

# MULTILINGUAL WELLBEING SERVICES

England & Wales · Charity number 1149869

## Details

|                |                                                         |
|----------------|---------------------------------------------------------|
| Other names    | MULTILINGUAL WELLBEING SERVICE, MWS                     |
| Status         | Registered                                              |
| Legal form     | Charitable company                                      |
| Company number | <a href="#">07292188</a>                                |
| Registered     | 2012-11-22                                              |
| Register       | <a href="#">View on the Charity Commission register</a> |

## Contact

|         |                                                                                                                                    |
|---------|------------------------------------------------------------------------------------------------------------------------------------|
| Address | Multilingual Wellbeing Services<br>1st Floor Advice and Information<br>Edgware Community Hospital<br>Burnt Oak Broadway<br>HA8 0AD |
| Phone   | 02087326655                                                                                                                        |
| Email   | <a href="mailto:INFO@MULTILINGUALWELLBEING.ORG.UK">INFO@MULTILINGUALWELLBEING.ORG.UK</a>                                           |
| Website | <a href="http://www.multiligualwellbeing.org.uk">www.multiligualwellbeing.org.uk</a>                                               |

## Activities

**Objects:** THE COMPANY'S OBJECTS ARE SPECIFICALLY RESTRICTED TO THE FOLLOWING:THE ADVANCEMENT OF HEALTH IN THE LONDON BOROUGH OF BARNET AND THE NEIGHBOURING AREA BY STRENGTHENING THE CAPACITY OF BMER MULTILINGUAL SERVICE PROVIDERS TO INCREASE AWARENESS AND UNDERSTANDING OF DIFFERENT CULTURAL PERSPECTIVES OF MENTAL HEALTH ISSUES AND SO TO INCREASE THE NUMBER OF PEOPLE ACCESSING MENTAL HEALTH SERVICES AT AN EARLY STAGE AND TO ENABLE BMER COMMUNITIES TO EXPLORE USE AND SHARE EXISTING CULTURAL TECHNIQUES TO DEAL WITH MENTAL HEALTH ISSUES.BMER MEANS BLACK MINORITY ETHNIC AND REFUGEE.

**Activities:** MWS was established in June 2010 and its main objectives are to improve and maintain the emotional wellbeing of BMER Communities in and around Barnet as well as enabling communities explore, use and share existing cultural techniques to deal with mental health issues

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

## Geography

- Barnet
- Brent
- Camden
- City Of London
- Ealing
- Enfield
- Hackney
- Haringey
- Harrow
- Islington

## Finances

| Period end | Income   | Expenditure | Assets | Employees |
|------------|----------|-------------|--------|-----------|
| 2025-03-31 | £295,457 | £292,069    | -      | -         |
| 2024-03-31 | £290,950 | £288,653    | -      | -         |
| 2023-03-31 | £291,983 | £288,902    | -      | -         |
| 2022-03-31 | £290,553 | £287,735    | -      | -         |
| 2021-03-31 | £294,286 | £290,901    | -      | -         |

## Trustees

| Name            | Role  | Appointed  |
|-----------------|-------|------------|
| Leon Chit-Lee   | Chair | 2012-11-12 |
| Faramarz Radfar |       | 2013-01-30 |

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# Accounts

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**REGISTERED COMPANY NUMBER: 07292188 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1149869**

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2025  
for  
Multilingual Wellbeing Services

Multilingual Wellbeing Services

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for the Year Ended 31 March 2025

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Multilingual Wellbeing Services

Report of the Trustees  
for the Year Ended 31 March 2025

The Trustees present their annual report and accounts for the year ended 31 March 2025. The board of trustees are satisfied with the performance of the charity during the year and the position as at 31 March 2025 and consider that the charity is in a strong position to continue its activities during the coming year and that the charity's assets are adequate to fulfil its obligations.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**

07292188 (England and Wales)

**Registered Charity number**

1149869

**Registered office**

Information and Advice  
Centre Edgware  
Community Hospital Burnt  
Oak Broadway Middlesex  
London HA8 0AD

**Trustees (each representing one of the two partner organisations of MWS)**

L C - L Lee – Meridian Wellbeing (formerly Chinese Mental Health Association)  
F Radfar - Farsophone Association in Britain

All Trustees are also directors of the Company.

**Independent examiner**

Liondaris & Co  
Certified Public Accountants  
1<sup>st</sup> Floor Woodgate Studios  
2-8 Games Road  
Cockfosters  
EN4 9HN

**Legal Advisers:**

Russell-Cooke LLP  
8 Bedford Row  
London  
WC1R 4BX

**Bankers:**

Unity Trust Bank PLC  
Nine Brindley Place  
Birmingham B1 2HB

## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2025

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

Multilingual Wellbeing Service is a company limited by guarantee governed by its Memorandum and Articles of Association dated 22 June 2010. It is registered as a charity with the Charity Commission. Anyone over the age of 16 can become a member of the company and there are currently 2 each of whom agrees to contribute £1.00 in the event of the charity winding up.

### **Appointment of trustees**

The board of Trustees (also known as the Management Committee) is elected annually at the AGM. The Company may appoint by ordinary resolution a member who is willing to act to be a director. Any member seeking election as a director must give the Company a notice not less than 14 not more than 35 clear days before the meeting. In accordance with the Articles of Association, all members of the Management Committee for the time being shall retire from office at the AGM, but are eligible to stand for re-election.

### **Risk Management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

### **Indemnity insurance**

The charity has insured against loss arising from the neglect or default of any of the Management Committee Members. Insurance, against the possibility of claims, arising during the course of assistance provided by its workers, is already in place and is also continuing.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and Aims**

MWS was established in June 2010 and its main objective for remains to improve and maintain the emotional wellbeing of BAMER (Black and Asian Minority Ethnic and Refugee) Communities in and around Barnet as well as enabling communities to explore, use and share existing cultural techniques to deal with mental health issues. This has been achieved through workshops, training, networking events and through mother tongue counselling as well as our extensive service through the IAPT project (see below) in this reporting period.

### **Achievements and Performance**

During the year under review, the Multilingual Wellbeing Service (MWS) continued to operate in an increasingly challenging environment. While the immediate impacts of the Covid-19 pandemic have eased, its longer-term consequences have been compounded by a sustained cost-of-living crisis and widening socio-economic inequalities. These pressures have been further intensified by a significant increase in the number of migrants and refugees settling in Barnet in recent years, including individuals and families from Syria, Afghanistan and the Hong Kong BN(O) community. Many of these communities face complex barriers to accessing mental health support, including language difficulties, cultural stigma, trauma, financial insecurity and social isolation.

Against this backdrop, MWS has experienced a substantial and sustained rise in demand for counselling, talking therapies and psycho-educational support. The charity has continued to respond effectively to this increased need, adapting its service delivery models to ensure accessibility, cultural sensitivity and timely support for those most at risk of poor mental health outcomes.

Throughout the year, MWS worked closely alongside NHS partners to deliver high-quality, evidence-based psychological therapies, particularly for individuals requiring language-specific and culturally appropriate interventions. We are proud of the role we have played in supporting NHS colleagues to meet rising demand, ensuring that people who might otherwise struggle to access statutory services are able to receive appropriate and effective mental health care. Our services have remained focused on early intervention and prevention, helping to reduce the risk of deterioration, crisis presentation and longer-term dependency on more intensive services.

## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2025

In line with contractual requirements, MWS successfully delivered weekly psycho-education workshops throughout the year via a programme of webinars, ensuring consistent access for service users. The charity also fulfilled performance requirements across all commissioned services, achieving delivery targets of 63% for triage, 92.9% for workshops, 57.5% for Step 2 guided self-help, and 197.3% for Step 3 counselling and cognitive behavioural therapy (CBT). Service outcomes remained strong, with a recovery rate of 53.28%, exceeding contractual expectations. These outcomes reflect both the level of need within the community and the organisation's strong operational performance.

The charity's ability to engage with hard-to-reach communities has remained a core strength. Through trusted relationships, multilingual staff and culturally competent practice, MWS has continued to improve access, engagement and outcomes for people from Black and Minority Ethnic (BME) and migrant communities. Research consistently shows that voluntary and community sector (VCS) organisations are particularly well placed to support these populations, delivering services that are both more accessible and more cost-effective than statutory provision alone.

However, the operating context for the coming years is increasingly concerning. The NHS is under immense financial pressure and is now being required to reduce expenditure, including a scaling back of commitments and contractual arrangements with VCS partners. This mirrors similar reductions already being implemented by local authorities and poses a significant risk to the sustainability of specialist BME and multilingual mental health services.

Statutory services alone do not have the capacity, reach or cultural competence to meet the current level of mental health need within diverse communities. A reduction in funding to charities such as MWS will have a disproportionate impact on individuals and families who are already vulnerable, increasing the risk of unmet need, worsening mental health, poverty-related stressors and wider social exclusion. The trustees are deeply concerned that without continued investment in community-based provision, inequalities in mental health outcomes will widen further.

Despite these challenges, MWS remains committed to its charitable objectives and to advocating for the vital role of the voluntary sector in the mental health system. The achievements of the year reflect the dedication, skill and resilience of staff and volunteers, and the importance of sustained partnership working in addressing the complex and evolving mental health needs of Barnet's diverse communities.

### **Barnet Talking Therapies**

The Barnet Talking Therapies service provides short term psychological therapies to provide help and support for people in Barnet who are suffering with stress, low mood, anxiety and other mild to moderate psychological ill- health. Many of the treatments are based on talking therapies that help people regain their wellbeing in ways that work best for them.

MWS continue to work in close partnership with the core Talking Therapies service (Core Team) in Barnet to improve access to mental health services for the BAMER communities in Barnet.

The work of MWS has undoubtedly improved the overall health and wellbeing of people from the BAMER population and raised their awareness of NHS and statutory services more than they would have otherwise considered or had the ability to access.

Multilingual Wellbeing Services

Report of the Trustees  
for the Year Ended 31 March 2025

**FINANCIAL REVIEW**

**Reserves policy**

It is the policy of MWS to aim for reserves covering at least 3 months' expenditure of the charity excluding the expenditure relating to the Talking Therapies (previously called "IAPT") contract which is covered by, and coterminous with, the Talking Therapies contract income. This expenditure takes the form of two monthly bills from two partner organisations which provide the service. If and when the Talking Therapies contract ends, these bills will cease too. So any associated risk is taken by the partner organisations. Our non-Talking Therapies expenditure is not expected to exceed £20,000 in the foreseeable future. Therefore, unrestricted reserves equivalent to three months expenditure (£5,000) shall be aimed for.

**Financial Position**

The Statement of Financial Activities show net Incoming Resources for the year of £3,388 (2024: £2,297) giving an accumulated net fund of £22,808 (2024: £19,420) which includes unrestricted funds of £22,418 (2024: £18,900) and endowment funds of £390 (2024: £520). The performance by the charity during the year is considered to have been satisfactory.

**FUTURE DEVELOPMENTS**

**Plans for future periods**

The charity plans to continue the objectives outlined above in the forthcoming years subject to satisfactory funding arrangements.

We would like to end the report by giving a big thank you to both our partner organisations, their trustees, staff, associates and volunteers for their unwavering support and true spirit of partnership, and for their tireless efforts which made last year a success.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 16 December 2025 and signed on its behalf by:

Signed by:  
**Faramarz Radfar**  
.....  
E504BBAEEDB9445...  
F Radfar – Trustee

Independent Examiner's Report to the Trustees of  
Multilingual Wellbeing Services

**Independent examiner's report to the trustees of Multilingual Wellbeing Services ('the Company')**

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

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Association of Accounting Technicians, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

DocuSigned by:  
*Christos Liondaris*  
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Christos Liondaris

Liondaris & Co  
Certified Public Accountants  
1<sup>st</sup> Floor Woodgate Studios  
2-8 Games Road  
Cockfosters  
EN4 9HN

Date: 16 December 2025

**Multi-Lingual Wellbeing Services**  
**Statement of financial activities**  
**For the year ended 31 March 2025**

|                                    | <u>Notes</u> | <u>Unrestricted<br/>Funds</u><br>£ | <u>Endowment<br/>Funds</u><br>£ | <u>Total<br/>2024/25</u><br>£ | <u>Total<br/>2023/24</u><br>£ |
|------------------------------------|--------------|------------------------------------|---------------------------------|-------------------------------|-------------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |              |                                    |                                 |                               |                               |
| <b>Charitable activities</b>       |              |                                    |                                 |                               |                               |
| Barnet Talking Therapies Service   | 2            | 279,996                            |                                 | 279,996                       | 276,920                       |
| Other income                       | 2            | 15,461                             |                                 | 15,461                        | 14,030                        |
| <b>Total</b>                       |              | <b>295,457</b>                     | <b>-</b>                        | <b>295,457</b>                | <b>290,950</b>                |
| <b>EXPENDITURE ON</b>              |              |                                    |                                 |                               |                               |
| <b>Charitable activities</b>       |              |                                    |                                 |                               |                               |
| Barnet Talking Therapies Service   | 3            | 274,320                            |                                 | 274,320                       | 271,250                       |
| Depreciation                       | 4            |                                    | 130                             | 130                           | 174                           |
| Other resources expended           | 4            | 17,619                             |                                 | 17,619                        | 17,229                        |
| <b>Total</b>                       |              | <b>291,939</b>                     | <b>130</b>                      | <b>292,069</b>                | <b>288,653</b>                |
| <b>NET INCOME/(EXPENDITURE)</b>    | <b>5</b>     | <b>3,518</b>                       | <b>(130)</b>                    | <b>3,388</b>                  | <b>2,297</b>                  |
| <b>RECONCILIATION OF FUNDS</b>     |              |                                    |                                 |                               |                               |
| Total funds brought forward        | 12           | 18,900                             | 520                             | 19,420                        | 17,123                        |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |              | <b>22,418</b>                      | <b>390</b>                      | <b>22,808</b>                 | <b>19,420</b>                 |

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

**Multi-Lingual Wellbeing Services**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2025**

|                                                       | <u>Notes</u> | Unrestricted<br>funds<br>£ | Endowment<br>funds<br>£ | <u>2024/25</u><br>Total<br>funds<br>£ | <u>2023/24</u><br>Total<br>funds<br>£ |
|-------------------------------------------------------|--------------|----------------------------|-------------------------|---------------------------------------|---------------------------------------|
| <b>Fixed Assets</b>                                   |              |                            |                         |                                       |                                       |
| Tangible fixed assets                                 | <b>9</b>     |                            | 390                     | 390                                   | 520                                   |
| <b>Total fixed assets</b>                             |              |                            | 390                     | 390                                   | 520                                   |
| <b>Current Assets</b>                                 |              |                            |                         |                                       |                                       |
| Debtors                                               | <b>10</b>    | 24,621                     |                         | 24,621                                | 24,246                                |
| Cash at bank and in hand                              |              | 21,280                     |                         | 21,280                                | 19,133                                |
| <b>Total current assets</b>                           |              | 45,901                     |                         | 45,901                                | 43,379                                |
| <b>Creditors: amounts falling due within one year</b> | <b>11</b>    | (23,483)                   |                         | (23,483)                              | (24,479)                              |
| <b>Net current assets</b>                             |              | 22,418                     |                         | 22,418                                | 18,900                                |
| <b>NET ASSETS</b>                                     |              | <b>22,418</b>              | <b>390</b>              | <b>22,808</b>                         | <b>19,420</b>                         |
| <b>The funds of the Charity:</b>                      |              |                            |                         |                                       |                                       |
| Unrestricted income funds:                            | <b>12</b>    |                            |                         | 22,418                                | 18,900                                |
| Endowment Funds                                       | <b>12</b>    |                            |                         | 390                                   | 520                                   |
| <b>TOTAL CHARITY FUNDS</b>                            |              |                            |                         | <b>22,808</b>                         | <b>19,420</b>                         |

The notes at pages 8 to 12 form part of these accounts

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 16 December 2025 and were signed on its behalf by:

Signed by:  
**Faramarz Radfar**  
 .....E504BB8EDDB9445.....  
 F Radfar - Trustee

**Multi-Lingual Wellbeing Services**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

| <b>2 INCOME FROM CHARITABLE ACTIVITIES</b> |                                        | <b>2024/25</b>        | <b>2023/24</b>        |
|--------------------------------------------|----------------------------------------|-----------------------|-----------------------|
|                                            | Activity                               |                       |                       |
| Contracts                                  |                                        | £                     | £                     |
|                                            | Barnet Talking Therapies               | 279,996               | 276,920               |
|                                            | Farsophone Association re salary costs | 15,461                | 14,030                |
|                                            |                                        | <u><b>295,457</b></u> | <u><b>290,950</b></u> |

**3 CHARITABLE ACTIVITIES COSTS**

|                                  | <b>Direct Costs</b>   | <b>Support costs (see note 4)</b> | <b>total</b>          |
|----------------------------------|-----------------------|-----------------------------------|-----------------------|
|                                  | £                     | £                                 | £                     |
| Barnet Talking Therapies Service | 274,320               |                                   | 274,320               |
| Depreciation                     |                       | 130                               | 130                   |
| Other resources expended         | 16,341                | 1,278                             | 17,619                |
|                                  | <u><b>290,661</b></u> | <u><b>1,408</b></u>               | <u><b>292,069</b></u> |

**4 SUPPORT COSTS**

|                          | <b>Management</b> | <b>Finance</b>    | <b>Other</b>      | <b>Total</b>        |
|--------------------------|-------------------|-------------------|-------------------|---------------------|
|                          | £                 | £                 | £                 | £                   |
| Depreciation             |                   |                   | 130               | 130                 |
| Other resources expended | 564               | 114               | 600               | 1,278               |
|                          | <u><b>564</b></u> | <u><b>114</b></u> | <u><b>730</b></u> | <u><b>1,408</b></u> |

**5 NET INCOME/(EXPENDITURE)**

|                                                                | <b>2024/25</b>    | <b>2023/24</b>    |
|----------------------------------------------------------------|-------------------|-------------------|
|                                                                | £                 | £                 |
| Net income/(expenditure) is stated after charging/(crediting): |                   |                   |
| Depreciation - owned assets                                    | <u><b>130</b></u> | <u><b>174</b></u> |

**6 TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2025 nor for the year ended 31 March 2024.

**Trustees' expenses**

During the year there was no expense paid to the trustees (2024: £NIL).

**7 STAFF COSTS**

|                    | <b>2024/25</b>       | <b>2023/24</b>       |
|--------------------|----------------------|----------------------|
|                    | £                    | £                    |
| Wages and salaries | 15192                | 13803                |
| Pensions           | 269                  | 227                  |
|                    | <u><b>15,461</b></u> | <u><b>14,030</b></u> |

The average monthly number of employees during the year was as follows:

| <b>2024/25</b> | <b>2023/24</b> |
|----------------|----------------|
| <b>1</b>       | <b>1</b>       |

No employees received emoluments exceeding £60,000.

**Multi-Lingual Wellbeing Services**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

**8 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                    | <b><u>Notes</u></b> | <b><u>Unrestricted<br/>Funds</u></b><br>£ | <b><u>Endowment<br/>Funds</u></b><br>£ | <b><u>Total<br/>2023/24</u></b><br>£ |
|------------------------------------|---------------------|-------------------------------------------|----------------------------------------|--------------------------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                     |                                           |                                        |                                      |
| <b>Charitable activities</b>       |                     |                                           |                                        |                                      |
| Barnet Talking Therapies Service   |                     | 276,920                                   |                                        | 276,920                              |
| Other income                       |                     | 14,030                                    |                                        | 14,030                               |
| <b>Total</b>                       |                     | <u>290,950</u>                            | <u>-</u>                               | <u>290,950</u>                       |
| <b>EXPENDITURE ON</b>              |                     |                                           |                                        |                                      |
| <b>Charitable activities</b>       |                     |                                           |                                        |                                      |
| Barnet Talking Therapies Service   |                     | 271,250                                   |                                        | 271,250                              |
| Depreciation                       |                     |                                           | 174                                    | 174                                  |
| Other resources expended           |                     | 17,229                                    |                                        | 17,229                               |
| <b>Total</b>                       |                     | <u>288,479</u>                            | <u>174</u>                             | <u>288,653</u>                       |
| <b>NET INCOME/(EXPENDITURE)</b>    |                     | 2,471                                     | (174)                                  | 2,297                                |
| <b>RECONCILIATION OF FUNDS</b>     |                     |                                           |                                        |                                      |
| Total funds brought forward        |                     | 16,429                                    | 694                                    | 17,123                               |
| <b>TOTAL FUNDS CARRIED FORWARD</b> |                     | <u>18,900</u>                             | <u>520</u>                             | <u>19,420</u>                        |

**9 TANGIBLE FIXED ASSETS**

|                       | <b>Office<br/>equipment</b> | <b>Total</b> |
|-----------------------|-----------------------------|--------------|
| <b>Cost:</b>          |                             |              |
| At 1 April 2024       | 7,216                       | 7,216        |
| Additions             | -                           | -            |
| At 31 March 2025      | <u>7,216</u>                | <u>7,216</u> |
| <b>Depreciation</b>   |                             |              |
| At 1 April 2024       | 6,696                       | 6,696        |
| Charge in year        | 130                         | 130          |
| At 31 March 2025      | <u>6,826</u>                | <u>6,826</u> |
| <b>Net book value</b> |                             |              |
| At 31 March 2025      | <u>390</u>                  | <u>390</u>   |
| At 1 April 2024       | <u>520</u>                  | <u>520</u>   |

All the charity's fixed assets are functional fixed assets used for charitable purposes and office

**Multi-Lingual Wellbeing Services**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

|                                     |                |                |
|-------------------------------------|----------------|----------------|
| <b>10 Debtors</b>                   | <b>2024/25</b> | <b>2023/24</b> |
| <b>Amounts due within one year:</b> |                |                |
| Trade debtors                       | 24,621         | 24,246         |
|                                     | <u>24,621</u>  | <u>24,246</u>  |

|                                             |               |               |
|---------------------------------------------|---------------|---------------|
| <b>11 Creditors</b>                         |               |               |
| <b>Amounts falling due within one year:</b> |               |               |
| Trade Creditors                             | 22,860        | 22,604        |
| Social Security and other taxes             | 23            | 31            |
| Pension                                     | -             | 44            |
| Accrued Expenses                            | 600           | 1,800         |
|                                             | <u>23,483</u> | <u>24,479</u> |

**12 MOVEMENT IN FUNDS**

|                                           | At 1.4.24<br>£ | Net<br>movement<br>in funds<br>£ | At 31.3.25<br>£ |
|-------------------------------------------|----------------|----------------------------------|-----------------|
| <b>Unrestricted funds</b>                 |                |                                  |                 |
| General fund                              | 18,900         | 3,518                            | 22,418          |
| <b>Endowment funds</b>                    |                |                                  |                 |
| Grant for IT Equipment - CW<br>Foundation | 520            | (130)                            | 390             |
| <b>TOTAL FUNDS</b>                        | <u>19,420</u>  | <u>3,388</u>                     | <u>22,808</u>   |

Net movement in funds, included in the above are as follows:

|                                           | Incoming<br>Resources<br>£ | Resources<br>Expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 295,457                    | (291,939)                  | 3518                      |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (130)                      | (130)                     |
| <b>TOTAL FUNDS</b>                        | <u>295,457</u>             | <u>(292,069)</u>           | <u>3,388</u>              |

**Comparatives for movement in funds**

|                                           | At 1.4.23<br>£ | Net<br>movement<br>in funds<br>£ | At 31.3.24<br>£ |
|-------------------------------------------|----------------|----------------------------------|-----------------|
| <b>Unrestricted funds</b>                 |                |                                  |                 |
| General fund                              | 16,429         | 2,471                            | 18,900          |
| <b>Endowment funds</b>                    |                |                                  |                 |
| Grant for IT Equipment - CW<br>Foundation | 694            | (174)                            | 520             |
| <b>TOTAL FUNDS</b>                        | <u>17,123</u>  | <u>2,297</u>                     | <u>19,420</u>   |

**Multi-Lingual Wellbeing Services**  
**Notes to the financial statements**  
**For the year ended 31 March 2025**

**12 MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds - continued**

Net movement in funds, included in the above are as follows:

|                                           | Incoming<br>Resources<br>£ | Resources<br>Expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 290,950                    | (288,479)                  | 2471                      |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (174)                      | (174)                     |
| <b>TOTAL FUNDS</b>                        | <b>290,950</b>             | <b>(288,653)</b>           | <b>2,297</b>              |

**Comparatives for movement in funds**

A current year 12 months and prior year 12 months combined position (24 months) is as follows:

|                                           | At 1.4.23<br>£ | Net<br>movement<br>in funds<br>£ | At 31.3.25<br>£ |
|-------------------------------------------|----------------|----------------------------------|-----------------|
| <b>Unrestricted funds</b>                 |                |                                  |                 |
| General fund                              | 16,429         | 5,989                            | 22418           |
| <b>Endowment funds</b>                    |                |                                  |                 |
| Grant for IT Equipment - CW<br>Foundation | 694            | (304)                            | 390             |
| <b>TOTAL FUNDS</b>                        | <b>17,123</b>  | <b>5,685</b>                     | <b>22,808</b>   |

Net movement in funds, included in the above are as follows:

|                                           | Incoming<br>Resources<br>£ | Resources<br>Expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 586,407                    | (580,418)                  | 5989                      |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (304)                      | (304)                     |
| <b>TOTAL FUNDS</b>                        | <b>586,407</b>             | <b>(580,722)</b>           | <b>5,685</b>              |

**13 RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2025.

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# Accounts

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REGISTERED COMPANY NUMBER: 07292188 (England and Wales)  
REGISTERED CHARITY NUMBER: 1149869

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2024  
for  
Multilingual Wellbeing Services

Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

## Multilingual Wellbeing Services

### Contents of the Financial Statements for the Year Ended 31 March 2024

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## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2024

The Trustees present their annual report and accounts for the year ended 31 March 2024. The board of trustees are satisfied with the performance of the charity during the year and the position at 31 March 2024 and consider that the charity is in a strong position to continue its activities during the coming year and that the charity's assets are adequate to fulfil its obligations.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**  
07292188 (England and Wales)

**Registered Charity number**  
1149869

**Registered office**  
Information and Advice  
Centre Edgware  
Community Hospital Burnt  
Oak Broadway Middlesex  
London HA8 0AD

**Trustees (each representing one of the two partner organisations of MWS)**  
L C - L Lee – Meridian Wellbeing (formerly Chinese Mental Health Association)  
F Radfar - Farsophone Association in Britain

All Trustees are also directors of the Company.

**Independent examiner**  
Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation  
Road London  
NW11 8ED

**Legal Advisers:**  
Russell-Cooke LLP  
8 Bedford Row  
London  
WC1R 4BX

**Bankers:**  
Unity Trust Bank PLC  
Nine Brindley Place  
Birmingham B1 2HB

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

Multilingual Wellbeing Service is a company limited by guarantee governed by its Memorandum and Articles of Association dated 22 June 2010. It is registered as a charity with the Charity Commission. Anyone over the age of 16 can become a member of the company and there are currently 2 each of whom agrees to contribute £1.00 in the event of the charity winding up.

### **Appointment of trustees**

The board of Trustees (also known as the Management Committee) is elected annually at the AGM. The Company may appoint by ordinary resolution a member who is willing to act to be a director. Any member seeking election as a director must give the Company a notice not less than 14 not more than 35 clear days before the meeting. In accordance with the Articles of Association, all members of the Management Committee for the time being shall retire from office at the AGM, but are eligible to stand for re-election.

### **Risk Management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

### **Indemnity insurance**

The charity has insured against loss arising from the neglect or default of any of the Management Committee Members. Insurance, against the possibility of claims, arising during the course of assistance provided by its workers, is already in place and is also continuing.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and Aims**

MWS was established in June 2010 and its main objective for remains to improve and maintain the emotional wellbeing of BAMER (Black and Asian Minority Ethnic and Refugee) Communities in and around Barnet as well as enabling communities to explore, use and share existing cultural techniques to deal with mental health issues. This has been achieved through workshops, training, networking events and through mother tongue counselling as well as our extensive service through the IAPT project (see below) in this reporting period.

### **Achievements and Performance**

This year has seen all MWS's services returning to their pre-pandemic times. The demand for talking therapies and mental health services have grown significantly due in part to the cost-of-living crisis and the extended waiting times for NHS services. Having established a multifaceted approach to service delivery over the pandemic years, we have been able to respond to the challenges with greater confidence, with a wider range of availability, access options and minimal waiting times. Coupled with this is our integrated model which is designed to increase efficiency, improve quality and service outcomes across all our services.

All these have enabled us to work smarter and be more productive and efficient as a partnership.

Thanks to a team of highly experienced and diligent workforce, we have delivered a strong performance across the various modalities with 50% of our clients achieving recovery notwithstanding the challenges and financial pressures we experienced during the course of this year.

We have consistently met the monthly target for the psychoeducation workshops, successfully reaching an average of 120 individuals each month, totalling 1445 for the year. This is against the targets of 120 and 1440 respectively. Our performance on Step 2 guided self-help missed the mark with a total throughput rate of 182 over the annual target of 240. This was solely attributed to the lack of referrals received from the Central Team, who in turn was experiencing the same challenges in not receiving sufficient new referrals from the usual mental health agencies. To mitigate against this unexpected turn of events, we acted proactively by generating as many new referrals as we could through our own sources and diverting the spare capacity to

## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2024 increase our Step 3 work.

Our Step 3 performance on Counselling and CBT (Cognitive Behavioural Therapy) has been the highlight of the year. Having produced a solid performance in the first half of the year, the second half continued in the same vein ending the year with 20 additional cases above the contract target. This represents around 16% of over delivery for Step 3, which is a key area where the Central Team have needed support to help tackle their waiting lists.

These figures have been achieved by the improved stability in the therapist workforce. We are pleased that the efforts around recruitment and retention have been successful, and we have sufficient capacity across all modalities to deliver on our contractual outputs.

Throughout the course of the year, we have continued to work closely with the new management team at the Barnet Talking Therapies of the Barnet, Enfield and Haringey (BEH) Mental Health NHS Trust to ensure that our service remains complementary and responsive to any changes and that it continues to run seamlessly as one service.

#### **Barnet Talking Therapies**

The Barnet Talking Therapies service provides short term psychological therapies to provide help and support for people in Barnet who are suffering with stress, low mood, anxiety and other mild to moderate psychological ill- health. Many of the treatments are based on talking therapies that help people regain their wellbeing in ways that work best for them.

MWS continue to work in close partnership with the core Talking Therapies service (Core Team) in Barnet and BEH Mental Health NHS Trust to improve access to mental health services for the BAMER communities in Barnet.

The work of MWS has undoubtedly improved the overall health and wellbeing of people from the BAMER population and raised their awareness of NHS and statutory services more than they would have otherwise considered or had the ability to access.

## **FINANCIAL REVIEW**

### **Reserves policy**

It is the policy of MWS to aim for reserves covering at least 3 months' expenditure of the charity excluding the expenditure relating to the Talking Therapies (previously called "IAPT") contract which is covered by, and coterminous with, the Talking Therapies contract income. This expenditure takes the form of two monthly bills from two partner organisations which provide the service. If and when the Talking Therapies contract ends, these bills will cease too. So any associated risk is taken by the partner organisations. Our non-Talking Therapies expenditure is not expected to exceed £20,000 in the foreseeable future. Therefore, unrestricted reserves equivalent to three months expenditure (£5,000) shall be aimed for.

### **Financial Position**

The Statement of Financial Activities show net Incoming Resources for the year of £2,297 (2023: £3081) giving an accumulated net fund of £19,420 (2023: £17,123) which includes unrestricted funds of £18,900 (2023: £16,429) and endowment funds of £520 (2023: £694). The performance by the charity during the year is considered to have been satisfactory.

## **FUTURE DEVELOPMENTS**

### **Plans for future periods**

The charity plans to continue the objectives outlined above in the forthcoming years subject to satisfactory funding arrangements.

We would like to end the report by giving a big thank you to both our partner organisations, their trustees, staff, associates and volunteers for their unwavering support and true spirit of partnership, and for their tireless efforts which made last year a success.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 8 November 2024 and signed on its behalf by:



F Radfar – Trustee

Independent Examiner's Report to the Trustees of  
Multilingual Wellbeing Services

**Independent examiner's report to the trustees of Multilingual Wellbeing Services ('the Company')**

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

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a member of the Institute of Chartered Accountants in England and Wales, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Behzad Faiz Mahdavi

Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

Date: 8 November 2024

## Multilingual Wellbeing Services

### Statement of Financial Activities for the Year Ended 31 March 2024

|                                                                 | Notes    | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | 31/3/24<br>Total<br>funds<br>£ | 31/3/23<br>Total<br>funds<br>£ |
|-----------------------------------------------------------------|----------|----------------------------|-------------------------|------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND<br/>ENDOWMENTS FROM<br/>Charitable activities</b> | <b>2</b> |                            |                         |                        |                                |                                |
|                                                                 |          | -                          | -                       | -                      | -                              |                                |
| Barnet Talking Therapies<br>Service                             |          | 276,920                    | -                       | -                      | 276,920                        | 276,920                        |
| Barnet Health Watch                                             |          | -                          | -                       | -                      | -                              | 800                            |
| Other income                                                    |          | 14,030                     | -                       | -                      | 14,030                         | 14,263                         |
| <b>Total</b>                                                    |          | <b>290,950</b>             | <b>-</b>                | <b>-</b>               | <b>290,950</b>                 | <b>291,983</b>                 |
| <b>EXPENDITURE ON<br/>Charitable activities</b>                 | <b>3</b> |                            |                         |                        |                                |                                |
| Barnet Talking Therapies<br>Service                             |          | 271,250                    | -                       | -                      | 271,250                        | 271,250                        |
| Other resources expended                                        |          | 17,229                     | -                       | -                      | 17,229                         | 17,421                         |
| Other                                                           |          | -                          | -                       | 174                    | 174                            | 231                            |
| <b>Total</b>                                                    |          | <b>288,479</b>             | <b>-</b>                | <b>174</b>             | <b>288,653</b>                 | <b>288,902</b>                 |
| <b>NET<br/>INCOME/(EXPENDITURE)</b>                             |          | <b>2,471</b>               | <b>-</b>                | <b>(174)</b>           | <b>2,297</b>                   | <b>3,081</b>                   |
| <b>RECONCILIATION OF<br/>FUNDS</b>                              |          |                            |                         |                        |                                |                                |
| Total funds brought forward                                     |          | 16,429                     | -                       | 694                    | 17,123                         | 14,042                         |
| <b>TOTAL FUNDS CARRIED<br/>FORWARD</b>                          |          | <b>18,900</b>              | <b>-</b>                | <b>520</b>             | <b>19,420</b>                  | <b>17,123</b>                  |

The notes form part of these financial statements

# Multilingual Wellbeing Services

## Balance Sheet 31 March 2024

|                                                  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | 31/3/24<br>Total<br>funds<br>£ | 31/3/23<br>Total<br>funds<br>£ |
|--------------------------------------------------|-------|----------------------------|-------------------------|------------------------|--------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                              |       |                            |                         |                        |                                |                                |
| Tangible assets                                  | 9     | -                          | -                       | 520                    | 520                            | 694                            |
| <b>CURRENT ASSETS</b>                            |       |                            |                         |                        |                                |                                |
| Debtors                                          | 10    | 24,246                     | -                       | -                      | 24,246                         | 5,477                          |
| Cash at bank                                     |       | 19,133                     | -                       | -                      | 19,133                         | 35,426                         |
|                                                  |       | <u>43,379</u>              | <u>-</u>                | <u>-</u>               | <u>43,379</u>                  | <u>40,903</u>                  |
| <b>CREDITORS</b>                                 |       |                            |                         |                        |                                |                                |
| Amounts falling due within one year              | 11    | (24,479)                   | -                       | -                      | (24,479)                       | (24,474)                       |
| <b>NET CURRENT ASSETS</b>                        |       | <u>18,900</u>              | <u>-</u>                | <u>-</u>               | <u>18,900</u>                  | <u>16,429</u>                  |
| <b>TOTAL ASSETS LESS<br/>CURRENT LIABILITIES</b> |       | 18,900                     | -                       | 520                    | 19,420                         | 17,123                         |
| <b>NET ASSETS</b>                                |       | <u>18,900</u>              | <u>-</u>                | <u>520</u>             | <u>19,420</u>                  | <u>17,123</u>                  |
| <b>FUNDS</b>                                     | 12    |                            |                         |                        |                                |                                |
| Unrestricted funds                               |       |                            |                         |                        | 18,900                         | 16,429                         |
| Endowment funds                                  |       |                            |                         |                        | 520                            | 694                            |
| <b>TOTAL FUNDS</b>                               |       |                            |                         |                        | <u>19,420</u>                  | <u>17,123</u>                  |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2024.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2024 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Multilingual Wellbeing Services

Balance Sheet - continued  
31 March 2024

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 8 November 2024 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'F Radfar', written over a dotted line.

F Radfar - Trustee

The notes form part of these financial statements

## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and Machinery 25% reducing balance

### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

### **Pension costs and other post-retirement benefits**

The charitable company makes contributions to staff's individual pension policies. Contributions payable are charged to the Statement of Financial Activities in the period to which they relate.

## Multilingual Wellbeing Services

### Notes to the Financial Statements - continued for the Year Ended 31 March 2024

#### 2. INCOME FROM CHARITABLE ACTIVITIES

|           |                                  | 31/3/24        | 31/3/23        |
|-----------|----------------------------------|----------------|----------------|
|           | Activity                         | £              | £              |
| Grants    | Barnet Healthwatch               | -              | 800            |
| Contracts | Barnet Talking Therapies Service | 276,920        | 276,920        |
|           |                                  | <u>276,920</u> | <u>277,720</u> |

#### 3. CHARITABLE ACTIVITIES COSTS

|                                  | Direct Costs   | Support costs (see note 4) | Totals         |
|----------------------------------|----------------|----------------------------|----------------|
|                                  | £              | £                          | £              |
| Barnet Talking Therapies Service | 271,250        | -                          | 271,250        |
| Other resources expended         | 14,829         | 2,400                      | 17,229         |
| Other                            | -              | 174                        | 174            |
|                                  | <u>286,079</u> | <u>2,574</u>               | <u>288,653</u> |

#### 4. SUPPORT COSTS

|                          | Management | Finance   | Other        | Totals       |
|--------------------------|------------|-----------|--------------|--------------|
|                          | £          | £         | £            | £            |
| Depreciation             | -          | -         | 174          | 174          |
| Other resources expended | 515        | 85        | 1,800        | 2,400        |
|                          | <u>515</u> | <u>85</u> | <u>1,974</u> | <u>2,574</u> |

#### 5. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

|                             | 31/3/24    | 31/3/23    |
|-----------------------------|------------|------------|
|                             | £          | £          |
| Depreciation - owned assets | <u>174</u> | <u>231</u> |

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**6. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**Trustees' expenses**

During the year there was no expense paid to the trustees (2023: £NIL).

**7. STAFF COSTS**

|                    | 31/3/24       | 31/3/23       |
|--------------------|---------------|---------------|
|                    | £             | £             |
| Wages and salaries | 13,803        | 14,051        |
| Pensions           | 227           | 234           |
|                    | <b>14,030</b> | <b>14,285</b> |

The average monthly number of employees during the year was as follows: 31/3/24 31/3/23  
1 1

No employees received emoluments exceeding £60,000.

**8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

|                                   | Unrestricted funds<br>£ | Restricted fund<br>£ | Endowment fund<br>£ | Total funds<br>£ |
|-----------------------------------|-------------------------|----------------------|---------------------|------------------|
| <b>INCOME AND ENDOWMENTS FROM</b> |                         |                      |                     |                  |
| <b>Charitable activities</b>      |                         |                      |                     |                  |
| Barnet Talking Therapies Service  | 276,920                 | -                    | -                   | 276,920          |
| Barnet Healthwatch                | -                       | 800                  | -                   | 800              |
| Other income                      | 14,263                  | -                    | -                   | 14,263           |
| <b>Total</b>                      | <b>291,183</b>          | <b>800</b>           | <b>-</b>            | <b>291,983</b>   |
| <b>EXPENDITURE ON</b>             |                         |                      |                     |                  |
| <b>Charitable activities</b>      |                         |                      |                     |                  |
| Barnet Talking Therapies Service  | 271,250                 | -                    | -                   | 271,250          |
| Other resources expended          | 16,621                  | 800                  | -                   | 17,421           |
| Other                             | -                       | -                    | 231                 | 231              |
| <b>Total</b>                      | <b>287,871</b>          | <b>800</b>           | <b>231</b>          | <b>288,902</b>   |
| <b>NET INCOME/(EXPENDITURE)</b>   | <b>3,312</b>            | <b>-</b>             | <b>(231)</b>        | <b>3,081</b>     |
| <b>RECONCILIATION OF FUNDS</b>    |                         |                      |                     |                  |
| Total funds brought forward       | 13,117                  | -                    | 925                 | 14,042           |

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

| 8. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued |                            |                         |                        |                            |
|-----------------------------------------------------------------------|----------------------------|-------------------------|------------------------|----------------------------|
|                                                                       | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | Total<br>funds<br>£        |
|                                                                       |                            |                         |                        |                            |
| <b>TOTAL FUNDS CARRIED FORWARD</b>                                    | <u>16,429</u>              | <u>-</u>                | <u>694</u>             | <u>17,123</u>              |
|                                                                       |                            |                         |                        |                            |
| 9. TANGIBLE FIXED ASSETS                                              |                            |                         |                        | Computer<br>equipment<br>£ |
| <b>COST</b>                                                           |                            |                         |                        |                            |
| At 1 April 2023 and 31 March 2024                                     |                            |                         |                        | <u>7,216</u>               |
| <b>DEPRECIATION</b>                                                   |                            |                         |                        |                            |
| At 1 April 2023                                                       |                            |                         |                        | 6,522                      |
| Charge for year                                                       |                            |                         |                        | <u>174</u>                 |
| At 31 March 2024                                                      |                            |                         |                        | <u>6,696</u>               |
| <b>NET BOOK VALUE</b>                                                 |                            |                         |                        |                            |
| At 31 March 2024                                                      |                            |                         |                        | <u>520</u>                 |
| At 31 March 2023                                                      |                            |                         |                        | <u>694</u>                 |
|                                                                       |                            |                         |                        |                            |
| 10. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR                      |                            |                         |                        |                            |
|                                                                       |                            |                         | 31/3/24                | 31/3/23                    |
|                                                                       |                            |                         | £                      | £                          |
| Other debtors                                                         |                            |                         | <u>24,246</u>          | <u>5,477</u>               |

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**11. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                                 | 31/3/24       | 31/3/23       |
|---------------------------------|---------------|---------------|
|                                 | £             | £             |
| Trade creditors                 | 22,604        | 22,604        |
| Social security and other taxes | 31            | -             |
| Pension                         | 44            | 70            |
| Accrued expenses                | 1,800         | 1,800         |
|                                 | <u>24,479</u> | <u>24,474</u> |

**12. MOVEMENT IN FUNDS**

|                                        | At 1.4.23     | Net movement in funds | At 31.3.24    |
|----------------------------------------|---------------|-----------------------|---------------|
|                                        | £             | £                     | £             |
| <b>Unrestricted funds</b>              |               |                       |               |
| General fund                           | 16,429        | 2,471                 | 18,900        |
| <b>Endowment funds</b>                 |               |                       |               |
| Grant for IT Equipment - CW Foundation | 694           | (174)                 | 520           |
| <b>TOTAL FUNDS</b>                     | <u>17,123</u> | <u>2,297</u>          | <u>19,420</u> |

Net movement in funds, included in the above are as follows:

|                                        | Incoming resources | Resources expended | Movement in funds |
|----------------------------------------|--------------------|--------------------|-------------------|
|                                        | £                  | £                  | £                 |
| <b>Unrestricted funds</b>              |                    |                    |                   |
| General fund                           | 290,950            | (288,479)          | 2,471             |
| <b>Endowment funds</b>                 |                    |                    |                   |
| Grant for IT Equipment - CW Foundation | -                  | (174)              | (174)             |
| <b>TOTAL FUNDS</b>                     | <u>290,950</u>     | <u>(288,653)</u>   | <u>2,297</u>      |

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**12. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds**

|                                           | At 1.4.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.23<br>£ |
|-------------------------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| General fund                              | 13,117         | 3,312                            | 16,429             |
| <b>Endowment funds</b>                    |                |                                  |                    |
| Grant for IT Equipment - CW<br>Foundation | 925            | (231)                            | 694                |
| <b>TOTAL FUNDS</b>                        | <u>14,042</u>  | <u>3,081</u>                     | <u>17,123</u>      |

Comparative net movement in funds, included in the above are as follows:

|                                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 291,183                    | (287,871)                  | 3,312                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted                                | 800                        | (800)                      | -                         |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (231)                      | (231)                     |
| <b>TOTAL FUNDS</b>                        | <u>291,983</u>             | <u>(288,902)</u>           | <u>3,081</u>              |

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**12. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows:

|                                           | At 1.4.22<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.24<br>£ |
|-------------------------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| General fund                              | 13,117         | 5,783                            | 18,900             |
| <b>Endowment funds</b>                    |                |                                  |                    |
| Grant for IT Equipment - CW<br>Foundation | 925            | (405)                            | 520                |
| <b>TOTAL FUNDS</b>                        | <u>14,042</u>  | <u>5,378</u>                     | <u>19,420</u>      |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

|                                           | Incoming<br>resources<br>£ | Resources<br>expended.<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|-----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                             |                           |
| General fund                              | 582,133                    | (576,350)                   | 5,783                     |
| <b>Restricted funds</b>                   |                            |                             |                           |
| Restricted                                | 800                        | (800)                       | -                         |
| <b>Endowment funds</b>                    |                            |                             |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (405)                       | (405)                     |
| <b>TOTAL FUNDS</b>                        | <u>582,933</u>             | <u>(577,555)</u>            | <u>5,378</u>              |

**13. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March

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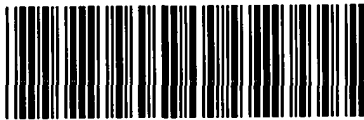
# Accounts

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**REGISTERED COMPANY NUMBER: 07292188 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1149869**

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2023  
for  
Multilingual Wellbeing Services

SATURDAY



\*ACHZYBC8\*

A15 09/12/2023 #78  
COMPANIES HOUSE

Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

Multilingual Wellbeing Services

Contents of the Financial Statements  
for the Year Ended 31 March 2023

|                                   | Page    |
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| Report of the Trustees            | 1 to 4  |
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| Statement of Financial Activities | 6       |
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Multilingual Wellbeing Services

Report of the Trustees  
for the Year Ended 31 March 2023

The Trustees present their annual report and accounts for the year ended 31 March 2023. The board of trustees are satisfied with the performance of the charity during the year and the position at 31 March 2023 and consider that the charity is in a strong position to continue its activities during the coming year and that the charity's assets are adequate to fulfil its obligations.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**  
07292188 (England and Wales)

**Registered Charity number**  
1149869

**Registered office**  
Information and Advice Centre  
Edgware Community Hospital  
Burnt Oak Broadway  
Middlesex  
London  
HA8 0AD

**Trustees (each representing one of the two partner organisations of MWS)**  
L C - L Lee – Meridian Wellbeing (formerly Chinese Mental Health Association)  
F Radfar - Farsophone Association in Britain

All Trustees are also directors of the Company.

**Independent examiner**  
Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

**Legal Advisers:**  
Russell-Cooke LLP  
8 Bedford Row  
London  
WC1R 4BX

**Bankers:**  
Unity Trust Bank PLC  
Nine Brindley Place  
Birmingham B1 2HB

## Multilingual Wellbeing Services

### Report of the Trustees

for the Year Ended 31 March 2023

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

Multilingual Wellbeing Service is a company limited by guarantee governed by its Memorandum and Articles of Association dated 22 June 2010. It is registered as a charity with the Charity Commission. Anyone over the age of 16 can become a member of the company and there are currently 2 each of whom agrees to contribute £1.00 in the event of the charity winding up.

### **Appointment of trustees**

The board of Trustees (also known as the Management Committee) is elected annually at the AGM. The Company may appoint by ordinary resolution a member who is willing to act to be a director. Any member seeking election as a director must give the Company a notice not less than 14 not more than 35 clear days before the meeting. In accordance with the Articles of Association, all members of the Management Committee for the time being shall retire from office at the AGM, but are eligible to stand for re-election.

### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

### **Indemnity insurance**

The charity has insured against loss arising from the neglect or default of any of the Management Committee Members. Insurance, against the possibility of claims, arising during the course of assistance provided by its workers, is already in place and is also continuing.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

MWS was established in June 2010 and its main objective remains to improve and maintain the emotional wellbeing of BAMER (Black and Asian Minority Ethnic and Refugee) Communities in and around Barnet as well as enabling communities to explore, use and share existing cultural techniques to deal with mental health issues. This has been achieved through workshops, training, networking events and through mother tongue counselling as well as our extensive service through the TALKING THERAPIES project (see below) in this reporting period.

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

We are pleased to have emerged from the pandemic stronger than ever as a partnership. We are proud to have reopened our buildings' doors to staff, practitioners, volunteers and service users, and welcoming them back to the spaces that the community we serve have been depending on for their mental health and wellbeing needs. Looking back, we are proud to have taken the opportunity to establish an extensive and seamless hybrid model of working which now offers our service users a wide range of options to access our services. This has put us in good stead as a service provider as we are able to adapt to any challenging situations in our line of work be it from the environment or driven by clients or commissioners.

This year has seen a surge in demand for mental health services and talking therapies. Coupled with this, the request for face-to-face appointments have risen to almost near pandemic levels. We have continued to work closely with Barnet, Enfield and Haringey (BEH) Mental Health NHS Trust and our commissioner at the Barnet Talking Therapies to ensure that the service remains to offer a high quality of service and it continues to run seamlessly as one service. Thanks to a team of highly experienced and diligent staff, we were able to rise to the challenge and fulfil our contractual targets across all services notwithstanding the adverse pressures.

## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2023

Over the course of the year, we have delivered NICE compliant clinical intervention to 2,225 clients which comprised 387 cases in Triages, 246 Step 2 Guided Self-Help, 141 cases in Step 3 counselling and CBT, and 1,451 people accessing psycho-education wellbeing workshops. We have once again exceeded all our contractual targets, particularly Step 3 by 18% and Triages by 8%. The introduction of Step 3 CBT services has enabled us to support our Trust colleagues and work closely with them to reduce the increasing waiting list.

These achievements show the staff team's ability and resilience to adapt to changes quickly. Even with the challenging backdrop, we were able to continue delivering a high-quality service with over 50% of our clients achieving recovery.

The Barnet Talking Therapies service provides short term psychological therapies to help and support people in Barnet who are suffering with stress, low mood, anxiety and other mild to moderate psychological ill-health. Many of the treatments are based on talking therapies that help people regain their wellbeing in ways that work best for them.

MWS continues to work closely and tirelessly with the core Talking Therapies service in Barnet and BEH Mental Health NHS Trust to improve access to mental health services for the BAMER communities in Barnet.

The work of MWS has undoubtedly improved the overall health and wellbeing of people from the BAMER population and raised their awareness of NHS and statutory services more than they would have otherwise considered or had the ability to access.

Multilingual Wellbeing Services

Report of the Trustees  
for the Year Ended 31 March 2023

## **FINANCIAL REVIEW**

### **Reserves policy**

It is the policy of MWS to aim for reserves covering at least 3 months expenditure of the charity excluding the expenditure relating to the TALKING THERAPIES contract which is covered by and coterminous with, the TALKING THERAPIES contract income. The TALKING THERAPIES expenditure takes the form of two monthly bills from two partner organisations which provide the service. If and when the TALKING THERAPIES contract ends, these bills will cease too. So any associated risk is taken by the partner organisations. Our non-TALKING THERAPIES expenditure is not expected to exceed £20,000 in the foreseeable future. Therefore unrestricted reserves equivalent to three months expenditure (£5,000) shall be aimed for.

### **Financial Position**

The Statement of Financial Activities show net Incoming Resources for the year of £3,081 (2022: £2,818) giving an accumulated net fund of £17,123 (2022: £14,042) which includes unrestricted funds of £16,429 (2022: £13,117) and endowment funds of £694 (2022: £925). The performance by the charity during the year is considered to have been satisfactory.

## **FUTURE DEVELOPMENTS**

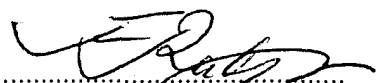
### **Plans for future periods**

The charity plans to continue the objectives outlined above in the forthcoming years subject to satisfactory funding arrangements.

We would like to end the report by giving a big thank you to both our partner organisations, their trustees, staff, associates and volunteers for their unwavering support and true spirit of partnership, and for their tireless efforts which made last year a success.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 1 December 2023 and signed on its behalf by:



F Radfar - Trustee

Independent Examiner's Report to the Trustees of  
Multilingual Wellbeing Services

**Independent examiner's report to the trustees of Multilingual Wellbeing Services ('the Company')**

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

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountancy in England & Wales which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Behzad Faiz Mahdavi  
Institute of Chartered Accountancy in England & Wales  
Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

Date: 01/12/2023

Multilingual Wellbeing Services

Statement of Financial Activities  
for the Year Ended 31 March 2023

|                                          | Notes | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | 31/3/23<br>Total<br>funds<br>£ | 31/3/22<br>Total<br>funds<br>£ |
|------------------------------------------|-------|----------------------------|-------------------------|------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND<br/>ENDOWMENTS FROM</b>    |       |                            |                         |                        |                                |                                |
| <b>Charitable activities</b>             | 3     |                            |                         |                        |                                |                                |
| Barnet TALKING<br>THERAPIES Service      |       | 276,920                    | -                       | -                      | 276,920                        | 276,920                        |
| Barnet Healthwatch                       |       | -                          | 800                     | -                      | 800                            | 800                            |
| Other income                             | 2     | 14,263                     | -                       | -                      | 14,263                         | 12,833                         |
| <b>Total</b>                             |       | <b>291,183</b>             | <b>800</b>              | <b>-</b>               | <b>291,983</b>                 | <b>290,553</b>                 |
| <b>EXPENDITURE ON</b>                    |       |                            |                         |                        |                                |                                |
| <b>Charitable activities</b>             | 4     |                            |                         |                        |                                |                                |
| Barnet TALKING<br>THERAPIES Service      |       | 271,250                    | -                       | -                      | 271,250                        | 271,250                        |
| other resources expended                 |       | 16,621                     | 800                     | -                      | 17,421                         | 16,176                         |
| Other                                    |       | -                          | -                       | 231                    | 231                            | 309                            |
| <b>Total</b>                             |       | <b>287,871</b>             | <b>800</b>              | <b>231</b>             | <b>288,902</b>                 | <b>287,735</b>                 |
| <b>NET<br/>INCOME/(EXPENDITURE<br/>)</b> |       | <b>3,312</b>               | <b>-</b>                | <b>(231)</b>           | <b>3,081</b>                   | <b>2,818</b>                   |
| <b>RECONCILIATION OF<br/>FUNDS</b>       |       |                            |                         |                        |                                |                                |
| <b>Total funds brought<br/>forward</b>   |       | <b>13,117</b>              | <b>-</b>                | <b>925</b>             | <b>14,042</b>                  | <b>11,224</b>                  |
| <b>TOTAL FUNDS<br/>CARRIED FORWARD</b>   |       | <b>16,429</b>              | <b>-</b>                | <b>694</b>             | <b>17,123</b>                  | <b>14,042</b>                  |

The notes form part of these financial statements

Multilingual Wellbeing Services  
Balance Sheet  
31 March 2023

|                                                  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | 31/3/23<br>Total<br>funds<br>£ | 31/3/22<br>Total<br>funds<br>£ |
|--------------------------------------------------|-------|----------------------------|-------------------------|------------------------|--------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                              |       |                            |                         |                        |                                |                                |
| Tangible assets                                  | 10    | -                          | -                       | 694                    | 694                            | 925                            |
| <b>CURRENT ASSETS</b>                            |       |                            |                         |                        |                                |                                |
| Debtors                                          | 11    | 5,477                      | -                       | -                      | 5,477                          | 6,284                          |
| Cash at bank                                     |       | <u>35,426</u>              | <u>-</u>                | <u>-</u>               | <u>35,426</u>                  | <u>31,213</u>                  |
|                                                  |       | 40,903                     | -                       | -                      | 40,903                         | 37,497                         |
| <b>CREDITORS</b>                                 |       |                            |                         |                        |                                |                                |
| Amounts falling due within<br>one year           | 12    | (24,474)                   | -                       | -                      | (24,474)                       | (24,380)                       |
| <b>NET CURRENT ASSETS</b>                        |       | 16,429                     | -                       | -                      | 16,429                         | 13,117                         |
| <b>TOTAL ASSETS LESS<br/>CURRENT LIABILITIES</b> |       | 16,429                     | -                       | 694                    | 17,123                         | 14,042                         |
| <b>NET<br/>ASSETS/(LIABILITIES)</b>              |       | <u>16,429</u>              | <u>-</u>                | <u>694</u>             | <u>17,123</u>                  | <u>14,042</u>                  |
| <b>FUNDS</b>                                     | 13    |                            |                         |                        |                                |                                |
| Unrestricted funds                               |       |                            |                         |                        | 16,429                         | 13,117                         |
| Endowment funds                                  |       |                            |                         |                        | <u>694</u>                     | <u>925</u>                     |
| <b>TOTAL FUNDS</b>                               |       |                            |                         |                        | <u>17,123</u>                  | <u>14,042</u>                  |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

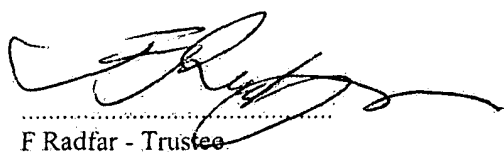
Multilingual Wellbeing Services

Balance Sheet - continued

31 March 2023

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 1 December 2023 and were signed on its behalf by:

A handwritten signature in black ink, appearing to be 'F Radfar', written over a dotted line.

F Radfar - Trustee

## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and Machinery    25% reducing balance

### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

### **Pension costs and other post-retirement benefits**

The charitable company makes contributions to staff's individual pension policies. Contributions payable are charged to the Statement of Financial Activities in the period to which they relate.

## Multilingual Wellbeing Services

### Notes to the Financial Statements - continued for the Year Ended 31 March 2023

#### **2. OTHER INCOME**

|                                                  | <b>31/3/23</b>       | <b>31/3/22</b>       |
|--------------------------------------------------|----------------------|----------------------|
|                                                  | <b>£</b>             | <b>£</b>             |
| Other income – contributions to cost by partners | <b><u>14,263</u></b> | <b><u>12,833</u></b> |

#### **3. INCOME FROM CHARITABLE ACTIVITIES**

|           |                                  | <b>31/3/23</b>        | <b>31/3/22</b>        |
|-----------|----------------------------------|-----------------------|-----------------------|
|           | <b>Activity</b>                  | <b>£</b>              | <b>£</b>              |
| Contracts | Barnet TALKING THERAPIES Service | <b>276,920</b>        | 276,920               |
| Grants    | Barnet Healthwatch               | <b><u>800</u></b>     | <u>800</u>            |
|           |                                  | <b><u>277,720</u></b> | <b><u>277,720</u></b> |

#### **4. CHARITABLE ACTIVITIES COSTS**

|                                  | <b>Direct<br/>Costs<br/>£</b> | <b>Support<br/>costs (see<br/>note 5)<br/>£</b> | <b>Totals<br/>£</b>   |
|----------------------------------|-------------------------------|-------------------------------------------------|-----------------------|
| Barnet TALKING THERAPIES Service | <b>271,250</b>                | -                                               | <b>271,250</b>        |
| other resources expended         | <b><u>15,028</u></b>          | <b><u>2,624</u></b>                             | <b><u>17,652</u></b>  |
|                                  | <b><u>286,278</u></b>         | <b><u>2,624</u></b>                             | <b><u>288,902</u></b> |

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**5. SUPPORT COSTS**

|                          | Management<br>£ | Finance<br>£ | Other<br>£   | Totals<br>£  |
|--------------------------|-----------------|--------------|--------------|--------------|
| Depreciation             | -               | -            | 231          | 231          |
| other resources expended | <u>508</u>      | <u>85</u>    | <u>1,800</u> | <u>2,393</u> |
|                          | <u>508</u>      | <u>85</u>    | <u>2,031</u> | <u>2,624</u> |

**6. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

|                             | 31/3/23<br>£ | 31/3/22<br>£ |
|-----------------------------|--------------|--------------|
| Depreciation - owned assets | <u>231</u>   | <u>309</u>   |

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2023 nor for the year ended 31 March 2022.

**Trustees' expenses**

During the year there was no expense to the trustees (2022: £NIL).

**8. STAFF COSTS**

|                    | 31/03/23<br>£ | 31/03/22<br>£ |
|--------------------|---------------|---------------|
| Wages and salaries | 14,051        | 12,900        |
| Pensions           | 234           | 200           |
|                    | <b>14,285</b> | <b>13,100</b> |

The average monthly number of employees during the year was as follows: 31/03/23 1 31/03/22 1

No employees received emoluments in excess of £60,000.

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES (for the year to 31 March 2022)**

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | Total<br>funds<br>£ |
|------------------------------------|----------------------------|-------------------------|------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                         |                        |                     |
| <b>Charitable activities</b>       |                            |                         |                        |                     |
| Barnet TALKING THERAPIES Service   | 276,920                    | -                       | -                      | 276,920             |
| Barnet Healthwatch                 | -                          | 800                     | -                      | 800                 |
| Other income                       | <u>12,833</u>              | <u>-</u>                | <u>-</u>               | <u>12,833</u>       |
| <b>Total</b>                       | 289,753                    | 800                     | -                      | 290,553             |
| <b>EXPENDITURE ON</b>              |                            |                         |                        |                     |
| <b>Charitable activities</b>       |                            |                         |                        |                     |
| Barnet TALKING THERAPIES Service   | 271,250                    | -                       | -                      | 271,250             |
| other resources expended           | 15,376                     | 800                     | -                      | 16,176              |
| Other                              | <u>-</u>                   | <u>-</u>                | <u>309</u>             | <u>309</u>          |
| <b>Total</b>                       | 286,626                    | 800                     | 309                    | 287,735             |
| <b>NET INCOME/(EXPENDITURE)</b>    | 3,127                      | -                       | (309)                  | 2,818               |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                         |                        |                     |
| <b>Total funds brought forward</b> | <u>9,990</u>               | <u>-</u>                | <u>1,234</u>           | <u>11,224</u>       |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u>13,117</u>              | <u>-</u>                | <u>925</u>             | <u>14,042</u>       |

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**10. TANGIBLE FIXED ASSETS**

|                                   | Computer<br>equipment<br>£ |
|-----------------------------------|----------------------------|
| <b>COST</b>                       |                            |
| At 1 April 2022 and 31 March 2023 | <u>7,216</u>               |
| <b>DEPRECIATION</b>               |                            |
| At 1 April 2022                   | 6,291                      |
| Charge for year                   | <u>231</u>                 |
| At 31 March 2023                  | <u>6,522</u>               |
| <b>NET BOOK VALUE</b>             |                            |
| At 31 March 2023                  | <u>694</u>                 |
| At 31 March 2022                  | <u>925</u>                 |

**11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|               | 31/3/23 | 31/3/22 |
|---------------|---------|---------|
|               | £       | £       |
| Other debtors | 5,477   | 6,284   |

**12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                                 | 31/3/23       | 31/3/22       |
|---------------------------------|---------------|---------------|
|                                 | £             | £             |
| Trade creditors                 | 22,604        | 22,603        |
| Social security and other taxes |               | (23)          |
| Pension                         | 70            |               |
| Accrued expenses                | <u>1,800</u>  | <u>1,800</u>  |
|                                 | <u>24,474</u> | <u>24,380</u> |

**13. MOVEMENT IN FUNDS**

|                                           | At 1.4.22     | Net<br>movement<br>in funds | At<br>31.3.23 |
|-------------------------------------------|---------------|-----------------------------|---------------|
|                                           | £             | £                           | £             |
| <b>Unrestricted funds</b>                 |               |                             |               |
| General fund                              | 13,117        | 3,312                       | 16,429        |
| <b>Endowment funds</b>                    |               |                             |               |
| Grant for IT Equipment - CW<br>Foundation | 925           | (231)                       | 694           |
| <b>TOTAL FUNDS</b>                        | <u>14,042</u> | <u>3,081</u>                | <u>17,123</u> |

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2023

**13. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows (for the year to 31 March 2023):

|                                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 291,183                    | (287,871)                  | 3,312                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted                                | 800                        | (800)                      | -                         |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (231)                      | (231)                     |
| <b>TOTAL FUNDS</b>                        | <u>291,983</u>             | <u>(288,902)</u>           | <u>3,081</u>              |

**Comparatives for movement in funds**

|                                           | At 1.4.21<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.22<br>£ |
|-------------------------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| General fund                              | 9,990          | 3,127                            | 13,117             |
| <b>Endowment funds</b>                    |                |                                  |                    |
| Grant for IT Equipment - CW<br>Foundation | 1,234          | (309)                            | 925                |
| <b>TOTAL FUNDS</b>                        | <u>11,224</u>  | <u>2,818</u>                     | <u>14,042</u>      |

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# Accounts

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**REGISTERED COMPANY NUMBER: 07292188 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1149869**

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2022  
for  
Multilingual Wellbeing Services

Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

MONDAY



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COMPANIES HOUSE

## Multilingual Wellbeing Services

### Contents of the Financial Statements for the Year Ended 31 March 2022

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| Independent Examiner's Report     | 5       |
| Statement of Financial Activities | 6       |
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| Notes to the Financial Statements | 9 to 16 |

Multilingual Wellbeing Services

Report of the Trustees  
for the Year Ended 31 March 2022

The Trustees present their annual report and accounts for the year ended 31 March 2022. The board of trustees are satisfied with the performance of the charity during the year and the position at 31 March 2022 and consider that the charity is in a strong position to continue its activities during the coming year and that the charity's assets are adequate to fulfil its obligations.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**  
07292188 (England and Wales)

**Registered Charity number**  
1149869

**Registered office**  
Information and Advice Centre  
Edgware Community Hospital  
Burnt Oak Broadway  
Middlesex  
London  
HA8 0AD

**Trustees (each representing one of the two partner organisations of MWS)**  
L C - L Lee – Meridian Wellbeing (formerly Chinese Mental Health Association)  
F Radfar - Farsophone Association in Britain

All Trustees are also directors of the Company.

**Independent examiner**  
Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

**Legal Advisers:**  
Russell-Cooke LLP  
8 Bedford Row  
London  
WC1R 4BX

**Bankers:**  
Unity Trust Bank PLC  
Nine Brindley Place  
Birmingham B1 2HB

## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2022

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

Multilingual Wellbeing Service is a company limited by guarantee governed by its Memorandum and Articles of Association dated 22 June 2010. It is registered as a charity with the Charity Commission. Anyone over the age of 16 can become a member of the company and there are currently 2 each of whom agrees to contribute £1.00 in the event of the charity winding up.

### **Appointment of trustees**

The board of Trustees (also known as the Management Committee) is elected annually at the AGM. The Company may appoint by ordinary resolution a member who is willing to act to be a director. Any member seeking election as a director must give the Company a notice not less than 14 not more than 35 clear days before the meeting. In accordance with the Articles of Association, all members of the Management Committee for the time being shall retire from office at the AGM, but are eligible to stand for re-election.

### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

### **Indemnity insurance**

The charity has insured against loss arising from the neglect or default of any of the Management Committee Members. Insurance, against the possibility of claims, arising during the course of assistance provided by its workers, is already in place and is also continuing.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

MWS was established in June 2010 and its main objective for 2021-22 remained to improve and maintain the emotional wellbeing of BAMER (Black and Asian Minority Ethnic and Refugee) Communities in and around Barnet as well as enabling communities to explore, use and share existing cultural techniques to deal with mental health issues. This has been achieved through workshops, training, networking events and through mother tongue counselling as well as our extensive service through the IAPT project (see below) in this reporting period.

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

The pandemic brought a huge challenge to our work but we are pleased we were able to rise above it once again by meeting all our contractual targets. The past year commenced with the continuation of remote delivery of services and the re-introduction of some face-to-face work when the lock down restriction was lifted. The team continued to adapt to the new ways of working, and to learn creative approaches in maintaining the high level of service delivered to our service users. This has included the hybrid approach to combine access through physical means as well as via Microsoft Teams, Zoom or telephone to enable us to reach as wide an audience as possible. The establishment of our online

## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2022

platform last year has allowed us to build on this strong foundation, run sessions seamlessly and with a greater customer satisfaction.

Despite the interruptions caused by a further lockdown imposed over the Christmas period, we were able to continue business as usual avoiding service disruptions to our service users. It has been particularly pleasing to see those in need of talking therapies and psycho-education training were able to receive the help and support they needed in a timely manner.

Throughout the course of the year, we successfully delivered the weekly psycho-education workshops via a series of webinars in line with the specifications of the contract. We also fulfilled other contractual requirements across all services and achieving the following targets for triage at 102%, for workshops at 98.2%, Step 2 guided self-help at 103%, and Step 3 counselling and CBT at 108%.

We are proud to see the continued uptake and access we have achieved in these challenging times. The achievements show the staff team's ability and resilience to adapt to changes quickly. Even with the successive lockdowns, we are able to continue delivering a high-quality service with over 50% of our clients achieving recovery. The new systems that we have implemented have strengthened our ability to respond to any unforeseen challenges in the new financial year.

The IAPT service provides short term psychological therapies to provide help and support for people in Barnet who are suffering with stress, low mood, anxiety and other mild to moderate psychological ill-health. Many of the treatments are based on talking therapies that help people regain their wellbeing in ways that work best for them.

Covid-19 has caused a disproportionate effect on the BAMER communities over the past few years. To this end, MWS have worked closely and tirelessly with the core IAPT service in Barnet and BEH Mental Health NHS Trust to improve access to mental health services for the BAMER communities in Barnet.

The work of MWS has undoubtedly improved the overall health and wellbeing of people from the BAMER population and raised their awareness of NHS and statutory services more than they would have otherwise considered or had the ability to access.

## **FINANCIAL REVIEW**

### **Reserves policy**

It is the policy of MWS to aim for reserves covering at least 3 months expenditure of the charity excluding the expenditure relating to the IAPT contract which is covered by and coterminous with, the IAPT contract income. The IAPT expenditure takes the form of two monthly bills from two partner organisations which provide the service. If and when the IAPT contract ends, these bills will cease too. So any associated risk is taken by the partner organisations. Our non-IAPT expenditure is not expected to exceed £20,000 in the foreseeable future. Therefore unrestricted reserves equivalent to three months expenditure (£5,000) shall be aimed for.

### **Financial Position**

The Statement of Financial Activities show net Incoming Resources for the year of £2,818 (2021: £3,385) giving an accumulated net fund of £14,042 (2021: £11,224) which includes unrestricted funds of £13,117 (2021: £9,990) and endowment funds of £925 (2021: £1,234). The performance by the charity during the year is considered to have been satisfactory.

## **FUTURE DEVELOPMENTS**

### **Plans for future periods**

The charity plans to continue the objectives outlined above in the forthcoming years subject to satisfactory funding arrangements.

We would like to end the report by giving a big thank you to both our partner organisations, their trustees, staff, associates and volunteers for their unwavering support and true spirit of partnership, and for their tireless efforts which made last year a success.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 2 Dec 2022 and signed on its behalf by:



F Radfar - Trustee

Independent Examiner's Report to the Trustees of  
Multilingual Wellbeing Services

**Independent examiner's report to the trustees of Multilingual Wellbeing Services ('the Company')**

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

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of Institute of Chartered Accountancy in England & Wales which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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



Behzad Faiz Mahdavi  
Institute of Chartered Accountancy in England & Wales  
Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

Date: ..... 16/12/2022

Multilingual Wellbeing Services

Statement of Financial Activities  
for the Year Ended 31 March 2022

|                                          | Notes | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | 31/3/22<br>Total<br>funds<br>£ | 31/3/21<br>Total<br>funds<br>£ |
|------------------------------------------|-------|----------------------------|-------------------------|------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND<br/>ENDOWMENTS FROM</b>    |       |                            |                         |                        |                                |                                |
| <b>Charitable activities</b>             | 3     |                            |                         |                        |                                |                                |
| Barnet IPAT Service                      |       | 276,920                    | -                       | -                      | 276,920                        | 276,920                        |
| Barnet Health Watch                      |       | -                          | 800                     | -                      | 800                            | 1,000                          |
| Other income                             | 2     | 12,833                     | -                       | -                      | 12,833                         | 16,366                         |
| <b>Total</b>                             |       | <b>289,753</b>             | <b>800</b>              | <b>-</b>               | <b>290,553</b>                 | <b>294,286</b>                 |
| <b>EXPENDITURE ON</b>                    |       |                            |                         |                        |                                |                                |
| <b>Charitable activities</b>             | 4     |                            |                         |                        |                                |                                |
| Barnet IPAT Service                      |       | 271,250                    | -                       | -                      | 271,250                        | 271,250                        |
| other resources expended                 |       | 15,376                     | 800                     | -                      | 16,176                         | 19,240                         |
| Other                                    |       | -                          | -                       | 309                    | 309                            | 411                            |
| <b>Total</b>                             |       | <b>286,626</b>             | <b>800</b>              | <b>309</b>             | <b>287,735</b>                 | <b>290,901</b>                 |
| <b>NET<br/>INCOME/(EXPENDITURE<br/>)</b> |       | <b>3,127</b>               | <b>-</b>                | <b>(309)</b>           | <b>2,818</b>                   | <b>3,385</b>                   |
| <b>RECONCILIATION OF<br/>FUNDS</b>       |       |                            |                         |                        |                                |                                |
| <b>Total funds brought<br/>forward</b>   |       | <b>9,990</b>               | <b>-</b>                | <b>1,234</b>           | <b>11,224</b>                  | <b>7,839</b>                   |
| <b>TOTAL FUNDS<br/>CARRIED FORWARD</b>   |       | <b>13,117</b>              | <b>-</b>                | <b>925</b>             | <b>14,042</b>                  | <b>11,224</b>                  |

The notes form part of these financial statements

Multilingual Wellbeing Services  
Balance Sheet  
31 March 2022

|                                                  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | 31/3/22<br>Total<br>funds<br>£ | 31/3/21<br>Total<br>funds<br>£ |
|--------------------------------------------------|-------|----------------------------|-------------------------|------------------------|--------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                              |       |                            |                         |                        |                                |                                |
| Tangible assets                                  | 10    | -                          | -                       | 925                    | 925                            | 1,234                          |
| <b>CURRENT ASSETS</b>                            |       |                            |                         |                        |                                |                                |
| Debtors                                          | 11    | 6,284                      | -                       | -                      | 6,284                          | 70,230                         |
| Cash at bank                                     |       | <u>31,213</u>              | <u>-</u>                | <u>-</u>               | <u>31,213</u>                  | <u>9,453</u>                   |
|                                                  |       | 37,497                     | -                       | -                      | 37,497                         | 79,683                         |
| <b>CREDITORS</b>                                 |       |                            |                         |                        |                                |                                |
| Amounts falling due within<br>one year           | 12    | (24,380)                   | -                       | -                      | (24,380)                       | (69,693)                       |
| <b>NET CURRENT ASSETS</b>                        |       | 13,117                     | -                       | -                      | 13,117                         | 9,990                          |
| <b>TOTAL ASSETS LESS<br/>CURRENT LIABILITIES</b> |       | 13,117                     | -                       | 925                    | 14,042                         | 11,224                         |
| <b>NET<br/>ASSETS/(LIABILITIES)</b>              |       | <u>13,117</u>              | <u>-</u>                | <u>925</u>             | <u>14,042</u>                  | <u>11,224</u>                  |
| <b>FUNDS</b>                                     | 13    |                            |                         |                        |                                |                                |
| Unrestricted funds                               |       |                            |                         |                        | 13,117                         | 9,990                          |
| Endowment funds                                  |       |                            |                         |                        | <u>925</u>                     | <u>1,234</u>                   |
| <b>TOTAL FUNDS</b>                               |       |                            |                         |                        | <u>14,042</u>                  | <u>11,224</u>                  |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

The notes form part of these financial statements

Multilingual Wellbeing Services

Balance Sheet - continued

31 March 2022

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 2 December 2022 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'F Radfar', written over a dotted line.

F Radfar - Trustee

The notes form part of these financial statements

## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and Machinery    25% reducing balance

### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

### **Pension costs and other post-retirement benefits**

The charitable company makes contributions to staff's individual pension policies. Contributions payable are charged to the Statement of Financial Activities in the period to which they relate.

## Multilingual Wellbeing Services

### Notes to the Financial Statements - continued for the Year Ended 31 March 2022

#### **2. OTHER INCOME**

|                                                  | <b>31/3/22</b>       | <b>31/3/21</b>       |
|--------------------------------------------------|----------------------|----------------------|
|                                                  | <b>£</b>             | <b>£</b>             |
| Other income – contributions to cost by partners | <b><u>12,833</u></b> | <b><u>16,366</u></b> |

#### **3. INCOME FROM CHARITABLE ACTIVITIES**

|           | <b>31/3/22</b>        | <b>31/3/21</b>        |
|-----------|-----------------------|-----------------------|
|           | <b>£</b>              | <b>£</b>              |
| Contracts | <b>276,920</b>        | <b>276,920</b>        |
| Grants    | <b><u>800</u></b>     | <b><u>1,000</u></b>   |
|           | <b><u>277,720</u></b> | <b><u>277,920</u></b> |

#### **4. CHARITABLE ACTIVITIES COSTS**

|                          | <b>Direct<br/>Costs<br/>£</b> | <b>Support<br/>costs (see<br/>note 5)<br/>£</b> | <b>Totals<br/>£</b>   |
|--------------------------|-------------------------------|-------------------------------------------------|-----------------------|
| Barnet IPAT Service      | <b>271,250</b>                | <b>-</b>                                        | <b>271,250</b>        |
| other resources expended | <b><u>13,791</u></b>          | <b><u>2,694</u></b>                             | <b><u>16,485</u></b>  |
|                          | <b><u>285,041</u></b>         | <b><u>2,694</u></b>                             | <b><u>287,735</u></b> |

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**5. SUPPORT COSTS**

|                          | Management<br>£ | Finance<br>£ | Other<br>£   | Totals<br>£  |
|--------------------------|-----------------|--------------|--------------|--------------|
| Depreciation             | -               | -            | 309          | 309          |
| other resources expended | <u>499</u>      | <u>86</u>    | <u>1,800</u> | <u>2,385</u> |
|                          | <u>499</u>      | <u>86</u>    | <u>2,109</u> | <u>2,694</u> |

**6. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

|                             | 31/3/22<br>£ | 31/3/21<br>£ |
|-----------------------------|--------------|--------------|
| Depreciation - owned assets | <u>309</u>   | <u>411</u>   |

**7. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

**Trustees' expenses**

During the year there was no expense to the trustees (2021: £NIL was paid for the trustees' travel expenses.).

**8. STAFF COSTS**

|                    | 31/03/22<br>£ | 31/03/21<br>£ |
|--------------------|---------------|---------------|
| Wages and salaries | 12,900        | 12,900        |
| Pensions           | 200           | 200           |
|                    | <b>13,100</b> | <b>13,100</b> |

The average monthly number of employees during the year was as follows: 31/03/22 1 31/03/21 1

No employees received emoluments in excess of £60,000.

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**9. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES (for the year to 31 March 2021)**

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | Total<br>funds<br>£  |
|------------------------------------|----------------------------|-------------------------|------------------------|----------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                         |                        |                      |
| <b>Charitable activities</b>       |                            |                         |                        |                      |
| Barnet IPAT Service                | 276,920                    | -                       | -                      | 276,920              |
| Barnet Health Watch                | -                          | 1,000                   | -                      | 1,000                |
| Other income                       | <u>16,366</u>              | <u>-</u>                | <u>-</u>               | <u>16,366</u>        |
| <b>Total</b>                       | 293,286                    | 1,000                   | -                      | 294,286              |
| <b>EXPENDITURE ON</b>              |                            |                         |                        |                      |
| <b>Charitable activities</b>       |                            |                         |                        |                      |
| Barnet IPAT Service                | 271,250                    | -                       | -                      | 271,250              |
| other resources expended           | 18,240                     | 1,000                   | -                      | 19,240               |
| Other                              | <u>-</u>                   | <u>-</u>                | <u>411</u>             | <u>411</u>           |
| <b>Total</b>                       | <u>289,490</u>             | <u>1,000</u>            | <u>411</u>             | <u>290,901</u>       |
| <b>NET INCOME/(EXPENDITURE)</b>    | 3,796                      | -                       | (411)                  | 3,385                |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                         |                        |                      |
| <b>Total funds brought forward</b> | <u>6,194</u>               | <u>-</u>                | <u>1,645</u>           | <u>7,839</u>         |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u><u>9,990</u></u>        | <u><u>-</u></u>         | <u><u>1,234</u></u>    | <u><u>11,224</u></u> |

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**10. TANGIBLE FIXED ASSETS**

|                                   | Computer<br>equipment<br>£ |
|-----------------------------------|----------------------------|
| <b>COST</b>                       |                            |
| At 1 April 2021 and 31 March 2022 | <u>7,216</u>               |
| <b>DEPRECIATION</b>               |                            |
| At 1 April 2021                   | 5,982                      |
| Charge for year                   | <u>309</u>                 |
| At 31 March 2022                  | <u>6,291</u>               |
| <b>NET BOOK VALUE</b>             |                            |
| At 31 March 2022                  | <u>925</u>                 |
| At 31 March 2021                  | <u>1,234</u>               |

**11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|               | 31/3/22      | 31/3/21       |
|---------------|--------------|---------------|
|               | £            | £             |
| Trade debtors | -            | 70,230        |
| Other debtors | <u>6,284</u> | <u>-</u>      |
|               | <u>6,284</u> | <u>70,230</u> |

**12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                                 | 31/3/22       | 31/3/21       |
|---------------------------------|---------------|---------------|
|                                 | £             | £             |
| Trade creditors                 | 22,603        | 67,813        |
| Social security and other taxes | (23)          | 41            |
| Pension                         | -             | 39            |
| Accrued expenses                | <u>1,800</u>  | <u>1,800</u>  |
|                                 | <u>24,380</u> | <u>69,693</u> |

**13. MOVEMENT IN FUNDS**

|                                           | At 1.4.21     | Net<br>movement<br>in funds | At<br>31.3.22 |
|-------------------------------------------|---------------|-----------------------------|---------------|
|                                           | £             | £                           | £             |
| <b>Unrestricted funds</b>                 |               |                             |               |
| General fund                              | 9,990         | 3,127                       | 13,117        |
| <b>Endowment funds</b>                    |               |                             |               |
| Grant for IT Equipment - CW<br>Foundation | 1,234         | (309)                       | 925           |
| <b>TOTAL FUNDS</b>                        | <u>11,224</u> | <u>2,818</u>                | <u>14,042</u> |

## Multilingual Wellbeing Services

### Notes to the Financial Statements - continued for the Year Ended 31 March 2022

#### **13. MOVEMENT IN FUNDS - continued**

Net movement in funds, included in the above are as follows (for the year to 31 March 2022):

|                                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 289,753                    | (286,626)                  | 3,127                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted                                | 800                        | (800)                      | -                         |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (309)                      | (309)                     |
| <b>TOTAL FUNDS</b>                        | <u>290,553</u>             | <u>(287,735)</u>           | <u>2,818</u>              |

#### **Comparatives for movement in funds**

|                                           | At 1.4.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.21<br>£ |
|-------------------------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| General fund                              | 6,194          | 3,796                            | 9,990              |
| <b>Endowment funds</b>                    |                |                                  |                    |
| Grant for IT Equipment - CW<br>Foundation | 1,645          | (411)                            | 1,234              |
| <b>TOTAL FUNDS</b>                        | <u>7,839</u>   | <u>3,385</u>                     | <u>11,224</u>      |

Multilingual Wellbeing Services

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2022

**13. MOVEMENT IN FUNDS - continued**

Comparative net movement in funds, included in the above are as follows (for the year to March 2021):

|                                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 293,286                    | (289,490)                  | 3,796                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted                                | 1,000                      | (1,000)                    | -                         |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (411)                      | (411)                     |
| <b>TOTAL FUNDS</b>                        | <u>294,286</u>             | <u>(290,901)</u>           | <u>3,385</u>              |

A current year 12 months and prior year 12 months combined position is as follows:

|                                           | At 1.4.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.22<br>£ |
|-------------------------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| General fund                              | 6,194          | 6,923                            | 13,117             |
| <b>Endowment funds</b>                    |                |                                  |                    |
| Grant for IT Equipment - CW<br>Foundation | 1,645          | (720)                            | 925                |
| <b>TOTAL FUNDS</b>                        | <u>7,839</u>   | <u>6,203</u>                     | <u>14,042</u>      |

## Multilingual Wellbeing Services

### Notes to the Financial Statements - continued for the Year Ended 31 March 2022

#### **13. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows (for the 24 months ended 31 March 2022):

|                                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 583,039                    | (576,116)                  | 6,923                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted                                | 1,800                      | (1,800)                    | -                         |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (720)                      | (720)                     |
| <b>TOTAL FUNDS</b>                        | <u>584,839</u>             | <u>(578,636)</u>           | <u>6,203</u>              |

#### **14. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2022 except, in relation to the IAPT contract with the partner organisations: Meridian Wellbeing (formerly Chinese Mental Health Association – CMHA) and Farsophone Association in Britain.

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# Accounts

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REGISTERED COMPANY NUMBER: 07292188 (England and Wales)  
REGISTERED CHARITY NUMBER: 1149869

Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2021  
for  
Multilingual Wellbeing Services

Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

Multilingual Wellbeing Services

Contents of the Financial Statements  
for the Year Ended 31 March 2021

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| Report of the Trustees            | 1 to 4  |
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| Statement of Financial Activities | 6       |
| Balance Sheet                     | 7 to 8  |
| Notes to the Financial Statements | 9 to 16 |

## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2021

The Trustees present their annual report and accounts for the year ended 31 March 2021. The board of trustees are satisfied with the performance of the charity during the year and the position at 31 March 2021 and consider that the charity is in a strong position to continue its activities during the coming year and that the charity's assets are adequate to fulfil its obligations.

### **REFERENCE AND ADMINISTRATIVE DETAILS**

#### **Registered Company number**

07292188 (England and Wales)

#### **Registered Charity number**

1149869

#### **Registered office**

Information and Advice Centre  
Edgware Community Hospital  
Burnt Oak Broadway  
Middlesex  
London  
HA8 0AD

#### **Trustees (each representing one of three partner organisations of MWS)**

N Akbari - Barnet Refugee Service – Resigned on 3 December 2020 when Barnet Refugee Service left the MWS partnership  
L C - L Lee – Meridian Wellbeing (formerly Chinese Mental Health Association)  
F Radfar - Farsophone Association in Britain

All Trustees are also directors of the Company.

#### **Independent examiner**

Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

#### **Legal Advisers:**

Russell-Cooke LLP  
8 Bedford Row  
London  
WC1R 4BX

#### **Bankers:**

Unity Trust Bank PLC  
Nine Brindley Place  
Birmingham B1 2HB

## **STRUCTURE, GOVERNANCE AND MANAGEMENT**

### **Governing document**

Multilingual Wellbeing Service is a company limited by guarantee governed by its Memorandum and Articles of Association dated 22 June 2010. It is registered as a charity with the Charity Commission. Anyone over the age of 16 can become a member of the company and there are currently 3 each of whom agrees to contribute £1.00 in the event of the charity winding up.

### **Appointment of trustees**

The board of Trustees (also known as the Management Committee) is elected annually at the AGM. The Company may appoint by ordinary resolution a member who is willing to act to be a director. Any member seeking election as a director must give the Company a notice not less than 14 not more than 35 clear days before the meeting. In accordance with the Articles of Association, all members of the Management Committee for the time being shall retire from office at the AGM, but are eligible to stand for re-election.

### **Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

### **Indemnity insurance**

The charity has insured against loss arising from the neglect or default of any of the Management Committee Members. Insurance, against the possibility of claims, arising during the course of assistance provided by its workers, is already in place and is also continuing.

## **OBJECTIVES AND ACTIVITIES**

### **Objectives and aims**

MWS was established in June 2010 and its main objective for 2020-21 remained to improve and maintain the emotional wellbeing of BAMER (Black and Asian Minority Ethnic and Refugee) Communities in and around Barnet as well as enabling communities to explore, use and share existing cultural techniques to deal with mental health issues. This has been achieved through workshops, training, networking events and through mother tongue counselling as well as our extensive service through the IAPT project (see below) in this reporting period.

## **ACHIEVEMENT AND PERFORMANCE**

### **Charitable activities**

This was a year mixed with challenges and exciting developments. It started with a once in a generation pandemic and the subsequent national lockdown prompted the need to quickly move all our operations online to enable our staff to continue working remotely.

## Multilingual Wellbeing Services

### Report of the Trustees for the Year Ended 31 March 2021

Our psychological wellbeing practitioners and therapists responded positively to the changes and showed the willingness to operate out of their comfort zone by continuing to deliver their sessions online via video conferencing applications and telephone.

Despite the lockdown and the difficulties associated with remote delivery of therapeutic services, we are proud to continue business as usual meeting our obligations under the contract. We maintained our service delivery across all services which includes transforming our outreach psycho-education workshops into webinars with great success. Our achievements on Step 2 triage and guided self-help, Step 3 counselling and CBT targets were equally impressive, delivering 47% and 10% above the targets for triages and Step 3 counselling respectively.

This achievement shows the staff team's ability and resilience to adapt to changes quickly. Even with the successive lockdowns, we are able to continue delivering a high-quality service with over 50% of our clients achieving recovery.

We are also pleased to have our contract extended for another two years from April 2021, which now includes the addition of Step 3 Cognitive Behavioural Therapy (CBT). Our team of therapists can offer counselling and CBT therapy in ten different mother tongue languages.

The IAPT service provides short term psychological therapies to provide help and support for people in Barnet who are suffering with stress, low mood, anxiety and other mild to moderate psychological ill-health. Many of the treatments are based on talking therapies that help people regain their wellbeing in ways that work best for them.

MWS have continued to work closely with the Barnet Clinical Commissioning Group (CCG) in improving mental health services for the BAMER communities in Barnet.

The work of MWS has undoubtedly improved the overall health and wellbeing of people from the BAMER population and raised their awareness of NHS and statutory services more than they would have otherwise considered or had the ability to access.

## **FINANCIAL REVIEW**

### **Reserves policy**

It is the policy of MWS to aim for reserves covering at least 3 months expenditure of the charity excluding the expenditure relating to the IAPT contract which is covered by and coterminous with, the IAPT contract income. The IAPT expenditure takes the form of two monthly bills from two partner organisations which provide the service. If and when the IAPT contract ends, these bills will cease too. So any associated risk is taken by the partner organisations. Our non-IAPT expenditure is not expected to exceed £20,000 in the foreseeable future. Therefore unrestricted reserves equivalent to three months expenditure (£5,000) shall be aimed for.

### **Financial Position**

The Statement of Financial Activities show net Incoming Resources for the year of £3,385 giving an accumulated net fund of £11,224 which includes unrestricted and endowment funds. The performance by the charity during the year is considered to have been satisfactory.

## **FUTURE DEVELOPMENTS**

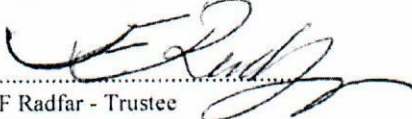
### **Plans for future periods**

The charity plans to continue the objectives outlined above in the forthcoming years subject to satisfactory funding arrangements.

We would like to end the report by giving a big thank you to all our three partner organisations, their trustees, staff, associates and volunteers for their unwavering support and true spirit of partnership, and for their tireless efforts which made last year a success.

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 17 Dec 2021 and signed on its behalf by:

  
.....  
F Radfar - Trustee

Independent Examiner's Report to the Trustees of  
Multilingual Wellbeing Services

**Independent examiner's report to the trustees of Multilingual Wellbeing Services ('the Company')**

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

**Responsibilities and basis of report**

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

**Independent examiner's statement**

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:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act;  
or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached



Behzad Faiz Mahdavi  
Institute of Chartered Accountancy in England & Wales  
Faiz & Co. Limited  
Chartered Accountants  
8B Accommodation Road  
London  
NW11 8ED

17 Dec 2021

Independent Examiner's Report to the Trustees of  
Multilingual Wellbeing Services

Statement of Financial Activities  
for the Year Ended 31 March 2021

|                                          | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | 31/3/21<br>Total<br>funds<br>£ | 31/3/20<br>Total<br>funds<br>£ |
|------------------------------------------|----------------------------|-------------------------|------------------------|--------------------------------|--------------------------------|
| <b>INCOME AND<br/>ENDOWMENTS FROM</b>    |                            |                         |                        |                                |                                |
|                                          |                            | -                       |                        | -                              |                                |
| <b>Charitable activities</b>             |                            |                         |                        |                                |                                |
| Barnet IAPT contract                     | 276,920                    | -                       | -                      | 276,920                        | 305,251                        |
| Barnet Health Watch                      | -                          | 1,000                   | -                      | 1,000                          | 1,000                          |
| Other income                             | 16,366                     | -                       | -                      | 16,366                         |                                |
|                                          | <hr/>                      | <hr/>                   | <hr/>                  | <hr/>                          | <hr/>                          |
| <b>Total</b>                             | 293,286                    | 1,000                   | -                      | 294,286                        | 306,251                        |
| <br><b>EXPENDITURE ON</b>                |                            |                         |                        |                                |                                |
| <b>Charitable activities</b>             |                            |                         |                        |                                |                                |
| Barnet IAPT contract                     | 271,250                    | -                       | -                      | 271,250                        | 285,837                        |
| Barnet Health Watch                      | -                          | 1,000                   | -                      | 1,000                          | 1,000                          |
| other resources expended                 | 18,240                     | -                       | 411                    | 18,651                         | 15,629                         |
|                                          | <hr/>                      | <hr/>                   | <hr/>                  | <hr/>                          | <hr/>                          |
| <b>Total</b>                             | 289,490                    | 1,000                   | 411                    | 290,901                        | 302,466                        |
|                                          | <hr/>                      | <hr/>                   | <hr/>                  | <hr/>                          | <hr/>                          |
| <b>NET<br/>INCOME/(EXPENDITURE<br/>)</b> | 3,796                      | -                       | (411)                  | 3,385                          | 3,785                          |
| <br><b>RECONCILIATION OF<br/>FUNDS</b>   |                            |                         |                        |                                |                                |
| <b>Total funds brought forward</b>       | 6,194                      | -                       | 1,645                  | 7,839                          | 4,054                          |
|                                          | <hr/>                      | <hr/>                   | <hr/>                  | <hr/>                          | <hr/>                          |
| <b>TOTAL FUNDS CARRIED<br/>FORWARD</b>   | <u>9,990</u>               | <u>-</u>                | <u>1,234</u>           | <u>11,224</u>                  | <u>7,839</u>                   |

## Multilingual Wellbeing Services

### Balance Sheet 31 March 2021

|                                                  | Notes | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | 31/3/21<br>Total<br>funds<br>£ | 31/3/20<br>Total<br>funds<br>£ |
|--------------------------------------------------|-------|----------------------------|-------------------------|------------------------|--------------------------------|--------------------------------|
| <b>FIXED ASSETS</b>                              |       |                            |                         |                        |                                |                                |
| Tangible assets                                  | 6     | -                          | -                       | 1,234                  | 1,234                          | 1,645                          |
| <b>CURRENT ASSETS</b>                            |       |                            |                         |                        |                                |                                |
| Debtors                                          | 7     | 70,230                     | -                       | -                      | 70,230                         | 500                            |
| Cash at bank                                     |       | <u>9,453</u>               | <u>-</u>                | <u>-</u>               | <u>9,453</u>                   | <u>13,778</u>                  |
|                                                  |       | 79,683                     | -                       | -                      | 79,683                         | 14,278                         |
| <b>CREDITORS</b>                                 |       |                            |                         |                        |                                |                                |
| Amounts falling due within<br>one year           | 8     | (69,693)                   | -                       | -                      | (69,693)                       | (8,084)                        |
| <b>NET CURRENT ASSETS</b>                        |       | <u>9,990</u>               | <u>-</u>                | <u>-</u>               | <u>9,990</u>                   | <u>6,194</u>                   |
| <b>TOTAL ASSETS LESS<br/>CURRENT LIABILITIES</b> |       | <u>9,990</u>               | <u>-</u>                | <u>1,234</u>           | <u>11,224</u>                  | <u>7,839</u>                   |
| <b>NET<br/>ASSETS/(LIABILITIES)</b>              |       | <u>9,990</u>               | <u>-</u>                | <u>1,234</u>           | <u>11,224</u>                  | <u>7,839</u>                   |
| <b>FUNDS</b>                                     | 9     |                            |                         |                        |                                |                                |
| Unrestricted funds                               |       |                            |                         |                        | 9,990                          | 6,194                          |
| Endowment funds                                  |       |                            |                         |                        | <u>1,234</u>                   | <u>1,645</u>                   |
| <b>TOTAL FUNDS</b>                               |       |                            |                         |                        | <u>11,224</u>                  | <u>7,839</u>                   |

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 in accordance with Section 476 of the Companies Act 2006.

The notes form part of these financial statements

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 17 December 2021 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'F Radfar', written over a dotted line.

F Radfar - Trustee

## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)'. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

### **Expenditure**

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

### **Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and Machinery    25% reducing balance

### **Taxation**

The charity is exempt from corporation tax on its charitable activities.

### **Fund accounting**

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

### **Pension costs and other post-retirement benefits**

The charitable company makes contributions to staff's individual pension policies. Contributions payable are charged to the Statement of Financial Activities in the period to which they relate.

**2. NET INCOME/(EXPENDITURE)**

Net income/(expenditure) is stated after charging/(crediting):

|                             | 31/3/21    | 31/3/20    |
|-----------------------------|------------|------------|
|                             | £          | £          |
| Depreciation - owned assets | <u>411</u> | <u>548</u> |

**3. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2021 nor for the year ended 31 March 2020.

**Trustees' expenses**

During the year there was no expense to the trustees (2020: £NIL was paid for the trustees' travel expenses.).

**4. STAFF COSTS**

|                    | 31/03/21      | 31/03/20      |
|--------------------|---------------|---------------|
|                    | £             | £             |
| Wages and salaries | 12,900        | 12,500        |
| Pensions           | 200           | 191           |
|                    | <b>13,100</b> | <b>12,691</b> |

|                                                                         |          |          |
|-------------------------------------------------------------------------|----------|----------|
| The average monthly number of employees during the year was as follows: | 31/03/21 | 31/03/20 |
|                                                                         | 1        | 1        |

No employees received emoluments in excess of £60,000.

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES (year to 31.3.20)**

|                                    | Unrestricted<br>funds<br>£ | Restricted<br>fund<br>£ | Endowment<br>fund<br>£ | Total<br>funds<br>£ |
|------------------------------------|----------------------------|-------------------------|------------------------|---------------------|
| <b>INCOME AND ENDOWMENTS FROM</b>  |                            |                         |                        |                     |
| <b>Charitable activities</b>       |                            |                         |                        |                     |
| Barnet IAPT contract               | 305,251                    | -                       | -                      | 305,251             |
| Barnet Health Watch                | -                          | 1,000                   | -                      | 1,000               |
|                                    | <hr/>                      | <hr/>                   | <hr/>                  | <hr/>               |
| <b>Total</b>                       | 305,251                    | 1,000                   | -                      | 306,251             |
| <b>EXPENDITURE ON</b>              |                            |                         |                        |                     |
| <b>Charitable activities</b>       |                            |                         |                        |                     |
| Barnet IAPT contract               | 285,837                    | -                       | -                      | 285,837             |
| Barnet Health Watch                | -                          | 1,000                   | -                      | 1,000               |
| other resources expended           | 15,081                     | -                       | 548                    | 15,629              |
|                                    | <hr/>                      | <hr/>                   | <hr/>                  | <hr/>               |
| <b>Total</b>                       | 300,918                    | 1,000                   | 548                    | 302,466             |
|                                    | <hr/>                      | <hr/>                   | <hr/>                  | <hr/>               |
| <b>NET INCOME/(EXPENDITURE)</b>    | 4,333                      | -                       | (548)                  | 3,785               |
| <b>RECONCILIATION OF FUNDS</b>     |                            |                         |                        |                     |
| <b>Total funds brought forward</b> | 1,861                      | -                       | 2,193                  | 4,054               |
|                                    | <hr/>                      | <hr/>                   | <hr/>                  | <hr/>               |
| <b>TOTAL FUNDS CARRIED FORWARD</b> | <u>6,194</u>               | <u>-</u>                | <u>1,645</u>           | <u>7,839</u>        |

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**6. TANGIBLE FIXED ASSETS**

|                                   |                            |
|-----------------------------------|----------------------------|
|                                   | Computer<br>equipment<br>£ |
| <b>COST</b>                       |                            |
| At 1 April 2020 and 31 March 2021 | <u>7,216</u>               |
| <b>DEPRECIATION</b>               |                            |
| At 1 April 2020                   | 5,571                      |
| Charge for year                   | <u>411</u>                 |
| At 31 March 2021                  | <u>5,982</u>               |
| <b>NET BOOK VALUE</b>             |                            |
| At 31 March 2021                  | <u>1,234</u>               |
| At 31 March 2020                  | <u>1,645</u>               |

**7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|               |               |            |
|---------------|---------------|------------|
|               | 31/3/21       | 31/3/20    |
|               | £             | £          |
| Trade debtors | <u>70,230</u> | <u>500</u> |

**8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

|                                 |               |              |
|---------------------------------|---------------|--------------|
|                                 | 31/3/21       | 31/3/20      |
|                                 | £             | £            |
| Trade creditors                 | 67,813        | 6,309        |
| Social security and other taxes | 41            | (65)         |
| Pension                         | 39            | 40           |
| Accrued expenses                | <u>1,800</u>  | <u>1,800</u> |
|                                 | <u>69,693</u> | <u>8,084</u> |

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

9. MOVEMENT IN FUNDS

|                                           | At 1.4.20<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.21<br>£ |
|-------------------------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| General fund                              | 6,194          | 3,796                            | 9,990              |
| <b>Endowment funds</b>                    |                |                                  |                    |
| Grant for IT Equipment - CW<br>Foundation | 1,645          | (411)                            | 1,234              |
|                                           | <hr/>          | <hr/>                            | <hr/>              |
| <b>TOTAL FUNDS</b>                        | <u>7,839</u>   | <u>3,385</u>                     | <u>11,224</u>      |

Net movement in funds, included in the above are as follows:

|                                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 293,286                    | (289,490)                  | 3,796                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted                                | 1,000                      | (1,000)                    |                           |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (411)                      | (411)                     |
|                                           | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>                        | <u>294,286</u>             | <u>(290,901)</u>           | <u>3,385</u>              |

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**9. MOVEMENT IN FUNDS - continued**

**Comparatives for movement in funds (year to 31.3.20)**

|                                           | At 1.4.19<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.20<br>£ |
|-------------------------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| General fund                              | 1,861          | 4,333                            | 6,194              |
| <b>Endowment funds</b>                    |                |                                  |                    |
| Grant for IT Equipment - CW<br>Foundation | 2,193          | (548)                            | 1,645              |
|                                           | <hr/>          | <hr/>                            | <hr/>              |
| <b>TOTAL FUNDS</b>                        | <u>4,054</u>   | <u>3,785</u>                     | <u>7,839</u>       |

Comparative net movement in funds, included in the above are as follows: (year to 31.3.20)

|                                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 305,251                    | (300,918)                  | 4,333                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted                                | 1,000                      | (1,000)                    | -                         |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation |                            | (548)                      | (548)                     |
|                                           | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>                        | 306,251                    | (302,466)                  | 3,785                     |

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2021

**9. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined position is as follows: (24 months to 31.3.21)

|                                           | At 1.4.19<br>£ | Net<br>movement<br>in funds<br>£ | At<br>31.3.21<br>£ |
|-------------------------------------------|----------------|----------------------------------|--------------------|
| <b>Unrestricted funds</b>                 |                |                                  |                    |
| General fund                              | 1,861          | 8,129                            | 9,990              |
| <b>Endowment funds</b>                    |                |                                  |                    |
| Grant for IT Equipment - CW<br>Foundation | 2,193          | (959)                            | 1,234              |
|                                           | <hr/>          | <hr/>                            | <hr/>              |
| <b>TOTAL FUNDS</b>                        | <u>4,054</u>   | <u>7,170</u>                     | <u>11,224</u>      |

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows: (24 months to 31.3.21)

|                                           | Incoming<br>resources<br>£ | Resources<br>expended<br>£ | Movement<br>in funds<br>£ |
|-------------------------------------------|----------------------------|----------------------------|---------------------------|
| <b>Unrestricted funds</b>                 |                            |                            |                           |
| General fund                              | 598,537                    | (590,408)                  | 8,129                     |
| <b>Restricted funds</b>                   |                            |                            |                           |
| Restricted                                | 2,000                      | (2,000)                    | -                         |
| <b>Endowment funds</b>                    |                            |                            |                           |
| Grant for IT Equipment - CW<br>Foundation | -                          | (959)                      | (959)                     |
|                                           | <hr/>                      | <hr/>                      | <hr/>                     |
| <b>TOTAL FUNDS</b>                        | <u>600,537</u>             | <u>(593,367)</u>           | <u>7,170</u>              |

## **10. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2021 except, in relation to the IAPT contract, with the partner organisations: Meridian Wellbeing (formerly Chinese Mental Health Association - CMHA) and Farsophone Association in Britain.