethnicity	<0.5	0.7

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022**

Talking Therapies

MhIST provides a ‘free at the point of delivery’ one-to-one talking therapy service using a variety of models such as Integrative counselling, transactional analysis, psychodynamic approaches, and CBT.

Our long-standing Head of Talk Therapy, Judith, decided to step back during the latter part of 2021. Judith has moved onto new activities, and we wish her well. A new head of service, Amy, was recruited in December. During the first months of 2022, Amy recruited just under 40 new. The service has developed and in some cases maintained placement relationships with the following education providers:

University of Bolton, University of Salford, University of Central Lancashire (UCLAN),
Bury College, Manchester College, and Stockport college

As the year rolled on our new, post-covid in person service at Hanover House was enhanced to include more hours, in more rooms. This met the needs of people who wanted to physically meet their therapist.

Overall we provided 2064 sessions during the year. Of these 1968 were for counselling the small remainder were for CBT.

By far the most popular method of receiving talking therapy was via telephone. During the year 1480 sessions were delivered this way, 389 by video such as Zoom, Skype and MS Teams. The smallest number was 195 sessions for ‘in person’ work.

The distribution of gender of clients was:

Male – 28%, Female – 71%, Other – 1%

The age distribution of clients was:

Age bands	
25 or younger	14%
26 to 35	23%
36 to 45	18%
46 to 55	21%
56 to 65	15%
65 and older	10%

The postcode of clients was:

Postcode area	
BL1	23%
BL3	18%
BL2	14%
BL6	13%
BL4	13%
BL5	11%
BL7	6%
Out of Area	1%

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022**

The presenting issues were:

Depression/Low mood	32%
Anxiety/Stress	28%
Loss/Bereavement	17%
Relationships	6%
Family	5%
Self Esteem	4%
Sexual Abuse	3%
Domestic abuse	2%
Trauma	2%
Sexual identity	1%

Comments from some talk therapy clients during the year.

C was absolutely fantastic, I've seen a number of different counsellors over the years and C has been by far the best. She listened, empathised and tried to understand as best as she could to what I was going through without ever being patronising or dismissive which is something I've encountered a lot.

L was 100% professional at all times. I have had counselling before, but they came across that they were both not listening and interested in my problems. L was completely opposite. I cannot thank her enough for the help she has given me. L is a credit to MHIST. If L ever left MHIST, R was incredible and very attentive to what I was saying and able to guide me in thinking about things in a deeper way so that I can get more out of my life. I wish I was able to have more time with her, but ultimately I am very glad I was able to get counselling and especially with G provided a safe, secure environment. I felt valued and respected every session. I definitely feel better for the time spent in counselling sessions.

Self Help Groups

Self-help groups continued to flourish both in person and on WhatsApp. The move to Moorland House has been a great success and the team are working there as if nothing had changed.

The number of referrals into the self-help service escalated significantly as did the source of those referrals.

During 2021 the number of referrals to self-help increased to 265

The distribution of gender of clients was:

Male – 32%, Female – 64%, Other - ,0.5%, Not stated – 3.6%

The age distribution of clients was:

Age bands	
25 or younger	6%
26 to 35	18%
36 to 45	22%
46 to 55	22%
56 to 65	20%
65 and older	12%

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022**

The postcode of clients was:

Postcode area	
BL1	20%
BL2	15%
BL3	18%
BL4	11%
BL5	14%
BL6	6%
Other	13%
None given	4%

The groups running have been:

- Anxiety, depression and self-esteem
- Anxiety, depression and well-being
- Art for wellbeing
- Autism
- Craft and social
- Depression recovery
- Directions for men
- Farnworth wellbeing support
- Saturday social
- Mindfulness meditation
- Welcome to the digital world
- Westhoughton wellbeing support

Children, Young People and Family services

Small Steps

This new group began shortly before the end of 2021. It's target audience is for people suffering with their mental health, who is a parent or carer of a child age 0 – 2 years old, pregnant and concerned about your mental well-being, feeling lonely and anxious

This peer-to-peer support group will explore the challenges that looking after a baby can cause in our mental health, parenthood can be a very anxious and lonely place, but it doesn't have to be. The group aims to help build friendships, feel engaged with adults and to help with better care of your mental health and your baby. This group is where carers can discuss their mental wellbeing in a safe and secure setting. A setting where personal experiences and lived challenges can be shared without judgement.

This group is predominately for adults, but we are aware what looking after a baby means no time alone. Therefore children are welcome.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022**

COPe

The COPe project was piloted during late 2019 and early 2020. The project has given the young people taking part the techniques and tools to become more emotionally resilient whilst also introducing them to some of the concepts of positive psychology. The main topics that were covered were Mental Health, Stigma, Happiness, Wellbeing, Resilience, Hope and Mindfulness. Structured discussion gave the young people the chance to talk about how they can help themselves and others. Overall, it was participative, fun and educational. The project was designed as a framework so that participants could be encouraged to actively direct and steer the project.

The project has worked with 4 secondary schools in Bolton. The year groups involved were years 8, 9 and 10. The project aims to work with 500 young people. At this stage there are several months left to run.

The outcome of the project so far has resulted in an improvement in the overall well-being of the young people participating, as measured by the PERMA Profiler. This includes a relatively large reduction in levels of loneliness. It also includes an improvement in their experience of positive emotions and in their positive relationships. This has been accompanied by a very large improvement in the sense of meaning they have in their lives. These young people have also seen improvements in their physical health.

Advocacy Service

MhISTs advocacy service provides both statutory and community support to people in Bolton. During the year, community referrals were received in addition to Litigation Friend and Rule 1.2 representative cases. These clients generate huge numbers of issues. As in previous years the most common issues remain benefits, debt, and access to services. MhIST also provides a statutory advocacy service to local private hospitals.

The distribution of gender of clients was:

Male – 56%, Female – 44%

The age distribution of clients was:

Age bands	
25 or younger	11%
26 to 35	14%
36 to 45	14%
46 to 55	26%
56 to 65	27%
65 and older	8%

The postcode of clients was:

Postcode area	
BL1	28%
BL2	23%
BL3	16%
BL4	11%
BL5	6%
BL6	10%
Other	5%

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022**

The presenting issues were:

Presenting Issue	
Benefits	56%
Housing	6%
Finance (inc debt)	5%
Mental Health act	10%
Access to services	6%
Other	16%

The breakdown of case outcome is as follows:

Resolved with advocacy	70%
Resolved without advocacy	9%
Not resolved	1%
Client withdrew	20%

Unfortunately, as in previous years, the service remains overwhelmed

Comments from some advocacy clients during the year.

Re advocacy support

'I didn't feel as alone as I had been and when I had to attend the meeting. I felt I had 'back up' with someone who understood my terror and fear.'

'Mrs J could have attended the meeting with the housing officer herself. She would have been rejected over the family debts and without the MhIST Advocate, would not have been able to explain the situation and challenge the decision.'

Parent's view

My daughter has been completely misunderstood by primary care service. MhIST has given her hope, listening to her, being there for her, bringing her back to life. She was harming herself; MhIST never abandoned her. We are so grateful; please accept our gratitude, from our heart.

Thank you

I was feeling very low not wanting to involve my G.P. as I felt that if it was entered on my medical records, it would affect my finding suitable employment. I'd been alone at Christmas like many others and hadn't seen anyone over the Christmas period. Just hearing a caring and understanding voice at the other end of the telephone really made me feel that I wasn't on my own so much, I was feeling much more encouraged and stronger within myself.

Fundraising activities during the year.

We would like to thank all the people who have raised funds for us especially through 'JustGiving', 'Give as you live' and all of the other platforms that our supports use. You are all fantastic and it is great to have your support, thank you.

The charity relies on grant aid from the donors identified in the accounts, whose support is valued.

MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022

Business development

Sadly, largely due to Covid things have not worked out as we had expected. We will review the plan and restart if necessary given that the background situation has significantly altered.

Developing MhIST as a sustainable organisation

We want to ensure that what we do now and, in the future, meets the needs of people who experience mental health problems. It is important that what we do is regarded as being of high quality and value for money by those using and funding our services.

Developing new services to support people who experience mental health problems

MhIST has supported the people of Bolton since 1992. During this time a range of services have been developed to meet their needs. Using this extensive prior experience, a range of new developments will be introduced to further enhance our offering. These fall into three categories: new therapies, new services and new user groups.

Developing the profile of MhIST in Bolton and the wider GM area

We want to increase public awareness of poor mental health so that more people understand what mental health problems are and what MhIST does. It is important that people can recognise, support and appropriately signpost people who experience mental health problems to the services they need and that MhIST are recognised as the experts in community focussed mental health.

Benefit to Society

MhIST continues to provide the services and activities which are demanded by the people who use MhIST.

During the year we have continued to canvas opinion and conduct surveys among the various user groups. In the main people want us to continue doing what we are doing. They get a lot from it, the stability and consistency seems to help improve their mental health.

Financial Review

Reserves

The board of directors has reviewed MhIST's need for reserves in line with the guidance issued by the Charity Commission.

The Company aims to have six to nine months running costs calculated and reviewed annually. In 2020 this would amount to between £167,970 and £251,850.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022**

Going Concern

The charity has seen some of its funding come to an end and staff are applying to a number of agencies for additional funding.

Risks

Risks are identified and assessed at operational and corporate level against the agreed strategic aims and objectives. The board of Trustees review key changes in risks.

Statement of the Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), .

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted
- 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 business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2022

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

This report was approved by the board of trustees on 7 December 2022

Sarah Tattersall
Director and Trustee

MhIST Mental Health Support Team

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2022

I report to the charity trustees on my examination of the accounts for the year ended for the year ended 31 March 2022

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the directors report, you the charities trustees , who are also the Directors of the company for the purposes of company law, are sresponsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to small entities, and for being satisfied that the financial statements give a true and fair view.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under section 145 of the Act,
- b) follow the applicable procedures in the Directions given by the Charity Commissioners under section 145(5)(b) of the Act

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

Independent Examiner's Statement, Report and Opinion

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006 and section 130 of the Charities Act 2011

the accounting records do not accord with those records

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section396 of the Companies Act 2006 other than any requirement that the accounts give a rue and fair view which is not a matter considered as part of an independent examination

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015 (the SORP)

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in this report in orde to enable a proper understanding of the financial statements to be reached.

David Procter - Independent Exanminer
Member of the Chartered Association of Certified Accountants
18 Redhill Grove, Chorley, PR6 8TU

This report was signed on 7 December 2022

MHIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2022

	Note	Current Year	Current Year	Current Year	Prior Year
		Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Income from:					
Donations	10	6,573	-	6,573	9,251
Charitable activities	11	144,500	179,728	324,228	418,461
Trading activities	12	4,260	-	4,260	42,187
Investment income	13	3	-	3	6
Other income	14	-	735	735	9,862
Total income		<u>155,336</u>	<u>180,463</u>	<u>335,799</u>	<u>479,767</u>
Expenditure on:					
Raising Funds	16	29,108	-	29,108	79,995
Charitable activities	15	105,170	223,187	328,357	359,585
Total expenditure		<u>134,278</u>	<u>223,187</u>	<u>357,465</u>	<u>439,580</u>
Net expenditure for the year		21,058	(42,724)	(21,666)	40,187
Transfer between funds		(40,000)	40,000	-	-
Total Funds Brought Forward		31,998	15,084	47,082	6,895
Total Funds Carried Forward		<u>13,056</u>	<u>12,360</u>	<u>25,416</u>	<u>47,082</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 13 to 19 form an integral part of these accounts

MhIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2021

	Prior Year	Prior Year	Prior Year
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	2021	2021	2021
	£	£	£
Income from:			
Donations	10 9,251		9,251
Charitable activities	11 133,555	284,906	418,461
Trading activities	12 42,187	-	42,187
Investment income	13 6	-	6
Other income	14 9,862	-	9,862
Total income	<u>194,861</u>	<u>284,906</u>	<u>479,767</u>
Expenditure on:			
Raising Funds	16 79,995	-	79,995
Charitable activities	15 79,796	279,789	359,585
Total expenditure	<u>159,791</u>	<u>279,789</u>	<u>439,580</u>
Net expenditure for the year	35,070	5,117	40,187
Total Funds Brought Forward	(3,072)	9,067	6,895
Total Funds Carried Forward	<u>31,998</u>	<u>14,184</u>	<u>47,082</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 13 to 19 form an integral part of these accounts

**MhIST Mental Health Support Team
Balance Sheet as at 31 March 2022**

	Note	2022 £	£	2021 £	£
Fixed assets					
Investments held as fixed assets	6		1		1
Current Assets					
Debtors		24,198		19,356	
Cash at bank and in hand		55,866		132,735	
Total Current Assets		<u>80,064</u>		<u>152,091</u>	
Creditors					
Amounts falling due within one year	8	<u>49,033</u>		<u>90,974</u>	
Net current assets			31,031		61,117
Creditors					
Amounts falling due after one year	9		(5,616)		(14,036)
Total Net assets			<u>25,416</u>		<u>47,082</u>
Restricted funds					
Restricted revenue funds			12,360		15,084
Unrestricted funds					
Unrestricted revenue funds			13,056		31,998
Total Funds			<u>25,416</u>		<u>47,082</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 9.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes attached on pages 13 to 19 form an integral part of these accounts

Sarah Tattersall - Trustee

Approved by the board of Trustees on 7 December 2022

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2022

1 Accounting Policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, and FRS102 SORP (Statement of Recommended Accounting Practice for Accounting and reporting by Charities) 2015, (The SORP), and in accordance with all applicable law in England and Wales

Public Benefit Entity

In the opinion of the trustees the charity is a public benefit entity.

Income recognition

Income is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Donated Goods

The charity operates two charity shops in the centre of Bolton. The goods donated are not valued when they are received and are only recognised in the accounts when sold.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated..

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

Pensions - defined contribution schemes

The charity operates a defined contribution pension scheme. Contributions are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2022

2 Liability to Taxation

The charity is exempt from corporation tax on its income to the extent that such income is applied to the specific charitable objects of the charity.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Staff costs and emoluments

	2022	2021
	£	£
Salary costs		
Gross Salaries excluding trustees and key management personnel	217,861	226,334
Employer's National Insurance for all staff	7,178	7,849
Employer's operating costs of defined contribution pension schemes	3,241	3,452
Total salaries, wages and related costs	<u>228,280</u>	<u>237,635</u>
Numbers of employees		
Engaged on charitable activities	20	23
Engaged on fundraising activities	0	3
Average number of employees	<u>20</u>	<u>26</u>

The charity operates a defined contribution pension scheme, the costs of which are shown above.

5 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity or any related entity.

6 Investments held as fixed assets

	Investments in subsidiaries	
	£	£
Carrying Value of investments		
At start and end of the year	<u>1</u>	<u>1</u>

The charity has established a subsidiary to promote sales in accordance with the charity objects.

The subsidiary's transactions in the year were insignificant and group consolidated accounts have not been prepared.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2022

7 Debtors

Trade debtors	<u>24,198</u>	<u>19,356</u>
---------------	---------------	---------------

8 Creditors: amounts falling due within one year

	2022	2021
	£	£
Loan payable by instalments	8,420	8,420
Expense invoices due and payable	9,537	-
Accruals	400	800
Deferred income	30,676	81,754
	<u>49,033</u>	<u>90,974</u>

9 Creditors: amounts falling due after one year

	2022	2021
	£	£
Loans payable by instalments	<u>5,616</u>	<u>14,036</u>
Loans payable by instalments		
Instalments due within 12 months	8,420	8,420
Instalments due between 1 and 2 years	5,616	8,420
Instalments due between 2 and 5 years	-	5,616
Total loan due	<u>14,036</u>	<u>22,456</u>

The charity took out a loan from Access to Growth Ltd in order to provide funds to help develop the charity's primary purpose trading. The loan is being repaid in instalments over 5 years.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2022

Analysis of income and expenditure for the year ended 31 March 2022

10 Donations

	Current Year Unrestricted Funds 2022 £	Current Year Restricted Funds 2022 £	Current Year Total Funds 2022 £	Prior Year Total Funds 2021 £
Donations and Gifts from individuals				
Small donations	6,573		6,573	9,251
Total Donations and Gifts from individuals	<u>6,573</u>	<u>-</u>	<u>6,573</u>	<u>9,251</u>

11 Revenue grants from Government and public bodies

NHS	64,057		64,057	47,077
Bolton MB Council	22,000		22,000	22,000
Ministry of Justice Litigation Friends	2,426		2,426	35,856 3,324
Total public sector	<u>88,483</u>	<u>-</u>	<u>88,483</u>	<u>108,257</u>

Revenue grants and donations from non-public bodies

Lloyds Bank Foundation	-	5,545	5,545	1,376
Access Reach Fund	-		-	43,643
National Lottery	-	108,232	108,232	128,041
Mind	-	34,003	34,003	15,650
GMCVO	-		-	20,000
Disability Action	-		-	18,831
Bolton CVS	-	13,353	13,353	1,200
WEA	-	(3,747)	(3,747)	4,877
Power to Change	-	12,078	12,078	6,383
CAFbank	-		-	8,999
Other small grants	-	10,264	10,264	-
Total Revenue grants and donations from non-public bodies	<u>-</u>	<u>179,728</u>	<u>179,728</u>	<u>249,000</u>

Income from charitable activities - trading

Primary purpose and ancillary trading				
Sale of goods and services in accordance with the charity's objects	56,017	-	56,017	61,204
Income from charitable activities - trading	<u>56,017</u>	<u>-</u>	<u>56,017</u>	<u>61,204</u>
Total Charitable Income	<u>144,500</u>	<u>179,728</u>	<u>324,228</u>	<u>418,461</u>

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2022

Analysis of income and expenditure for the year ended 31 March 2022

12 Income from other non charitable trading activities

Income from the sale of donated goods	810		810	3,485
Other Income	3,450		3,450	38,702
Total other activities	<u>4,260</u>	<u>-</u>	<u>4,260</u>	<u>42,187</u>

13 Investment income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Bank interest receivable	3		3	6
Total investment income	<u>3</u>	<u>-</u>	<u>3</u>	<u>6</u>

14 Other income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Sundry income				2,532
Furlough		735		7,330
Total other income	<u>-</u>	<u>735</u>	<u>-</u>	<u>9,862</u>

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2022

Analysis of income and expenditure for the year ended 31 March 2022

15 Expenditure on charitable activities

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Employee costs				
Gross wages and salaries	60,971	156,890	217,861	206,516
Employers NI	1,522	5,656	7,178	7,622
Defined contribution pension costs	1,100	2,141	3,241	3,186
Recruitment costs			-	-
Staff training and welfare	132	971	1,103	1,227
Staff travel and subsistence	500	1,813	2,313	1,321
Volunteer costs				
Volunteer expenses	1,866	819	2,685	2,652
Premises				
Rent payable	10,337	16,446	26,783	29,536
Heat, light and power	2,530	5,644	8,174	9,036
Cleaning and waste	200	134	334	605
Repairs, renewals and maintenance	213	1,138	1,351	1,546
Room Hire		2,160	2,160	-
Administration				
Telephone and internet	6,223	6,109	12,332	12,372
Postage	175	437	612	451
Stationery and printing	700	1,783	2,483	1,199
Health and safety costs	175	280	455	2,909
Advertising and marketing	984	465	1,449	600
Insurance	3,656	3,404	7,060	1,440
Sundry expenses	1,088	851	1,939	7,563
Equipment	2,779	2,549	5,328	42,244
Network support	2,983	1,839	4,822	4,936
Consultancy fees	2,432	11,658	14,090	20,582
Translation fees			-	-
Other legal and professional			-	-
Move Forward Bolton		-	-	-
Financial charges				
Bank charges	96	-	96	69
Loan interest	2,640	-	2,640	1,320
Total expenditure on charitable activities	103,302	223,187	326,489	358,932

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2022

Analysis of income and expenditure for the year ended 31 March 2022

Other expenditure - Governance cost

	Current Year Unrestricted Funds 2022 £	Current Year Restricted Funds 2022 £	Current Year Total Funds 2022 £	Prior Year Total Funds 2021 £
Independent Examiners Fees	800	-	800	-
AGM Costs	1,055	-	1,055	600
Board meeting costs	13	-	13	53
Total Governance costs	1,868	-	1,868	653

Charitable expenditure

Charitable expenditure	103,302	223,187	326,489	358,932
Governance costs	1,868	-	1,868	653
	105,170	223,187	328,357	359,585

16 Expenditure on raising funds

	Current Year Unrestricted Funds 2022 £	Current Year Restricted Funds 2022 £	Current Year Total Funds 2022 £	Prior Year Total Funds 2021 £
Fundraising costs				
Charity shop selling donated goods	-	-	-	21,542
Shop wages and salaries	-	-	-	19,818
Shop Employers NI	-	-	-	227
Shop pension	-	-	-	266
Property repair	-	-	-	-
Trading costs	-	-	-	-
Fundraising Consultancy	29,108	-	29,108	38,142
Total fundraising costs	29,108	-	29,108	79,995

MHIST (MENTAL HEALTH INDEPENDENT SUPPORT TEAM)

England & Wales - Charity number 1130152

Accounts

Company Registration Number - 04128980

The Charity Registration Number is :- 01130152

MhIST Mental Health Independent Support Team

Report and Accounts

31 March 2021

MhIST Mental Health Support Team

Report and accounts for the 31 March 2021

	Page
Charity Information	3
Trustees Annual Report	3
Statement of Trustees Responsibilities	7
Independent Examiners Report	9
Statement of Financial Activities	10
Balance Sheet	12
Notes to the accounts	13

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2021**

Company Registration number - 04128980

The Trustees present their Report and Accounts for the year ended 31 March 2021. This is also the Directors Report required by the Companies Act 2006.

Reference and Administration

The charity is registered in England & Wales with the Charity Commission in England & Wales with charity number 01130152.

Legal structure

The charity is constituted as a company limited by guarantee, registered under the Companies Acts. The governing document of the charity is the Memorandum and Articles of Association establishing the company under company legislation.

There are no restrictions in the governing documents on the operation of the Charity or on its investment powers other than those imposed by Charity Law.

By operation of law all, trustees are directors under the Companies Act 2006 and all directors are trustees under Charities legislation and have responsibilities, as such, under both company and charity legislation.

Trustees

The trustees who served during the year were:

Sarah Banks (appointed 13 July 2021)
Carol Barlow (retired 25 November 2020)
Joanna Clarke (retired 5 August 2021)
Jackie Howden (retired 25 November 2020)
Andrew Jones
Michael Payne (appointed 7 September 2021)
Peter Pendlebury
Albert Phipps (retired 3 August 2021)
Sarah Tattersall (appointed 1 March 2021)
Alex Waddington (appointed 1 March 2021, retired 4 August 2021)
Amy Wiggans (appointed 18 August 2020)

The trustees are all individuals.

The trustees retire at the AGM but all are eligible for re-election.

Objects and Activities

The objects of the company are:

- a) The relief of those persons who have suffered or who are suffering from mental health problems and other conditions by the provision of an advocacy service and other relevant services , as determined by the Executive Committee, for these persons, their families and carers;
- b) The protection and preservation of the good health of carers and families by the provision of such services and by liaising with other statutory, voluntary and relevant health agencies.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2021**

Activities and achievements

The main achievements and performance of the charity during the year.

The first lockdown due to the Covid 19 pandemic in March 2020 happened shortly before the end of our financial year. This caused major upsets to our plans and activities. We did recover and made some good progress during the year.

We were fortunate in gaining funding to help pay for the new technology that we would need to continue. Pivoting from an entirely 'in person' service to an entirely 'virtual' service created problems that until then we did not know even existed.

After the first lockdown was lifted and during the late summer we took a floor at Moorland House on Bark Street. This enabled the Self-help team to begin working in a Covid safe way with social distancing, cleaning down between groups, good air flow, face coverings and the other risk management

Hanover House was also operating Covid safe to ensure that the advocacy team also had an in-person base from which to operate. Hanover house was also the base where we began to restore our in person talking therapy service.

As the lockdown in January 2021 was enforced our service was still able to operate Covid safe from Moorland and Hanover Houses. This was the case until the end of March.

During the year MhIST has received many more referrals than usual. Normally it would be expected to receive 20 per week. Towards the end of the year that number was often 40 per week and even over 50 a few times. In addition to this increase in numbers we also found that the complexity of peoples mental health had increased as their mental health deteriorated. The triple whammy of higher numbers, worse mental health and working remotely has meant that our teams have been working much harder than in the past to meet this increased need.

Talking Therapies

MhIST's Talking Therapy service provides one-to-one talking therapy using a variety of models such as Integrative counselling, transactional analysis, and CBT. The service first stalled while we encouraged therapists to get trained in working remotely. By mid-summer many people on the team had trained up and were able to start working with clients again. Unfortunately, equally many team members decided that working in this new virtual world was not what they signed up for and left.

The remaining team offered their services either by phone or zoom for the whole of the remainder of the year. Two therapists were able to restart a new 'in person' service at Hanover house in February this year. Unfortunately, it was only able to meet the needs of a few clients.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2021**

Self Help Groups

Self-help groups went online almost immediately. In the first week of the first lockdown self-help was operating successfully on WhatsApp. There were 9 groups operating and continuing the great work that that the team does.

The number of referrals into the self-help service escalated significantly as did the source of those referrals.

The self-help team moved in at Moorland house and began delivering groups again. It seemed quite strange having so few people in such a large area. The group members were very pleased to be back together again.

Advocacy Service

The advocacy team operated entirely remotely until the end of the first lockdown after which they were able to offer a limited Covid safe service from Hanover House.

MhIST's advocacy service provided both statutory and community support to people in the Bolton area. During the year, community referrals were received in addition to Litigation Friend and Rule 1.2 representative cases. These clients generate huge numbers of issues. As in previous years the most common issues remain benefits, debt, and access to services.

Unfortunately, as in previous years, the service remains overwhelmed and during the year we have need to signpost many people to other services in the borough

Drama Therapy

MhIST has been offering dramatherapy support to the survivors and victims of domestic and sexual violence

A special online tool 'ProReal' was used by the team which was found to be useful in the absence of being able to meet in person.

Fundraising activities during the year.

We would like to thank all the people who have raised funds for us especially through 'JustGiving', 'Give as you live' and all of the other platforms that our supports use. You are all fantastic and it is great to have your support, thank you.

This year we would particularly like to thank 'Kellie & Ailsa' for their fantastic fundraising efforts and their tremendous support.

The charity relies on grant aid from the donors identified in the accounts, whose support is valued.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2021**

Business development

This is the 2nd year of our new business plan. Sadly, largely due to Covid things have not worked out as we had expected. We will review the plan and restart if necessary given that the background situation has significantly altered.

Developing MhIST as a sustainable organisation

We want to ensure that what we do now and, in the future, meets the needs of people who experience mental health problems. It is important that what we do is regarded as being of high quality and value for money by those using and funding our services.

Developing new services to support people who experience mental health problems

MhIST has supported the people of Bolton since 1992. During this time a range of services have been developed to meet their needs. Using this extensive prior experience, a range of new developments will be introduced to further enhance our offering. These fall into three categories: new therapies, new services and new user groups.

Developing the profile of MhIST in Bolton and the wider GM area

We want to increase public awareness of poor mental health so that more people understand what mental health problems are and what MhIST does. It is important that people can recognise, support and appropriately signpost people who experience mental health problems to the services they need and that MhIST are recognised as the experts in community focussed mental health.

Benefit to Society

MhIST continues to provide the services and activities which are demanded by the people who use MhIST.

During the year we have continued to canvas opinion and conduct surveys among the various user groups. In the main people want us to continue doing what we are doing. They get a lot from it, the stability and consistency seems to help improve their mental health. A range of suggestions for development have been made and we plan to seek funding so that these ideas can be brought to fruition. Ideas such as 'Mood, Food, and Exercise' and activity groups such as Yoga. People have also said that they want to access services at the weekend and evening so we are also aiming to find a way to make that happen.

Financial Review

Reserves

The board of directors has reviewed MhIST's need for reserves in line with the guidance issued by the Charity Commission.

The Company aims to have six to nine months running costs calculated and reviewed annually. In 2020 this would amount to between £175,000 and £260,000.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2021**

Going Concern

The charity has seen some of its funding come to an end and staff are applying to a number of agencies for additional funding.

Risks

Risks are identified and assessed at operational and corporate level against the agreed strategic aims and objectives. The board of Trustees review key changes in risks.

Statement of the Directors' and Trustees' Responsibilities

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Companies Act 2006, the Charities Act 2011 and the Charities (Accounts and Reports) Regulations 2008. Notwithstanding the explicit requirement in the extant statutory regulations, the Charities (Accounts and Reports) Regulations 2008, to prepare the financial statements in accordance with the SORP 2005, in view of the fact that the SORP 2005 has been withdrawn, the Trustees determined to interpret this responsibility as requiring them to follow current best practice and prepare the accounts according to the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), .

In particular, the Companies Act 2006 and charity law require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity as at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to :-

- to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law).
- 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 business;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The law requires that the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for the year.

The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

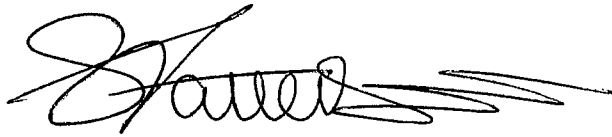
The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the figures disclosed in the financial statements.

**MhIST Mental Health Support Team
Trustees Report for the year ended 31 March 2021**

Method of preparation of accounts - Small company provisions

The financial statements have been prepared implementing the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015, (as amended by the Bulletin issued in February 2016), (The SORP), and in accordance with the Financial Reporting Standard 102, (effective 1st January 2016)

This report was approved by the board of trustees on 23 November 2021

A handwritten signature in black ink, appearing to read 'Sarah Tattersall', with a long, horizontal flourish extending to the right.

Sarah Tattersall
Director and Trustee

MhIST Mental Health Support Team

Report of the Independent Examiner to the Trustees of the charitable company on the accounts for the year ended 31 March 2021

I report to the charity trustees on my examination of the accounts for the year ended for the year ended 31 March 2021

Respective responsibilities of the Trustees and the Independent Examiner and the basis of the report

As described in the directors report, you the charities trustees , who are also the Directors of the company for the purposes of company law, are sresponsible for the preparation of the financial statements in accordance with the Companies Act 2006, the Charities Act 2011 and all other applicable law and with United Kingdom Generally Accepted Accounting Practice, applicable to small entities, and for being satisfied that the financial statements give a true and fair view.

Having satisfied myself that the financial statements are not required to be audited under any legal provision, or otherwise, and are eligible for independent examination, it is my responsibility to:-

- a) examine the financial statements of the charity under section 145 of the Act,
- b) follow the applicable procedures in the Directions given by the Charity Commissioners under section 145(5)(b) of the Act

Basis of Independent Examiner's Statement and scope of work undertaken

Since the charity's income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

Independent Examiner's Statement, Report and Opinion

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006 and section 130 of the Charities Act 2011

the accounting records do not accord with those records

the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in section 396 of the Companies Act 2006 other than any requirement that the accounts give a rue and fair view which is not a matter considered as part of an independent examination

have not been prepared in accordance with the methods and principles set out in the FRS 102 SORP (Statement of Recommended Practice for Accounting and Reporting by Charities) 2015 (the SORP)

I have no concerns and have come across no matters in connection with the examination to which attention should be drawn in this report in orde to enable a proper understanding of the financial statements to be reached.



David Procter - Independent Exanminer
Member of the Chartered Association of Certified Accountants
18 Redhill Grove, Chorley, PR6 8TU

This report was signed on 23 November 2021

MhIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2021

	Note	Current Year	Current Year	Current Year	Prior Year
		Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Income from:					
Donations	10	9,251	-	9,251	15,652
Charitable activities	11	133,555	284,906	418,461	275,684
Trading activities	12	42,187	-	42,187	48,429
Investment income	13	6	-	6	15
Other income	14	9,862	-	9,862	6,638
Total income		<u>194,861</u>	<u>284,906</u>	<u>479,767</u>	<u>346,418</u>
Expenditure on:					
Raising Funds	16	79,995	-	79,995	78,636
Charitable activities	15	79,796	279,789	359,585	268,585
Total expenditure		<u>159,791</u>	<u>279,789</u>	<u>439,580</u>	<u>347,221</u>
Net expenditure for the year		35,070	5,117	40,187	(803)
Total Funds Brought Forward		(3,072)	9,967	6,895	7,698
Total Funds Carried Forward		<u>31,998</u>	<u>15,084</u>	<u>47,082</u>	<u>6,895</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 13 to 19 form an integral part of these accounts

MhIST Mental Health Support Team

Statement of Financial Activities for the year ended 31 March 2020

		Prior Year	Prior Year	Prior Year
		Unrestricted	Restricted	Total
		Funds	Funds	Funds
		2020	2020	2020
		£	£	£
Income from:				
Donations	10	15,652		15,652
Charitable activities	11	166,589	109,095	275,684
Trading activities	12	48,429	-	48,429
Investment income	13	15	-	15
Other income	14	6,638	-	6,638
Total income		<u>237,323</u>	<u>109,095</u>	<u>346,418</u>
Expenditure on:				
Raising Funds	16	78,636	-	78,636
Charitable activities	15	158,585	110,000	268,585
Total expenditure		<u>237,221</u>	<u>110,000</u>	<u>347,221</u>
Net expenditure for the year		102	(905)	(803)
Total Funds Brought Forward		(3,174)	10,872	7,698
Total Funds Carried Forward		<u>(3,072)</u>	<u>9,967</u>	<u>6,895</u>

A separate Statement of Total Recognised Gains and Losses is not required as this statement includes all recognised gains and losses.

All activities derive from continuing operations.

The notes attached on pages 13 to 19 form an integral part of these accounts

**MhIST Mental Health Support Team
Balance Sheet as at 31 March 2021**

	Note	2021 £	£	2020 £	£
Fixed assets					
Investments held as fixed assets	6		1		1
Current Assets					
Debtors		19,356		16,024	
Cash at bank and in hand		132,735		46,487	
Total Current Assets		<u>152,091</u>		<u>62,511</u>	
Creditors					
Amounts falling due within one year	8	<u>90,974</u>		<u>37,369</u>	
Net current assets			61,117		25,142
Creditors					
Amounts falling due after one year	9		(14,036)		(18,248)
Total Net assets			<u>47,082</u>		<u>6,895</u>
Restricted funds					
Restricted revenue funds			15,084		9,967
Unrestricted funds					
Unrestricted revenue funds			31,998		(3,072)
Total Funds			<u>47,082</u>		<u>6,895</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.


The members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The charity is subject to Independent Examination under charity legislation, and the report of the Independent Examiner is on page 9.

The financial statements have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes attached on pages 13 to 19 form an integral part of these accounts



Sarah Tattersall - Trustee
Approved by the board of Trustees on 23 November 2021

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2021

1 Accounting Policies

Basis of preparation and accounting convention

The accounts have been prepared on the accruals basis, under the historical cost convention, and in accordance with the Financial Reporting Standard 102, and FRS102 SORP (Statement of Recommended Accounting Practice for Accounting and Reporting by Charities) 2015, (The SORP), and in accordance with all applicable law in England and Wales

Public Benefit Entity

In the opinion of the trustees the charity is a public benefit entity.

Income recognition

Income is recognised in the statement of financial activities (SOFA) on a receivable basis, when a transaction or other event results in an increase in the charity's assets or a reduction in its liabilities and only when the charity has legal entitlement, the income is probable and can be measured reliably.

Income subject to terms and conditions which must be met before the charity is entitled to the resources is not recognised until the conditions have been met.

All income is accounted for gross, before deducting any related fees or costs.

Donated Goods

The charity operates two charity shops in the centre of Bolton. The goods donated are not valued when they are received and are only recognised in the accounts when sold.

Recognition of liabilities and expenditure

A liability, and the related expenditure, is recognised when a legal or constructive obligation exists as a result of a past event, and when it is more likely than not that a transfer of economic benefits will be required in settlement, and when the amount of the obligation can be measured or reliably estimated..

Liabilities arising from future funding commitments and constructive obligations, including performance related grants, where the timing or the amount of the future expenditure required to settle the obligation are uncertain, give rise to a provision in the accounts, which is reviewed at the accounting year end. The provision is increased to reflect any increases in liabilities, and is decreased by the utilisation of any provision within the period, and reversed if any provision is no longer required. These movements are charged or credited to the respective funds and activities to which the provision relates.

Volunteers

In accordance with the SORP, and in recognition of the difficulties in placing a monetary value on the contribution from volunteers, the contribution of volunteers is not included within the income of the charity.

Pensions - defined contribution schemes

The charity operates a defined contribution pension scheme. Contributions are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2021

2 Liability to Taxation

The charity is exempt from corporation tax on its income to the extent that such income is applied to the specific charitable objects of the charity.

3 Winding up or dissolution of the charity

If upon winding up or dissolution of the charity there remain any assets, after the satisfaction of all debts and liabilities, the assets represented by the accumulated fund shall be transferred to some other charitable body or bodies having similar objects to the charity.

4 Staff costs and emoluments

	2021 £	2020 £
Salary costs		
Gross Salaries excluding trustees and key management personnel	226,334	183,487
Employer's National Insurance for all staff	7,849	6,565
Employer's operating costs of defined contribution pension schemes	3,452	3,672
Total salaries, wages and related costs	<u>237,635</u>	<u>193,724</u>
Numbers of employees		
Engaged on charitable activities	23	16
Engaged on fundraising activities	3	3
Average number of employees	<u>26</u>	<u>19</u>

The charity operates a defined contribution pension scheme, the costs of which are shown above.

5 Remuneration and payments to Trustees and persons connected with them

No trustees or persons connected with them received any remuneration from the charity or any related entity.

6 Investments held as fixed assets

	Investments in subsidiaries	
	£	£
Carrying Value of investments		
At start and end of the year	<u>1</u>	<u>1</u>

The charity has established a subsidiary to promote sales in accordance with the charity objects.

The subsidiary's transactions in the year were insignificant and group consolidated accounts have not been prepared.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2021

7	Debtors		
	Trade debtors	<u>19,356</u>	<u>16,024</u>
8	Creditors: amounts falling due within one year	2021	2020
		£	£
	Loan payable by instalments	8,420	8,420
	Expense invoices due and payable	-	28,549
	Accruals	800	400
	Deferred income	81,754	-
		<u>90,974</u>	<u>37,369</u>
9	Creditors: amounts falling due after one year	2021	2020
		£	£
	Loans payable by instalments	<u>14,036</u>	<u>18,247</u>
	Loans payable by instalments		
	Instalments due within 12 months	8,420	8,420
	Instalments due between 1 and 2 years	8,420	8,420
	Instalments due between 2 and 5 years	5,616	9,827
	Total loan due	<u>22,456</u>	<u>26,667</u>

The charity took out a loan from Access to Growth Ltd in order to provide funds to help develop the charity's primary purpose trading. The loan is being repaid in instalments over 5 years.

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2021

Analysis of income and expenditure for the year ended 31 March 2021

10 Donations

	Current Year Unrestricted Funds 2021 £	Current Year Restricted Funds 2021 £	Current Year Total Funds 2021 £	Prior Year Total Funds 2020 £
Donations and Gifts from individuals				
Small donations	9,251	-	9,251	15,652
Total Donations and Gifts from individuals	<u>9,251</u>	<u>-</u>	<u>9,251</u>	<u>15,652</u>

11 Revenue grants from Government and public bodies

NHS	47,077	-	47,077	77,175
Bolton MB Council	22,000	-	22,000	22,000
Ministry of Justice	-	35,856	35,856	-
Litigation Friends	3,324	-	3,324	-
Total public sector	<u>72,401</u>	<u>35,856</u>	<u>108,257</u>	<u>99,175</u>

Revenue grants and donations from non-public bodies

Lloyds Bank Foundation	-	1,376	1,376	15,000
Access Reach Fund	-	43,643	43,643	-
National Lottery	-	128,041	128,041	94,095
Mind	-	15,650	15,650	-
GMCVO	-	20,000	20,000	-
Disability Action	-	18,831	18,831	-
Bolton CVS	200	1,000	1,200	-
WEA	-	4,877	4,877	-
Power to Change	-	6,383	6,383	-
CAFbank	-	8,999	8,999	-
Total Revenue grants and donations from non-public bodies	<u>200</u>	<u>248,800</u>	<u>249,000</u>	<u>109,095</u>

Income from charitable activities - trading

Primary purpose and ancillary trading

Sale of goods and services in accordance with the charity's objects	60,954	250	61,204	67,414
Income from charitable activities - trading	<u>60,954</u>	<u>250</u>	<u>61,204</u>	<u>67,414</u>
Total Charitable Income	<u>133,555</u>	<u>284,906</u>	<u>418,461</u>	<u>275,684</u>

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2021

Analysis of income and expenditure for the year ended 31 March 2021

12 Income from other non charitable trading activities

Income from the sale of donated goods	3,485	-	3,485	48,429
Other income	38,702	-	38,702	-
Total other activities	<u>42,187</u>	<u>-</u>	<u>42,187</u>	<u>48,429</u>

13 Investment income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Bank interest receivable	6	-	6	15
Total investment income	<u>6</u>	<u>-</u>	<u>6</u>	<u>15</u>

14 Other income

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Sundry income	2,532	-	2,532	6,638
Furlough	7,330	-	7,330	-
Total other income	<u>9,862</u>	<u>-</u>	<u>9,862</u>	<u>6,638</u>

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2021

Analysis of income and expenditure for the year ended 31 March 2021

15 Expenditure on charitable activities

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Employee costs				
Gross wages and salaries	30,615	175,901	206,516	169,276
Employers NI	2,367	5,255	7,622	5,714
Defined contribution pension costs	991	2,195	3,186	5,381
Recruitment costs	-	-	-	-
Staff training and welfare	-	1,227	1,227	698
Staff travel and subsistence	464	857	1,321	2,442
Volunteer costs				
Volunteer expenses	234	2,418	2,652	5,727
Premises				
Rent payable	224	29,312	29,536	19,000
Heat, light and power	5,411	3,625	9,036	6,068
Cleaning and waste	533	72	605	1,011
Repairs, renewals and maintenance	474	1,072	1,546	330
Room Hire	-	-	-	786
Administration				
Telephone and internet	8,107	4,265	12,372	4,805
Postage	432	19	451	1,283
Stationery and printing	1,006	193	1,199	3,477
Health and safety costs	188	2,721	2,909	1,073
Advertising and marketing	384	216	600	950
Insurance	385	1,055	1,440	5,226
Sundry expenses	5,956	1,607	7,563	10,145
Equipment	12,592	29,652	42,244	3,639
Network support	3,559	1,377	4,936	6,686
Consultancy fees	3,832	16,750	20,582	8,883
Translation fees	-	-	-	-
Other legal and professional	-	-	-	5,388
Move Forward Bolton	-	-	-	-
Financial charges				
Bank charges	69	-	69	56
Loan interest	1,320	-	1,320	2,640
Total expenditure on charitable activities	79,143	279,789	358,932	270,684

MhIST Mental Health Support Team
Notes to the accounts for the year ended 31 March 2021

Analysis of income and expenditure for the year ended 31 March 2021

Other expenditure - Governance cost

	Current Year Unrestricted Funds 2021 £	Current Year Restricted Funds 2021 £	Current Year Total Funds 2021 £	Prior Year Total Funds 2020 £
Independent Examiners Fees		-	-	-
AGM Costs	600	-	600	10
Board meeting costs	53	-	53	-
Total Governance costs	653	-	653	10
Charitable expenditure				
Charitable expenditure	79,143	279,789	358,932	268,575
Governance costs	653	-	653	10
	79,796	279,789	359,585	268,585

16 Expenditure on raising funds

	Current Year Unrestricted Funds 2021 £	Current Year Restricted Funds 2021 £	Current Year Total Funds 2021 £	Prior Year Total Funds 2020 £
Fundraising costs				
Charity shop selling donated goods	21,542	-	21,542	44,880
Shop wages and salaries	19,818	-	19,818	31,414
Shop Employers NI	227	-	227	713
Shop pension	266	-	266	496
Property repair	-	-	-	-
Trading costs	-	-	-	1,133
Fundraising Consultancy	38,142	-	38,142	-
Total fundraising costs	79,995	-	79,995	78,636

