

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

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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.

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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 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 had 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 supporters 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.

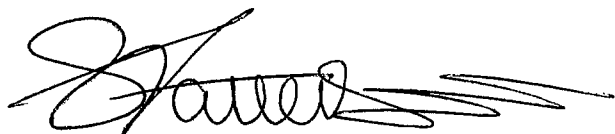
The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the 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, wavy line 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>
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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	Restricted Funds	Total Funds	Total Funds
	2021	2021	2021	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

