

Somaliland Mental Health Support Organization

ANNUAL REPORT AND ACCOUNTS

Year ended 5th April 2025

REGISTERED CHARITY NUMBER: 1152137



Somaliland Mental Health Support Organization
Annual Report and Accounts for the Year Ended 5TH APRIL 2025

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ANNUAL REPORT AND ACCOUNTS

Our annual report serves as both a reflection and a reminder of our purpose at SMHO. It provides an opportunity to assess our progress, refine our goals, and evaluate our direction. This year, we've focused on improving operations, enhancing service delivery, and reaffirming our commitment to success in supporting mental health within the Somali community and beyond.

Acknowledgements

SMHO was founded by individuals with personal experience of the significant challenges that mental health issues can cause. We are deeply aware of the unique struggles faced by BAME communities, particularly those who deal with trauma-related mental health conditions, such as PTSD, stemming from conflict and displacement.

Our mission is simple but powerful: No one should endure the pain of untreated mental health issues. This core belief fuels our daily efforts to ensure that the Somali community receives the support it needs. We are committed to advocating for improved mental health and highlighting its equal importance to physical health. Through our initiatives, we strive to educate both the Somali community in Cardiff and the people of Somaliland about the importance of mental well-being.

Our Mission

Our mission is to advocate for individuals facing mental health challenges, raise awareness within the community, and foster collaborations with stakeholders to promote holistic mental health initiatives. We are driven by core values that define our approach:

- **Compassionate:** We listen and aim to provide accessible, user-friendly services.
- **Responsive:** We adapt to meet the needs of those we serve.
- **Passionate:** We are dedicated to our cause and take pride in our work.
- **Inclusive:** We celebrate equality and diversity in service delivery to ensure we meet diverse needs.

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- Transparency and Accountability: We act with integrity and adhere to best practices in governance.

Registered Charity Number: 1152137

Office Registered:

Enterprise Unit 1,
Plas Iona, Loudoun Square,
Butetown,
Cardiff, CF10 5HW

Bank Registered:

The Royal Bank of Scotland
125 Bute Street
Cardiff Docks
CF10 5AE



Message from Our CEO

“This year, we saw resilience bloom in places long forgotten. From remote villages to bustling city centres, your support planted seeds of hope that are now growing strong. Thank you for walking this journey with us. Thanks to the lifesaving donors, 65% of our mental health patients reported reduced symptoms, but demand grew 45 % – we need your help to reach more.

One of the biggest challenges of the past 12 months has been securing a grant. Due to cost-of-living crisis and increased demands for grants applications, it's been most difficult for making a successful grant application. Despite this setback, we kept working on, kept doing our job of helping those who need our support, doing it smarter. As a result of this, we knocked more doors to collect donations, campaigned harder on socials and held more community events in Cardiff, Manchester, London and Bristol with large Somali population. We also attended more mosques to ask for donations from gatherers. Community engagement is in our hallmark.

All this is made possible because of our amazing volunteer, without their efforts, the charity would cease to exist. This report shows how your support transformed lives and more importantly the people behind the numbers.

Nassir Issa

CEO of Somaliland Mental Health Organisation

DIRECTORS AND TRUSTEES FOR THE YEAR ENDED ON 5TH APRIL 2025

The trustees of the Charity for the purpose of charity law and throughout this report are collectively referred to as trustees.

The appointed trustees are as follows: -

Adam Yussuf - Chair

Nasir Isse - Trustee

Abdirahman Mohamed Ahmed

Mohamoud Ali Abdi

Structure, Governance and Management

The Charity governing document is clearly set out in its Constitution.

The charity is a membership organization, and members of the charity can only be appointed as trustees. The Trustees of the organization actively consider how planned activities and events contribute to the aims and objectives set out in the organization's strategic plan.

The policies and procedures adopted for the induction and training of trustees.

All newly appointed Trustees are inducted by the Volunteer Coordinator and are given appropriate documents that contain their roles and responsibilities as referred to the guidance published by the Charities Commission.

Additional external training is also provided to all newly appointed Trustees when new opportunities become available. This is mainly designed to ensure that trustees follow the rules in the charity's governing document and to support them to fulfil their roles and responsibilities effectively.

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The organization's day-to-day responsibilities are delegated to the Volunteer Coordinator who manages the day-to-day operation of the charity to implement all operational and strategic decisions.

All decisions relating to the governance and management of the organization are taken and approved by the trustees.

Risk Assessment

The charity manages its exposure to unexpected risks that the charity may face such as adverse changes in funding and other adverse events that may have a significant impact or the potential to inhibit areas of its charity operations in developing and putting in place effective and efficient mitigating measures.

Those measures and systems are regularly monitored, reviewed and developed periodically in trustees' management committee's meetings

Internal risks are also continuously reviewed and appropriate measures are developed and implemented to safeguard the organization's resources and charitable activities. Therefore, every year we ensure the charity by insurance company to sustain the long term of organization performance.

TRUSTEES' REPORT

Objectives and Activities

A summary of the objects of the charity aims as set out in its governing document

This year has presented significant challenges for SMHO. The aftermath of the pandemic, the cost-of-living crisis, and Brexit have all severely impacted our income as a charity, creating new concerns and difficulties. One major setback has been the loss of funding for our one-to-one support services for individuals experiencing mental ill-health. These services are central to our mission, as SMHO was established 13 years ago specifically to address this critical need. Despite these challenges, individuals and their families, when they have family, continue to turn to SMHO for support in moments of acute mental distress.

SMHO was founded by individuals who have firsthand experience with the complex challenges of mental health issues. We understand the unique difficulties faced by BAME communities, particularly those whose mental health struggles are linked to trauma, including PTSD, conflict, and displacement.

Our work is driven by the belief that no one should suffer in silence with untreated mental health problems. This conviction underpins our daily efforts to ensure members of the Somali community receive the support they urgently need. We advocate tirelessly for better mental health, recognizing its equal importance to physical health.

In the past year, SMHO has relied on its small financial reserves to sustain its one-to-one support services and keep the organization running. This has included employing two part-time workers for limited hours to handle essential administration. However, this situation is unsustainable. Without new funding, we risk depleting our reserves entirely by the end of the year.

Despite these financial constraints, SMHO's work continues to make a significant impact. Our support helps prevent individuals from reaching crisis points, reduces hospital admissions,

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and minimizes relapses after treatment. In addition to aiding individuals in Wales, we extend support to patients and mental health workers in Somaliland. This work not only provides vital care but also generates cost savings for healthcare systems through reduced hospital stays and crisis interventions.

As the only Somali-led mental health organization in Wales and the primary mental health charity operating in Somaliland, SMHO remains a crucial resource for both communities. However, securing sustainable funding is essential to continue providing these life-changing services.

1. To improve the lives and well-being of Somalis suffering from mental illness problems in the community and in Somaliland by joint – up and holistic approach
2. To advocate for the needs of those with mental health problems
3. To educate members of the community and those in Somaliland about mental health issues
4. To foster working partnership with stakeholders in mental health issues

Organizational Core Values and Principles

1. **Compassionate** – we listen and endeavour to provide user-friendly services and support
2. **Responsive** – we are flexible, approachable to make a difference
3. **Passionate** – we are committed to what we are doing, and we enjoy doing them
4. **Inclusive** – we value equality and diversity in service delivery to meet diverse needs
5. **Transparency and Accountability** – we act with integrity and follow good governance and best practice

An explanation of the charity's strategies for Milestone Achievements

Ramadan Planning and Collaboration

Ramadan is the holy month of fasting; a time all Muslims experience a shared sacrifice of giving up on luxuries of life such as food. But for many poor people, they experience fasting almost every day without a choice and have no food to eat daily, let alone break their fasting. So, we gathered our volunteers and distributed food to the neediest in our cities in Somaliland. We provided a month's worth of goods, and this brought about immense pleasure to be doing something for those in need.

SMHO is rooted in the Somali traditional saying of 'Gacmo wadajir bay wax ku gabtaan' which is translated as 'United hands effort leads to success. This motivating message underlines the spirit in which the SMHSO team delivers its work. In short, we care to make a positive difference in the community we work with, especially those forgotten in our society, the needy. Through collaborative partnerships, community engagement, and unwavering dedication, we strive to create a brighter future for all.

THE HEARTBEAT BEHIND THE WORK

Our volunteers are the real heroes of our story; they are the backbone of the charity. They provide tremendous support and service for the charity, by providing their most asset, their time. They help us make every event special, engage with the community endlessly, help our



campaigns go from idea to reality. Their efforts resonate deeply with communities we serve both in Cardiff and Somaliland. This dedicated group of volunteers and partners continued their solid foundations laid on previous years, but working Harder, collecting donation boxes in Somali homes and local shops. Every penny they collect is like a drop of water, combining into a stream, to river.

The volunteers and partners work are vital in engaging with communities and gaining insights of community needs. They strengthen our values and mission statement, all the while ensuring they conduct themselves properly with dignity and integrity.

Patient Registration and Support Initiatives

SHUGRI'S STORY

Shugri, 31 from Burao, Somaliland faced immense challenges after giving birth, including PTSD, divorce, isolation, and financial hardship. She struggled with poverty and the stigma of being neglected by her community and family.

In March 2024, SMHSO was informed of her situation and took immediate action. We sent a doctor and a dedicated team to assess her condition, provide medical support, and guide her on the path to recovery. With consistent care and intervention, Shugri gradually regained her strength.

Today, she is in good health, caring for herself, her child, and her mother. She has expressed deep gratitude to SMHSO for stepping in during her time of need and supporting her journey to recovery. "This charity saved me from crisis", she stated joyfully

SMHSO is proud to have successfully completed this case, reaffirming our commitment to helping those in crisis.

Her story is not unique. According to World Health Organization (WHO) estimates, nearly 1 in 4 Somalis suffer from a mental health condition, one of the highest rates in the world. Yet less than 5% receive any form of care, due to stigma, lack of trained professionals, and the near-total absence of community-based mental health infrastructure. Women and youth are particularly affected, often facing layers of social isolation, poverty, and gender-based violence that worsen their mental distress.

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As a charity we are not alone, we have mutually supportive partnerships with Somaliland governments, universities and health agency in the country. We are in unique position in the country to lead initiatives with deep rooted cultural fluency and knowledge in healthcare.

The Somali community is in the throes of mental and social change. Our journey has been somewhat unconventional and never straightforward but our lasting impact that has followed has been uniquely splendid.

One of the toughest trials has been NOT reaching all those suffering from mental health with our limited resources available. But this isn't a setback, it has galvanised our effort even more. This is a challenge we are committed to tackling. We will continue to shine a beam of hope to those in darker shades of mental health.

Somaliland Mental Health Organization Benefit to Wales Community

The benefit presented to the Welsh community is primarily an increased understanding of mental health which in turn can promote members of the Somali community in Cardiff to better interact with services available as well as become better integrated into society. As previously mentioned, the Somali community often don't feel confident in approaching health care professionals or friends/family for support in relation to their mental health. This primarily brings down to the fear of how community members will view them, learnt behaviors that prevent vulnerability as well as a lack of understanding of their symptoms stemming from mental health issues (i.e. lack of appetite and fatigue because of depression).

This awareness raising strategy is particularly effective in promoting a positive relationship with mental health and how well-being is a vital part of ensuring an individual's health. Sessions will allow there to be social improvement. In addition, knowledge gained from the workshops is transferable and so individuals can easily pass on information learnt to family and friends. ultimately, the project facilitates members of the Somali community to rid the notion of mental health being a negative topic. Rather, with a better understanding of mental health and well-being, participants will encourage prioritization of wellbeing and in turn, better interact with society.

STATEMENT OF TRUSTEES' RESPONSIBILITIES:

The Charity Commission requires the trustees to prepare financial statements that give a true and fair view of the organization's financial activities during the year and its financial position at the end of each financial year.

In doing so, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Make judgments and reasonable and prudent judgments
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it's inappropriate to presume that the
- organization will continue in operation for the foreseeable future.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time, the financial position of the company and enable them to ensure that the financial comply with applicable laws, regulations and the trust deeds.

They are also responsible for safeguarding the assets of the organization and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities including money laundering.

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Signed on behalf of the trustees:

Mr. Adam Yusuf

Mr. Nasir Isse


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Chairman

Trustee

01-02-2026

01-02-2026

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF SOMALILAND MENTAL HEALTH SUPPORT ORGANIZATION

We have audited the financial statements of SOMALILAND MENTAL HEALTH SUPPORT ORGANIZATION for the year ended 5TH APRIL 2025, which comprise the Statement of Financial Activities which is also the Income and Expenditure Account, the Balance Sheet and the related notes. The financial reporting framework that has been applied to their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)

Respective responsibilities of directors and auditor

As explained more fully in the Trustees' Responsibilities Statement set out on page 4, the trustees are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the organisation's financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the group's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the directors; and the overall presentation of the financial statements.

Opinion on financial statements

In our opinion the financial statements:

- Give a true and fair view of the state of the charity affairs at 5TH APRIL 2025
- and of its incoming resources and application of resources, including its income and expenditure, for the year then ended 5TH APRIL 2025.
- The financial statements have been prepared in accordance with the statement of Recommended Practice-Accounting and reporting by charities (SORP2005) issued in March 2005.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the trustees' annual report for the financial year for which the charity's financial statements are prepared is consistent with the organisation's financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of the following:

Under the Companies Act 2006 we are required to consider whether we have identified any inconsistencies between our knowledge acquired during the audit and the directors' statement that they consider the annual report is fair, balanced and understandable and whether the annual report appropriately discloses those matters that we communicated to the trustees which we consider should have been disclosed.

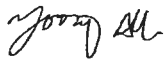
We are also required to report on whether we have not received all the information and explanations we require for our audit.

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As stated above, we have nothing to declare in regard to the above requirements.

Yousif Abdi – BA, ACCA certified accountant

Signature:



On behalf of Diamond Accounting Solutions

Date: 02/02/2026

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STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)
for the year ended 5TH APRIL 2025.

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 5TH APRIL 2025					
	Notes	UNRESTRICTED FUNDS	RESTRICTED FUNDS	TOTAL FUNDS	TOTAL FUNDS
	1			2025	2024
INCOME RESOURCES:		£	£	£	£
Donations and other income		76550		76550	32308
Grants					
TOTAL INCOME RESOURCES		76550		76550	32308
RESOURCES EXPENDED	2				
COSTS FOR GENERATING FUNDS					
Office Expenses		7255		7255	12945
Volunteers Expenses		4930		4930	0
Wages		7440		7440	10163
Insurance		0		0	
Media Expenses		799		799	532
Fundraising Expenses		0		0	
Assets Bought		715		715	
CHARITABLE EXPENDITURE					
Restricted Funds	3				
Unrestricted Funds	3	23800		23800	12540
TOTAL RESOURCES EXPENDED		44939		44939	36180

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BALANCE SHEET AS AT 5TH APRIL 2024
SOMALILAND MENTAL HEALTH SUPPORT

	NOTES	2025	2024
<u>FIXED ASSETS</u>			
COMPUTERS AND DONATION BOXES AT COST	4	5022	5022
LESS ACCUMULATED DEPRECIATION		-3895	-3648
NET BOOK VALUE		1127	1374
<u>CURRENT ASSETS</u>			
DEBTORS			
PREPAYMENTS			
CASH AT BANK & IN HAND		33688	5250
TOTAL CURRENT ASSETS		33688	5250
<u>CURRENT LIABILITIES</u>			
CREDITORS	5		-600
<u>NET ASSETS</u>		34815	6024
<u>FINANCED BY:</u>			
RESTRICTED FUNDS		0	0
UNRESTRICTED FUNDS		33688	5118
TOTAL		33688	5118

NOTES FORMING PART OF THE FINANCIAL STATEMENTS:

ACCOUNTING POLICIES:

1a) Financial statements have been prepared under the historical cost convention, except for investment, which are valued at the prevailing market prices. The financial statements have been prepared in accordance with the statement of Recommended Practice- Accounting and reporting by charities (SORP2005) issued in March 2005, applicable UK accounting Standards and the Companies Act 1985. The principal accounting policies adopted in the preparations of the financial statements are set out below.

1b) INCOMING RESOURCES:

Voluntary income includes donations, gifts, legacies and grants that provide core funding or are of general nature are recognised where there is entitlement, certainly of receipts and the amount can be measured with sufficient reliability. Such income is only deferred when:

- The Donor specified that the grant or donation must only be used in future accounting periods, or
- The Donor has imposed conditions, which must be met before the charity has unconditional entitlement.
- Income from commercial trading activities is recognised as earned as the related goods and services provided.
- Investment income is recognised on a receivable basis.

Income from charitable activities includes income received under contract or where entitlement to grant funding is subject to specific performance conditions is recognised as earned (as the related goods or services are provided). Grant income includes in the category provided funding to support performance activities and is

recognised where there is entitlement, certainly of receipts and the amount that can be measured with sufficient reliability.

- Income is deferred when admission fees or performance related grants are received in advance of the performance or event to which they relate.

1c) RESOURCES EXPENDED:

Expenditure is recognized when liability is incurred. Contractual agreements and performance-related grants are recognized as goods or services are supplied. Other grant payments are recognised when a constructive obligation arises that result in the payment being unavoidable.

- o The cost of generating funds are those costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.
- o Charitable activities including expenditure associated with the activities include the direct costs and support costs relating to these activities.
- o Governance costs include those incurred in the governance of the charity and its assets and are primarily associated with constitutional and statutory requirements.

1d) RESTRICTED FUNDS:

Restricted funds are to be used for specified purposes as lay down by the founder.

Direct and support

expenditure, which meets these criteria, is defined to the fund together with a fair allocation of other costs.

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1e) UNRESTRICTED FUNDS:

Unrestricted funds are funds received with no restrictions placed in their expenditure and are available as general funds.

- 1f)** Revenue grants are credited to incoming resources on the earlier of when they are received or when they are due.

Note 1

INCOMING RESOURCES:

INCOME RESOURCES:	UNRESTRICTED FUNDS	RESTRICTED FUNDS
Standing order	8680	
Donations	67530	
Community fundraise	0	
Zakat	0	
Grants	0	
Other income sources	340	
TOTAL INCOME SOURCES	76550	0

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NOTE 2

TOTAL RESOURCES EXPENDED

	UNRESTRICTED FUNDS	RESTRECTED FUNDS	TOTAL FUNDS
COSTS FOR GENERATING FUNDS			
Office Expenses	7255	0	7255
Volunteers Expenses	4930		4930
Wages	7440		7440
Insurance	0		0
Media Expenses	799	0	799
Fundraising Expenses	0		0
Assets Bought	715		715
CHARITABLE EXPENDITURE			0
			0
Restricted Funds			0
Unrestricted Funds	23800		23800
TOTAL RESOURCES EXPENDED	44939	0	44939

3) TANGIBLE FIXED ASSETS

Fixed assets costing more than £250 are capitalized and are shown at historical cost. Depreciation is provided, after taking into account of any grant's receivable.

Tangible fixed assets are depreciated at 20% reducing balance.

At Cost 05/04/2020		5022
Additions		715
Disposals		
Revaluation		
Transfers		
As at 5th April 2025		5737
Depreciation:		
Accumulated Depreciation as at 05/04/2024		-3648
Charge of the year at 5th April 2025		-300
Net Book Value at 05 April 2025		1789

4) CASH AT BANK AND IN HAND

The charity has a cash balance of £36163 in its bank account as at 5th April 2025.

2024	2025
£5250	£33688

5) CREDITORS

The association has correctly accrued for an unpaid invoice of £600, which related to works/ services that were carried out in the financial year ending 5TH APRIL 2025.

6) TAXATION

The charity is exempt from taxation under sections 466 to 493 of the Corporation Tax Act 2010

7) CASH FLOW STATEMENT

The charity has taken advantage of the exemption in Financial Reporting Standard No 1 from producing a cash flow statement on the grounds that it is a small charity.

8) EMPLOYMENT AND VOLUNTEERS COSTS
RE

2024	2025
£ 5910	£ 12370

9) TRUSTEES EXPENSES

The trustees neither received nor waived any emoluments during the period.

10) ANALYSIS OF NET ASSETS BETWEEN FUNDS

There was no transfers or virement of funds between funds and budgeted activities.

11) RELATED PARTIES:

There are no related parties.

We want to send heartfelt thanks to all those who donated to our charity and make our fight possible against mental health battle. We want to assure fully that all YOUR donations are used effectively and aligned with the charity's mission. Transparency helps build on the relationship between the organisation and donors. This ultimately aids us in expanding our reach and aiding more people as a result. It allows us to create a bond with the community and see firsthand how their donations are being utilised. Supporters in Wales were able to see the state of mental health in Wales and the imminent need for holistic support.

END

