

A mental health community hub run by its members



Gateshead Clubhouse

Worcester Green

Gateshead

NE8 1NH

gateshead.clubhouse@gmail.com

www.gatesheadclubhouse.com

0191 4409033

Registered Charity No. 1160853

Gateshead Clubhouse Trustees' Report / Gateshead Clubhouse CIO Financial Statements

For The Year Ended 31 March 2025

Gateshead Clubhouse CIO
Administration Information

For the year ended 31 March 2025

The Management Committee have pleasure in presenting their report and the un-audited Financial Statements for the year ended 31 March 2025

Reference and Administrative Details

Charity No 1160853

Address Worcester Green
Gateshead
Tyne & Wear
NE8 1NH

Accountant Mark Thompson MAAT
42 Lesbury Road
Heaton
Newcastle upon Tyne
NE6 5LB

Bankers Lloyds Bank
Gateshead

| | | |
|-----------------|-----------------|-----------|
| Trustees | Teresa Morley | Co-Chair |
| | William Scott | Secretary |
| | Terry Maher | |
| | Natalie McKeown | |
| | John Hillary | |

Advisors Andrew Jay – Mental Health Professional
Lorna Sherriff - Mental Health Professional

Gateshead Clubhouse CIO

Report of the Trustees for the Year Ended 31 March 2025

Objectives

Gateshead Clubhouse is a mental health community hub run entirely by its members. It has a community café with internet access for our members, we run various activities from the clubhouse as well as out in the community.

Summary

As in previous years, we believe that the Clubhouse continues to have a positive impact on the lives of its members. We have been seeing a reduction in the number of members reporting that they have experienced social isolation and many are noticeably engaging in more peer support activities and, as a result, their quality of life has improved.

Achievements

One of the most important reasons for the Clubhouse being in existence is linked to the problems that vulnerable people with mental health issues face with regards to social isolation. We have been very successful in terms of our high levels of peer support in a wide range of different ways including: -

- We have increasingly recognized the importance of the often unrecorded value of the way clubhouse members have been able to work together in their endeavours to support the clubhouse and its members. This can range from simply saying hello to someone to longer conversations with new and old members, to new friendships being forged.
- Group Activities (see below),
- Trips out, local and regional (see below)
- Reaching out to vulnerable members who face problems with social anxiety via text, email and telephone.
- Sign posting some of our members to other organisations, to enhance their personal and social skills.
- Catering provision: We have continued to provide cafe facilities run entirely by our members on a rota basis, providing nutritious meals and light snacks.

Our Overall Democratic Structure

Our overall democratic structure is based on a flat hierarchical approach. This ensures that all of our members have a genuine say in the running of the Clubhouse. This has continued to work well throughout the years. Three of the key elements: -

Monthly member's meetings, which have continued throughout the year, to keep members in the 'loop' about opening times, activities, café items etc. These discussions have provided useful opportunities to get their feedback, as a means of informing future plans and adapting our activities that reflect what our membership want to see made available.

Monthly Trustees Meetings

Our Trustees are elected annually by the membership, at the AGM, and possess a wide range of knowledge, expertise and skills (in addition to invaluable lived experience), drawn, in the main from the clubhouse membership, plus past and current mental health professionals. All strategic matters (including finances, funding, health & safety, risks etc.) relating to the Clubhouse are discussed in-depth at each meeting.

Clubhouse Members Reps Meetings

Our member reps (our members who have the aptitude, skills and time to provide their support) undertake the general operational and daily running management of the Clubhouse.

Trips and other group activities 2024 – 2025

We have experienced a marked increase in the number of activities / groups that have taken place over the year.

Trips

- 5th June Mystery Trip (10 members)
- 25th June Bury Market (5 members)
- 8th July Beamish Museum (15 members)
- 1st August Carlisle Market (9 members)
- 15th August Marsden (9 members)
- 18th August Whitby Regatta (12 members)
- 9th September Edinburgh (17 members)

Other Group Activities

- Gateshead Learning & Skills Art (30 sessions)
- Gateshead Learning & Skills Crafts (30 sessions)
- Gateshead Learning & Skills Bollywood (30 sessions)
- Mindfulness (33 sessions)
- Yoga with Sally (42 sessions)
- Hearing voices support group (20 sessions)
- NHS pride action north east drop in (7 sessions)
- Model building (6 sessions)
- Film Club (11 sessions)
- Gateshead Libraries drop ins (6 sessions, including nostalgia quizzes)
- Multiply Gateshead: Cooking skills (12 sessions)
- Multiply Gateshead Gateshead: Quizzes (4 sessions)
- Multiply Gateshead Crafts (6 sessions)
- Safe Space with MIND x10 times (started October 2025)

Christmas Day Community Dinner

For the 11th year, we provided a Christmas day meal for 26 people who would have otherwise have had nowhere to go on Christmas Day. Everyone was given an individual present. Our 5 regular Christmas Day volunteers also came along again to help out.

We would like to highlight the positive impact we have had for some of our members over another year, particularly around the flagging of safeguarding concerns and effective information sharing with support and social workers to keep our members safe and ensure swift and correct action was taken to protect them from harm.



Public Benefit Statement

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities as described above.

Financial Review

The financial position for the year shows net incoming funds of £56,421 and total outgoing resources of £45,008 with funds brought forward from last year of £10,251 the total funds carried forward are £21,664.

Risk Management:

The Trustees are examining the major risks, which the charity faces in relation to external factors, governance and management, internal operations and business. They are considering the likelihood and the impact of risks and are reviewing what systems should be in place to control and reduce those risks. The systems are being designed to provide reasonable, but not absolute, assurance against material loss or misstatement of loss.

Following the loss of our co-chair (a founding member and a driving force behind the financial and administration work of the Clubhouse), we have been reaching out for support in these areas.

A meeting with Connected Voice, regarding the services that they provide to assist charities in their work, led to them helping us to source a treasurer/ admin support, on the basis of providing assistance once a month, in the sense of buying in someone's expertise.

They identified one of our partner charities, Tyne View Health Club (previously Big Local Gateshead) who are in a similar situation and we are working together towards finding an individual who can assist us both and share their expertise and cost of their time.

Reserves Policy

It is the policy of the charity to try to build up unrestricted funds, which are free reserves of the charity, to a level that equates to approximately 6 months unrestricted expenditure. This will provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Plans for the Future include: -

- Hiring a treasurer
- Working with our partner Big Local Gateshead (now Tyne View Health Club).
- Increase the number of activities.
- Expand our membership
- Modernise the toilet facilities
- Assisting/supporting/ advising on the pilot of a new ADHD initiative in the local area, ran by one of our members and Mental Health Professional Advisors - Divergence.

Public Benefit Statement

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities as described above.

Risk Management:

The Trustees are examining the major risks, which the charity faces in relation to external factors, governance and management, internal operations and business. They are considering the likelihood and the impact of risks and are reviewing what systems should be in place to control and reduce those risks. The systems are being designed to provide reasonable, but not absolute, assurance against material loss or misstatement of loss.

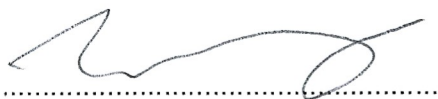
Reserves Policy

It is the policy of the charity to try to build up unrestricted funds, which are free reserves of the charity, to a level that equates to approximately 6 months unrestricted expenditure. This will provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Statement of Trustees' responsibilities

- Charity law requires the trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and its financial activities for that period. In preparing those financial statements, the Trustees are required to:
- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operational existence.
- The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 1993. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by the trustees and signed on their behalf by: -



Date...

11/12/25

INDEPENDENT EXAMINER'S REPORT

**Report to the
trustees of**

Gateshead Clubhouse CIO

**On accounts for
the year ended**

31 March 2025

Charity no 1160853

**Respective
responsibilities of
trustees and
examiner**

The trustees of the organisation are responsible for the preparation of accounts; they consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 and that an Independent Examination is needed.

It is my responsibility to

- examine the accounts (under section 145 of the 2011 Act),
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Act), and
- state whether particular matters have come to my attention.

**Basis of
independent
examiner's
statement**

My examination was carried out in accordance with General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the accounts.

**Independent
examiner's
statement**

In the course of my examination, no matter has come to my attention:

1. which gives me reasonable cause to believe that in, any material respect, the trustees have not met the requirements to ensure that:
 - proper accounting records are kept (in accordance with section 130 of the Act); and
 - accounts are prepared which agree with the accounting records and comply with the accounting requirements of the Act; or
2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Date: 19 November 2025

Name:

Mark Thompson MAAT

Address:

42 Lesbury Road
Newcastle
NE6 5LB

Gateshead Clubhouse CIO
Statement Of Financial Activities
For the year ended 31 March 2025

| | Unrestricted Funds 2025 | Restricted Funds 2025 | Total Funds 2025 | Total Funds 2024 |
|--|--|--------------------------------------|---------------------------------|---------------------------------|
| Incoming Resources | | | | |
| Grants | | 43200 | 43200 | 28865 |
| Donations | 22 | | 22 | 40 |
| Catering Income | 9552 | | 9552 | 8463 |
| Room Hire & Refreshments | 2014 | | 2014 | 2422 |
| Other Income | 1355 | | 1355 | 736 |
| Refunds | 278 | | 278 | 0 |
| Total Incoming Resources | <u>13221</u> | <u>43200</u> | <u>56421</u> | <u>40526</u> |
| Resources Expended | | | | |
| Activities & Events | 1231 | 6808 | 8039 | 7359 |
| Catering Costs | 10914 | 8862 | 19776 | 15199 |
| IT Costs | 74 | 376 | 450 | 429 |
| Insurance | 152 | 1677 | 1829 | 1630 |
| Equipment | 228 | | 228 | 710 |
| Legal & Professional Fees | 30 | | 30 | 728 |
| Licences, Affiliations & Subs | 23 | 207 | 230 | 0 |
| Maintenance & Refurbishment | 38 | 646 | 684 | 4777 |
| Sanitary & Cleaning | 1255 | 1311 | 2566 | 880 |
| Safety and Security | 0 | 412 | 412 | 840 |
| Stationery, Printing & Postage | 0 | 199 | 199 | 730 |
| Telephone & Internet | 155 | 741 | 896 | 784 |
| Travel Expenses | 222 | 1461 | 1683 | 2241 |
| Utilities | 534 | 6773 | 7307 | 13766 |
| Volunteer Expenses | | | 0 | 0 |
| Accountancy | 30 | 450 | 480 | 700 |
| Other Costs | 199 | | 199 | 1025 |
| Total Resources Expended | <u>15085</u> | <u>29923</u> | <u>45008</u> | <u>51798</u> |
| Net income (expenditure) for the year | -1864 | 13277 | 11413 | -11272 |
| Transfer between funds | | | 0 | |
| Funds b/fwd | 8203 | 2047 | 10250 | 21522 |
| Total Funds as at 31 March 2025 | <u>6339</u> | <u>15324</u> | <u>21663</u> | <u>10250</u> |

Gateshead Clubhouse CIO

Balance Sheet as at 31 March 2025

| | Notes | 2025 | | 2024 | |
|----------------------------|-------|-------|---------------------|-------|---------------------|
| | | £ | £ | £ | £ |
| Fixed Assets | | | | | |
| Tangible Fixed Assets | | | 0 | | 0 |
| Currents Assets | | | | | |
| Cash at bank and in hand | | 21663 | | 10250 | |
| Debtors & Prepayments | | 21663 | | 10250 | |
| Current Liabilities | | | | | |
| Net Current Assets | | | 21663 | | 10250 |
| Net Assets | | | 21663 | | 10250 |
| Funds | 4 | | | | |
| Restricted Funds | | | 15324 | | 2047 |
| General Funds | | | 6339 | | 8203 |
| | | | <u>21663</u> | | <u>10250</u> |

Approved by the Committee on 11/12/25

and signed on their behalf:



Teresa Morley Chair

Notes to the financial statements for the year ended 31 March 2025

1 Accounting Policies

1.1 Basis of preparation of accounts

The financial statements have been prepared in accordance with 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 2015) – Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006

The Gateshead Clubhouse meets the definition of a public benefit entity under FRS 102.

Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

1.2 Grant receivable and local authority fees

Grants received are accounted for on a receivable basis and credited to income. Any grants restricted to future accounting periods are deferred and recognised in those accounting periods.

1.3 Donations & Other Income

All income is accounted for when it is received.

1.4 Funds

Restricted funds comprise funds subject to specific restrictions imposed by donors and funders. The purpose and uses of the restricted reserves are set out in note 7 to the accounts. Unrestricted funds comprise funds which can be used in accordance with the charitable objectives at the discretion of the Management Committee.

1.5 Expenditure

All is included on the accruals basis and is recognised when there is a legal or constructive obligation to pay for expenditure. All costs have been directly attributed to one of the functional categories of resources expended in the SOFA. The charity is not registered for VAT and accordingly expenditure is shown gross of irrecoverable VAT.

2 Grants Received:

Restricted:

| | |
|--|--------------|
| The National Lottery Community Fund – Reaching Communities | 24000 |
| The National Lottery Community Fund – Awards For All | 19200 |
| Total Grants Received | 43200 |

3 Staff Costs & Trustee Expenses

No staff are directly employed by the charity.

No Trustees claimed any expenses during the financial year.

| 4 Restricted Funds | B/fwd | Income | Expend | C/fwd |
|--|-----------------|------------------|------------------|-----------------|
| GP Risk Statement Charges | 134 | | 18 | 116 |
| NLF Evaluation Fund | 1151 | | | 1151 |
| The National Lottery Community Fund – Reaching Communities | 33 | 24000 | 21539 | 2494 |
| The National Lottery Community Fund – Awards For All | 593 | 19200 | 8366 | 11427 |
| National Survivor | 137 | | | 137 |
| Total Restricted Funds | 2048 | 43200 | 29923 | 15325 |
| General Funds | 8203 | 13221 | 15085 | 6339 |
| Total Funds | 10251 | 56421 | 45008 | 21664 |