

Manju Shahul-Hameed Foundation For Mental Health

Charity No. 1176447

Trustees' Report and Unaudited Accounts

31 March 2025

Manju Shahul-Hameed Foundation For Mental Health
Contents

	Pages
Trustees' Annual Report	2
Independent Examiners Report	10
Statement of Financial Activities	11
Balance Sheet	12
Notes to the Accounts	13
Statement of Cash flows	18
Detailed Statement of Financial Activities	19 to 20

Manju Shahul-Hameed Foundation For Mental Health
Trustees Annual Report

The trustees present their report with the unaudited financial statements of the charity for the year ended 31 March 2025.

REFERENCE AND ADMINISTRATIVE DETAILS

Charity No. 1176447

Trustees

The following trustees served during the year:

Sajeev Bhaskaran

Saravanan Rajendran

Shajeena Shine

Toni Letts OBE

Key Management Personnel

Chair

Toni Letts OBE

Accountants

Borasana Limited

55 Jasmine Grove

London

SE20 8JY

Feeding the Homeless

Throughout the year, the Manju Shahul -Hameed Foundation has been dedicated to supporting the homeless community by organising monthly feeding events. These events not only provide essential nutrition but also foster a sense of community and connection among participants.

In the first quarter of the year, we held our feeding events on 5th April and 6th May. The April event supported over 100 individuals, thanks to the generous sponsorship from Spice Village and Grand Sapphire London. In May, we celebrated the King's coronation with a special cake -cutting ceremony, sponsored by the Indo Ceylon Spice Restaurant.

As we moved into the summer months, we continued our mission with an Eid celebration on 12th July, where we shared meals with the homeless, supported by Grand Sapphire Hotel & Banqueting and Spice Village. On 20th September, we celebrated Onam, at West Croydon Methodist Church, with the generous assistance of Crown and Pepper Restaurant.

On 18th October, the charity hosted another feeding event, receiving unwavering support from Uncle Lim's Kitchen, which helped us provide nourishing meals to those in need. On 8th November there was a special Diwali celebration, where we united in compassion and generosity, once more with the support of Uncle Lim's Kitchen, reminding us of the spirit of hope and kindness that transcends traditional festivities.

As we entered the festive season, on 20th December, we continued to extend warmth and care to the homeless. In addition to providing nourishing meals, we distributed sleeping bags and goodie bags filled with essential items. Our heartfelt gratitude goes to Crown and Pepper and Grand Sapphire Hotel & Banqueting for their food contributions, as well as to Liz Goumas and her family for their generous donation of sleeping bags, bringing comfort during the cold winter months.

We also organised events on 24th January 7th February, and 6th March, where the West Croydon Methodist Church transformed into a hub of warmth and care. These events were made possible through the generous sponsorship of the Ahmadiyya Muslim Community, highlighting the power of unity and collaboration in supporting our most vulnerable neighbours.

These monthly feeding sessions have not only provided essential sustenance but have also sparked a deeper appreciation for the blessings many of us take for granted. Each event serves as a poignant reminder of the importance of kindness, compassion, and generosity, shining brightly in challenging times. Together, we can continue to be a beacon of hope, offering support and understanding to those who are struggling.



Dementia Café

The Dementia Café, organized by the MSH Foundation, is held on the first Tuesday of every month at Coulsdon Methodist Church. It provides a warm and welcoming environment for individuals living with dementia, offering refreshments like tea, coffee, cakes, and sandwiches, alongside various entertainment and activities. The intergenerational aspect of the Café is a significant feature, fostering meaningful exchanges between generations.

In Quarter 1, the Café joined the **Jo Cox Foundation's** 'The Great Get Together' event on **4th April**, strengthening the bonds of community and togetherness. Attendees enjoyed lively conversations and singing activities, while the intergenerational theme between dementia patients and **John Ruskin College** students added another layer of connection. On **2nd May**, the Café celebrated the coronation of King Charles III with music and dancing, a fitting tribute to this historic moment. On **6th June**, a salsa dancing session made the Café even more vibrant, as attendees enjoyed learning dance routines while creating lasting memories.

In Quarter 2, the session featured afternoon tea and salsa dancing, led by Tessa on **4th July**. Special thanks were extended to **The National Lottery Community Fund** for their support, along with the ongoing contributions of **John Ruskin College**, Age UK Croydon, and the **London Fire Brigade**. On **1st August**, this free session brought together volunteers and the local community for another afternoon of fun. On **5th September**, attendees participated in light exercises and salsa, combining movement with laughter and a sense of community.

In Quarter 3, the Café provided its usual warm atmosphere with a focus on community support on **3rd October**. Volunteers and partners like the **Metropolitan Police Service**, **Alzheimer's Society** and **Age UK Croydon** were acknowledged for their invaluable contributions. On 7th November, the guests were welcomed with salsa dancing lead by Brenda. On **5th December**, a special Christmas-themed Dementia Café featured festive treats, singing, dancing, and a joyous sing-along. Performers from the PonSita School of Dance UK helped make the event particularly memorable, spreading holiday cheer to all.

In Quarter 4, the Dementia Café kicked off the year with a yoga session on **9th January**. Participants embraced calming stretches and breathing techniques lead by Kam. This session also celebrated "The Great Get Together," an initiative by the **Jo Cox Foundation**, encouraging connection and togetherness across generations. On **6th February & 5th March**, salsa dancing took centre stage, filling the Café with energy and joy as attendees learned new moves, bringing smiles to everyone involved. The enthusiasm of **John Ruskin College** and **London Fire Brigade** volunteers brought so much joy to our salsa session, making a profound impact on everyone involved.

The Dementia Café continues to be a space where individuals living with dementia can relax, engage, and experience moments of joy. Through the combined efforts of volunteers, partners, and the MSH Foundation, the Café fosters connection, creating a supportive and uplifting community for all involved.



Silver Sunday

Four years ago, our charity proudly launched Silver Sunday in Croydon with the aim of celebrating and supporting the elderly in our community. Since then, we have continued this special tradition each year, and it has grown into a key event that brings together different generations to honour the older members of society, fostering connections and combating loneliness.

This year's Silver Sunday afternoon tea was held at the Clocktower Café in Croydon on Sunday, **1st October 2023**, from **2 pm to 4 pm**. We were honoured by the presence of the Civic Mayor of Croydon, **Councillor Tony Pearson**, and were treated to wonderful performances by young talents **Shradha, Anush, Anaya**, and **Ayrin**.

In addition, our charity was recognised as one of the five winners of the **early registration competition across the UK**, a fantastic achievement made possible through the invaluable efforts of **Liz Goumas**, to whom we extend our heartfelt thanks.

This year marked the **fourth intergenerational Silver Sunday** in Croydon, continuing the tradition of bringing together younger and older generations for a day filled with joy, laughter, and a strong sense of community. We are immensely grateful to **Liz, Toni**, and everyone who worked behind the scenes to make the event so special and memorable.

Silver Sunday is a wonderful opportunity to foster a sense of belonging and community, connecting people across generations. Over the past four years, we have seen the positive impact this event has had, and we eagerly anticipate welcoming everyone again to this heartwarming celebration in the years to come.



Meet The MET

The **MSH Foundation**, in collaboration with **Croydon Commitment**, organised a **Meet the Met** event on **27th May** for individuals from BAME communities interested in pursuing a career with the Metropolitan Police Service. This event offered an opportunity for people aged **17 to 57** to explore recruitment as officers, helping the police force better reflect the diversity of the society it serves. Attendees had the chance to engage with representatives from the **Metropolitan Police** and learn more about the role, while enjoying an informal lunch at Taste of India.



Free Community Counseling Service

During the week starting **15th May**, our charity, in collaboration with Croydon Drop In – Counseling, Advice and Health Education for Young People, provided a **free community counseling service** for individuals aged **10 to 25**. This initiative, held as part of **Mental Health Awareness Week 2023**, aimed to offer additional support to those in need.

The counseling sessions were available both **Online** and **in-person**, taking place after school hours and on **Saturday mornings**, ensuring they were accessible to a wider audience. A variety of therapeutic approaches were offered to cater to the diverse needs and preferences of participants. This service proved invaluable for those dealing with the everyday challenges of life, as well as individuals requiring more focused support for ongoing mental health struggles.



Suicide First Aid Lite

On the **16th of June** at John Ruskin College, The MSH Foundation organised a suicide first aid lite that gave learners knowledge on how to have a caring conversation that could save a life. The meeting taught young people the theory of suicide intervention skills that could be applied in any setting for anyone seeking greater understanding and confidence to communicate with people at risk of suicide.



Love Not Hate

On **17th June**, our charity, in collaboration with **John Ruskin College**, hosted the annual **Love Not Hate fundraising picnic**. The event featured a wide variety of activities and performances, including **music, dance, dance workshops, makeup sessions, massage, chakra dancing and meditation, a wellbeing zone, yoga**, as well as numerous **food and drink stalls, face painting, and crafts**.

More than **30 businesses and community groups** set up stalls, and the event showcased an impressive array of talents, covering many different art forms. The turnout was fantastic, with a large crowd in attendance, and a significant amount of money was raised in support of **The MSH Foundation**. The success of the **Love Not Hate** event was made possible thanks to the tireless efforts of the **stallholders, volunteers, organisers, and performers**.

A group of dedicated volunteers from our charity, alongside students from **John Ruskin College**, had the privilege of visiting the **UK House of Commons** to present a donation of **£2,050** to the **Jo Cox Foundation**. We are incredibly grateful to **Kim Leadbeater MP** for graciously accepting the cheque on behalf of the Jo Cox Foundation.

The **Love Not Hate 2024** event, held on the 2nd of March at **Whitgift School**, was a powerful demonstration of unity, talent, and community spirit, aimed at supporting those affected by knife crime. The day featured an unforgettable showcase of Croydon's finest young talents, with dancers, singers, instrumentalists, rappers, gymnasts, and even boxers captivating the audience. Panel sessions between performances encouraged open dialogue about knife crime, providing a platform for different perspectives and insights. Schools such as **Shirley High School, Croydon High School, Brit School, and Legacy Youth Zone** participated, adding further inspiration and hope. With over 150 performers and more than 50 volunteers, including children working behind the scenes, the event ran smoothly, thanks to their dedication and generous sponsorship from various individuals and organisations.

With **600 guests** in attendance, the event raised an impressive **£5216.60** for the **Civic Mayor of Croydon's charities** and the **Manju Shahul-Hameed Foundation for Mental Health**. The overwhelming support from the community showcased Croydon's unwavering spirit of solidarity and determination to tackle issues such as knife crime. The event served as a beacon of hope, proving that through unity, love, and collective action, meaningful change can be made to heal and support those impacted by such violence.



Intergenerational Care Event

On **18th October**, our charity, in collaboration with **Croydon BME Forum and John Ruskin College**, proudly hosted a highly successful intergenerational care event as part of **Black History Month**, marking its fourth consecutive year. This popular event provided young people with the opportunity to engage with and learn about Black History, fostering a deeper understanding and appreciation of the contributions of the Black community. Meanwhile, older attendees enjoyed a pampering session, receiving beauty and hair treatments from John Ruskin College students. The joyful atmosphere was elevated further when many of the elders confidently participated in a photoshoot organised by students from the Creative Arts and Media department.

The event garnered overwhelmingly positive feedback, creating a profound sense of connection and community across generations. A special thanks goes to **Meenakshi**, a dedicated 14-year-old, and her mother **Smitha**, whose efforts were instrumental in ensuring the day's success. The wonderful experience shared by both the elders and the students has left us eagerly anticipating next year's event, where we look forward to continuing the celebration of culture, community, and creativity.



Mental Health Awareness

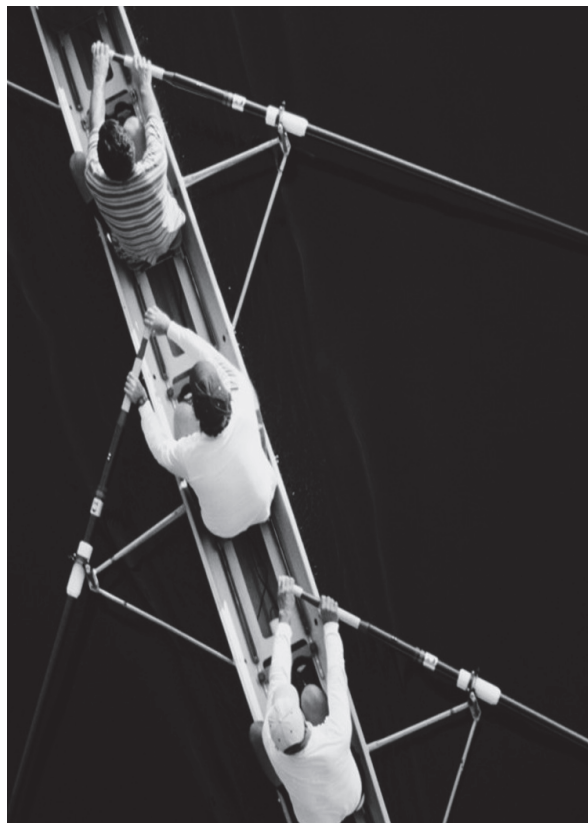
On **14th July**, our charity organised **Suicide First Aid training** for young people at **John Ruskin College**, a first for Croydon. The training received positive feedback, with participants expressing increased confidence in identifying and intervening with individuals at risk of suicide. We extend our heartfelt thanks to **The National Lottery Community Fund** and **Steve Carr** for providing the online training. A follow-up session took place on **14th July at Croydon Fire Station**, in partnership with **Croydon Drop-in**, with ongoing support from the **London Fire Brigade**.

Additionally, we hosted a **FREE 2-day Mental Health First Aid training** at **Croydon Fire Station** on **25th and 26th July**, which was well-received by attendees, many of whom recommended it to their colleagues and requested more sessions in the future. We are grateful to **Mo Hussain**, **Charmaine King**, and our partners for making these sessions possible. On **World Suicide Prevention Day on 10th September**, we joined the movement by promoting the **Zero Suicide Alliance's** free online training, encouraging everyone to learn how to spot suicide warning signs and guide those in need towards further support. This year the theme was 'Creating Hope Through Action' Health Awareness

Our Supporters

The Manju Shahul-Hameed Foundation for Mental Health owes its existence to the invaluable support of businesses and our dedicated funders. We extend our heartfelt gratitude to the following for their generosity during the period from April 2023 to March 2024.

- The National Lottery Community Fund
- John Ruskin College
- Age UK Croydon
- London Fire Brigade
- Metropolitan Police Service
- Alzheimer's Society
- Jo Cox Foundation
- Croydon BME Forum
- Ahmadiyya Muslim Community
- Grand Sapphire
- Spice Village
- Indo Ceylon Spice
- Crown and Pepper
- Uncle Lim's Kitchen
- Taste of India
- Clocktower Café



Statement of trustees' responsibilities in relation to the financial statements

The charity trustees are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The trustees are responsible for keeping proper accounting records that 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 2011, the applicable Charities (Accounts and Reports) Regulations, and the provisions of the Trust deed. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the charity's trustees

Toni Letts OBE

Trustee

27 May 2025

Independent Examiner's Report to the trustees of Manju Shahul-Hameed Foundation For Mental Health

I report to the trustees on my examination of the financial statements of Manju Shahul-Hameed Foundation For Mental Health for the year ended 31 March 2025.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

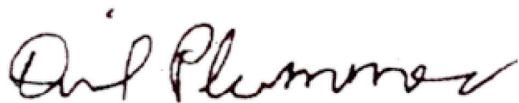
I report in respect of my examination of the charity's financial statements carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- the accounting records were not kept in respect of the charity as required by section 130 of the Act; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the applicable requirements concerning the form and content of financial statements set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination.

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 financial statements to be reached.



Borasana Limited
55 Jasmine Grove
London

SE20 8JY
27 May 2025

Manju Shahul-Hameed Foundation For Mental Health

Statement of Financial Activities

for the year ended 31 March 2025

		Unrestricted	Restricted		
		funds	funds	Total funds	Total funds
		2025	2025	2025	2024
	Notes	£	£	£	£
Income and endowments from:					
Donations and legacies	3	13,923	60,420	74,343	5,592
Charitable activities	4	1,390	-	1,390	-
Other trading activities	5	-	-	-	1,521
Total		15,313	60,420	75,733	7,113
Expenditure on:					
Raising funds	6	-	4,056	4,056	817
Charitable activities	7	-	12,216	12,216	6,813
Other	8	7,295	30,980	38,275	6,881
Total		7,295	47,252	54,547	14,511
Net gains on investments		-	-	-	-
Net income/(expenditure)		8,018	13,168	21,186	(7,398)
Transfers between funds		-	-	-	-
Net income/(expenditure) before other gains/(losses)		8,018	13,168	21,186	(7,398)
Other gains and losses					
Net movement in funds		8,018	13,168	21,186	(7,398)
Reconciliation of funds:					
Total funds brought forward		8,632	-	8,632	16,030
Total funds carried forward		16,650	13,168	29,818	8,632

Manju Shahul-Hameed Foundation For Mental Health**Balance Sheet**


at 31 March 2025

Charity No. 1176447

		2025 £	2024 £
Current assets			
Cash at bank and in hand		34,396	8,632
		<u>34,396</u>	<u>8,632</u>
Creditors: Amount falling due within one year	10	(4,578)	-
		<u>29,818</u>	<u>8,632</u>
Net current assets		29,818	8,632
Total assets less current liabilities		<u>29,818</u>	<u>8,632</u>
Net assets excluding pension asset or liability		<u>29,818</u>	<u>8,632</u>
Total net assets		<u>29,818</u>	<u>8,632</u>
 The funds of the charity			
Restricted funds	11		
Restricted income funds		13,168	-
		<u>13,168</u>	<u>-</u>
Unrestricted funds	11		
General funds		16,650	8,632
		<u>16,650</u>	<u>8,632</u>
Reserves	11		
Total funds		<u>29,818</u>	<u>8,632</u>

Approved by the trustees on 31 March 2025

And signed on their behalf by:



Toni Letts OBE

Trustee

27 May 2025

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014 and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Change in basis of accounting or to previous accounts

There has been no change to the accounting policies (valuation rules and method of accounting) since last year and no changes have been made to accounts for previous years.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
Volunteer help	The value of any volunteer help received is not included in the accounts.
Investment income	This is included in the accounts when receivable.
Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.

Notes to the Accounts

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

Notes to the Accounts

2 Statement of Financial Activities - prior year

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total funds 2024 £
Income and endowments from:			
Donations and legacies	5,592	-	5,592
Other trading activities	1,521	-	1,521
Total	7,113	-	7,113
Expenditure on:			
Raising funds	817	-	817
Charitable activities	3,493	3,320	6,813
Other	6,881	-	6,881
Total	11,191	3,320	14,511
Net income	(4,078)	(3,320)	(7,398)
Net income before other gains/(losses)	(4,078)	(3,320)	(7,398)
Other gains and losses:			
Net movement in funds	(4,078)	(3,320)	(7,398)
Reconciliation of funds:			
Total funds brought forward	12,710	3,320	16,030
Total funds carried forward	8,632	-	8,632

3 Income from donations and legacies

Unrestricted	Restricted	Total 2025	Total 2024
£	£	£	£
13,923	-	13,923	4,522
-	60,420	60,420	1,070
13,923	60,420	74,343	5,592

4 Income from charitable activities

Unrestricted	Total 2025	Total 2024
£	£	£
1,390	1,390	-
1,390	1,390	-

Notes to the Accounts

5 Income from other trading activities

Total 2025	Total 2024
£	£
-	1,521
-	1,521

6 Expenditure on raising funds

Restricted	Total 2025	Total 2024
£	£	£
<i>Fundraising trading costs</i>		
4,056	4,056	817
4,056	4,056	817

7 Expenditure on charitable activities

Restricted	Total 2025	Total 2024
£	£	£
<i>Expenditure on charitable activities</i>		
12,216	12,216	6,813
12,216	12,216	6,813

8 Other expenditure

	Unrestricted	Restricted	Total 2025	Total 2024
	£	£	£	£
Employee costs	7,295	18,280	25,575	4,120
Motor and travel costs	-	1,412	1,412	104
Premises costs	-	375	375	36
General administrative costs	-	4,481	4,481	2,387
Legal and professional costs	-	6,432	6,432	234
	7,295	30,980	38,275	6,881

9 Staff costs

	2025	2024
Salaries and wages	25,523	-
	25,523	-

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

Notes to the Accounts

10 Creditors:

amounts falling due within one year

	2025	2024
	£	£
Other taxes and social security	3,478	-
Accruals	1,100	-
	<u>4,578</u>	<u>-</u>

11 Movement in funds

	At 1 April 2024	Incoming resources (including other gains/losses) £	Resources expended £	At 31 March 2025 £
Restricted funds:				
Restricted income funds:				
National Lottery Community Fund	-	19,920	(8,300)	11,620
The Global Fund	-	30,000	(27,165)	2,835
Postcode Society Trust	-	10,500	(11,787)	(1,287)
<i>Total</i>	<u>-</u>	<u>60,420</u>	<u>(47,252)</u>	<u>13,168</u>
Unrestricted funds:				
General funds	8,632	15,313	(7,295)	16,650
Total funds	<u>8,632</u>	<u>75,733</u>	<u>(54,547)</u>	<u>29,818</u>

Purposes and restrictions in relation to the funds:

Restricted funds:

National Lottery Community

Fund

The Global Fund

Postcode Society Trust

12 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total £
Net current assets	21,186	8,632	29,818
	<u>21,186</u>	<u>8,632</u>	<u>29,818</u>

Manju Shahul-Hameed Foundation For Mental Health**Statement of Cash flows****for the year ended 31 March 2025**

	2025	2024
	£	£
Cash flows from operating activities		
Net income/(expenditure) per Statement of Financial Activities	21,186	(7,398)
Adjustments for:		
Other gains/losses	-	-
Increase in trade and other payables	4,578	-
Net cash provided by/(used in) operating activities	<u>25,764</u>	<u>(7,398)</u>
Net cash from investing activities	<u>-</u>	<u>-</u>
Net cash from financing activities	<u>-</u>	<u>-</u>
Net increase/(decrease) in cash and cash equivalents	25,764	(7,398)
Cash and cash equivalents at the beginning of the year	8,632	16,030
Cash and cash equivalents at the end of the year	<u>34,396</u>	<u>8,632</u>
Components of cash and cash equivalents		
Cash and bank balances	34,396	8,632
	<u>34,396</u>	<u>8,632</u>

Manju Shahul-Hameed Foundation For Mental Health

Detailed Statement of Financial Activities

for the year ended 31 March 2025

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income and endowments from:				
Donations and legacies	13,923	-	13,923	4,522
	-	60,420	60,420	1,070
	13,923	60,420	74,343	5,592
Charitable activities	1,390	-	1,390	-
	1,390	-	1,390	-
Other trading activities	-	-	-	1,521
	-	-	-	1,521
Total income and endowments	15,313	60,420	75,733	7,113
Expenditure on:				
Costs of other trading activities	-	4,056	4,056	817
	-	4,056	4,056	817
Total of expenditure on raising funds	-	4,056	4,056	817
Charitable activities	-	12,216	12,216	6,813
	-	12,216	12,216	6,813
Total of expenditure on charitable activities	-	12,216	12,216	6,813
Employee costs				
Salaries/wages	7,295	18,228	25,523	-
Staff training	-	52	52	4,120
	7,295	18,280	25,575	4,120
Motor and travel costs				
Vehicles - General costs	-	15	15	-
Travel and subsistence	-	1,397	1,397	104
	-	1,412	1,412	104
Premises costs				
Rates	-	375	375	-
Premises repairs and maintenance	-	-	-	36
	-	375	375	36
General administrative costs, including depreciation and amortisation				

Manju Shahul-Hameed Foundation For Mental Health
Detailed Statement of Financial Activities

Bank charges	-	-	-	74
General insurances	-	-	-	96
Information and publications	-	816	816	-
Software, IT support and related costs	-	2,920	2,920	1,810
Stationery and printing	-	745	745	641
	-	4,481	4,481	2,621
Legal and professional costs				
Audit/Independent examination fees	-	1,100	1,100	-
Other legal and professional costs	-	5,332	5,332	-
	-	6,432	6,432	
Total of expenditure of other costs	7,295	30,980	38,275	6,881
Total expenditure	7,295	47,252	54,547	14,511
Net gains on investments	-	-	-	-
Net income/(expenditure)	8,018	13,168	21,186	(7,398)
Net income/(expenditure) before other gains/(losses)	8,018	13,168	21,186	(7,398)
Other Gains	-	-	-	-
Net movement in funds	8,018	13,168	21,186	(7,398)
Reconciliation of funds:				
Total funds brought forward	8,632	-	8,632	16,030
Total funds carried forward	16,650	13,168	29,818	8,632