

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

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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 colocated 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.

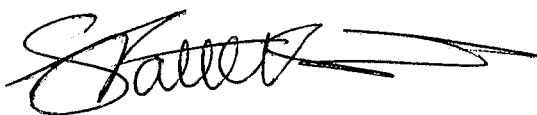
The Trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply 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:

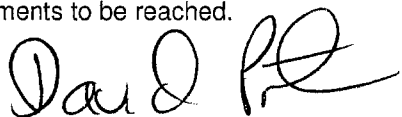
accounting records were not kept in respect of the charity as required by section 386 of the Companies Act 2006 and section 130 of the Charities Act 2011

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.

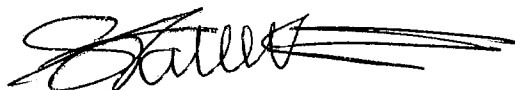
The members have not required the company to obtain an audit in accordance with section 476 of the Act

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>
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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>
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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	Restricted Funds	Total Funds	Total Funds
	2023	2023	2023	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	Current Year	Current Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2023	2023	2023	2022
	£	£	£	£
Independent Examiners Fees	600	-	600	800
AGM Costs	1,191	-	1,191	1,055
Board meeting costs	480	-	480	13
Total Governance costs	<u>2,271</u>	<u>-</u>	<u>2,271</u>	<u>1,868</u>

Charitable expenditure

Charitable expenditure	195,934	142,446	338,380	326,489
Governance costs	2,271	-	2,271	1,868
	<u>198,205</u>	<u>142,446</u>	<u>340,651</u>	<u>328,357</u>

16 Expenditure on raising funds

	Current Year	Current Year	Current Year	Prior Year
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2023	2023	2023	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	<u>29,726</u>	<u>-</u>	<u>29,726</u>	<u>29,108</u>

