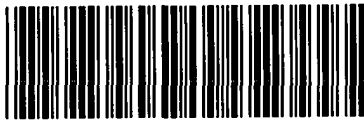


REGISTERED COMPANY NUMBER: 07292188 (England and Wales)
REGISTERED CHARITY NUMBER: 1149869

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

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COMPANIES HOUSE

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

Multilingual Wellbeing Services

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for the Year Ended 31 March 2023

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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 Triage, 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 Triage 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

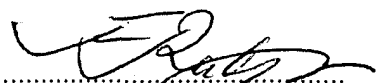
Plans for future periods

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

The notes form part of these financial statements

Multilingual Wellbeing Services
Balance Sheet
31 March 2023

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

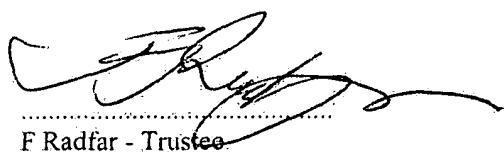
Multilingual Wellbeing Services

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

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

3. INCOME FROM CHARITABLE ACTIVITIES

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

4. CHARITABLE ACTIVITIES COSTS

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

Multilingual Wellbeing Services

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

5. SUPPORT COSTS

	Management £	Finance £	Other £	Totals £
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 £	31/3/22 £
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 £	31/03/22 £
Wages and salaries	14,051	12,900
Pensions	234	200
	14,285	13,100

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 funds £	Restricted fund £	Endowment fund £	Total funds £
INCOME AND ENDOWMENTS FROM				
Charitable activities				
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>
Total	289,753	800	-	290,553
EXPENDITURE ON				
Charitable activities				
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>
Total	286,626	800	309	287,735
NET INCOME/(EXPENDITURE)	3,127	-	(309)	2,818
RECONCILIATION OF FUNDS				
Total funds brought forward	9,990	-	1,234	11,224
TOTAL FUNDS CARRIED FORWARD	<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 equipment £
COST	
At 1 April 2022 and 31 March 2023	<u>7,216</u>
DEPRECIATION	
At 1 April 2022	6,291
Charge for year	<u>231</u>
At 31 March 2023	<u>6,522</u>
NET BOOK VALUE	
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 movement in funds £	At 31.3.23 £
Unrestricted funds			
General fund	13,117	3,312	16,429
Endowment funds			
Grant for IT Equipment - CW Foundation	925	(231)	694
TOTAL FUNDS	<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 resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	291,183	(287,871)	3,312
Restricted funds			
Restricted	800	(800)	-
Endowment funds			
Grant for IT Equipment - CW Foundation	-	(231)	(231)
TOTAL FUNDS	<u>291,983</u>	<u>(288,902)</u>	<u>3,081</u>

Comparatives for movement in funds

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