

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**

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**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



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.

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.

**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.

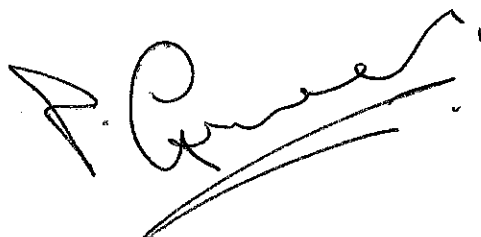
The Trustees are also responsible for the contents of the Trustees' report, and the statutory responsibility of the Independent Examiner in relation to the Trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no material inconsistencies with the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

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

**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**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
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>

**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 £
<b>Donations and Gifts from individuals</b>				
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
	£	£	£	£
<b>Employee costs</b>				
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
<b>Volunteer costs</b>				
Volunteer expenses	1,383	1,128	2,511	3,117
Service User	2,551	8,861	11,412	-
<b>Premises</b>				
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
<b>Administration</b>				
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
<b>Financial charges</b>				
Bank charges	-	60	60	60
Loan interest	-	-	-	1,760
<b>Total expenditure on charitable activities</b>	<b>307,895</b>	<b>252,034</b>	<b>559,929</b>	<b>419,278</b>

**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	-
<b>Total Governance costs</b>	<b>600</b>	<b>68</b>	<b>668</b>	<b>26</b>

**Charitable expenditure**

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

**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
<b>Total fundraising costs</b>	<b>-</b>	<b>51,869</b>	<b>51,869</b>	<b>33,600</b>