

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION

England & Wales · Charity number 1183635

Details

Status Registered

Legal form CIO

Registered 2019-05-29

Register [View on the Charity Commission register](#)

Contact

Address 4th Floor
18 St. Cross Street
London
EC1N 8UN

Phone 07508026641

Email ewuradjoasbt@yahoo.co.uk,

Activities

Objects: TO PRESERVE AND PROTECT PHYSICAL AND MENTAL HEALTH FOR THE BENEFIT OF THE PUBLIC BY RAISING AWARENESS AND ADDRESSING STIGMA WORLDWIDE

Activities: One-on-one confidential services. Signposting to education for courses designed for mental health services. Referral pathway to other services appropriate to mental health needs Signposting for assistance and support for people with mental illnesses and their families.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes
- **Who:** Children/young People, The General Public/mankind

Geography

- **Area of benefit:** WORLDWIDE
- Ghana
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£8,543	£10,233	-	-
2024-03-31	£117,118	£118,299	-	-
2023-03-31	£123,180	£117,519	-	-
2022-03-31	£81,630	£80,440	-	-
2021-03-31	£18,420	£14,840	-	-

Trustees

Name	Role	Appointed
ANN-MARY FRIMPONG-MAINOO		2020-04-29
EWURADJOA NUTAKOR		2024-01-10
LINDA KWAKYE		2020-06-22

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION

England & Wales - Charity number 1183635

Accounts

Report and Financial Statements

For the Year Ended 31/03/2025

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION
Registered Charity No: **1183635**

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees: Ewuradjoa Nutakor
Ann-Mary Frimpong-Mainoo
Linda Kwakye

Registered Office: 4th Floor
18 ST Cross Street
London
EC1N 8UN

Charity Number: 1183635

Accountants: Jacob Manu & Co
64 Broadway
Stratford
London
E15 1NT

Bankers: Barclays Bank
Leicestter
LE87 2BB

REPORT OF THE TRUSTEES

The Trustees present the Annual Report and financial statements of Charity for the year ended 31/03/2025. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (revised 2005) in preparing the Annual Report and Financial Statements of the charity/company. The Report and Financial Statements also comply with the Companies Act 2006.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal status and Governing document

The objects and powers of the Charity were established in the Constitution of the charity and the charity is governed by it. The trustees are responsible for arranging and organising Annual General Meetings - AGM.

Appointment

The Trustees who held office during the financial year and at the date of this report are set out on page 3. The Trustees are elected by the charity in accordance with the rules set out in the Constitution. The method of appointment of the Board of trustee is also set out in the Charity Constitution.

About Besstel

Empirical evidence suggests people from Black and Minority Ethnic (BAME) communities have some of the poorest mental and emotional health outcomes in the United Kingdom due social and cultural barriers including belief systems, language, and religion. These factors have significant influences on this population accessing mental and emotional health services and therefore contribute to the extensive inequalities of access to support.

Significant proportions of the BAME communities in the Greater London area suffer from stress conditions triggered by social and economic conditions such as unemployment, immigration issues, poor housing, low incomes, and discrimination. These are key drivers of stress conditions such as anxiety and depression, panic attacks, suicidal ideation, self-harm, and aggressive behaviours. These are also a basis for such contextual problems such as drug

and alcohol abuse, domestic violence, eating disorders, poor educational and employment outcomes.

The principal objective of the Besstel Child and Adult Psychiatric Foundation (BCAPF) is therefore to support this population, particularly those from African descent, to dismantle these barriers through a programme of direct community engagement, early interventionist and preventative support work. This service is delivered through a community-approach model predicated on the community support network common in most African communities.

BCAPF provides this support through a delivery structure based on a team of Outreach workers from the BAME community with a range of community support experience as well as a volunteer corp.

Besstel has developed close partnerships structures with key community anchors in the Black African community such as churches, social and community organisations, local radio, and TV networks as well as tenant associations using community champions.

The use of Support Groups by the Outreach team provides opportunities for service users and their families to have significant ownership of the delivery process, including its content. Service users and families are encouraged to share experiences and on managing and coping with stress conditions in group dynamic or one to one sessions.

Sessions are delivered and supported by volunteer professionals such as psychiatrists, nutritionists, counsellors and therapists.

Besstel also runs an emergency phone support line currently operated by volunteers to ensure that those in need would be able to contact us. The project is also supported by a part-time administrator with responsibility for managing the referral system as well as post contact support including family/carer support

Besstel Child & Adult Psychiatric Foundation Trustees Annual Report & Financial Statements 31/03/2025

BCAPF organises monthly Group Support sessions on the 3rd Sunday of every month, between 1700-1930 in Hackney, Kingsmead Community Centre, 9A Kingsmead Way, London, E9 5QD; and on the 1st Sunday of every month between 1700-1930 in South London, Walworth Road Methodist Church, 54 Camberwell Road, London, SE5 0EW. This currently covers the geographical space of North, south and East London.

The organisation provides the following assistance to the beneficiaries

- One-on-one confidential services
 - Referrals appropriate support or specialist services
 - Education, training and guidance on awareness and coping strategies
 - Support for families unable to cope with living with someone with mental or emotional health conditions

Besstel is working to deliver the following key service outcomes:

1. Improvement in the levels of awareness in mental and emotional health in the Black African populations in BAME communities in the Greater London area. This is to be delivered through an intensive education and community engagement programme.
2. Reduce the levels of inequalities of access to mental and emotional health services through the provision of direct community support and engagement.
3. Reduce levels of community isolation and exclusion of people in the BAME community with mental and emotional health problems.
4. Improve levels of community cohesion through the development of partnerships across key social networks
5. Reduce levels of contextual problems, such as drug and alcohol abuse and domestic violence, pervasive in households.
6. Reduce the incidence of exacerbation of mental and emotional health problems requiring the need to access acute or clinical services.

The Charity is managed by Trustees with a wealth of knowledge around mental health issues, and they ensure that systems, policies and procedures are properly embedded, managed and delivered. They oversee a monitoring and review practice to ensure the Charity delivers its core mandates, outcomes, visions and policies through monthly review meetings. The monthly meetings also include practice reviews to identify any emerging safeguarding issues or risks and to ensure these are duly mitigated and properly managed.

Vision, Mission

- The vision of the Foundation is to ensure vulnerable people within Greater London's BAME communities with mental and emotional health problems have access to the best primary care through a programme of community support.
- *Raise financial and other resources to support the delivery of services to vulnerable people with mental and emotional health problems across the Greater London area.*

A summary of the result of the charity activities during the period is given in the Statement of Financial Activities on page 13. The charity's total income amounted to £8,543. The income was spent judiciously to achieve the Charity's objectives.

Volunteers

Without the selflessness, hard work, and dedication of our volunteers, we couldn't have achieved our aims and objectives. The volunteers contribute greatly to the running of the charity and enable it to fulfill its objectives. We would therefore like to thank all the volunteers who work so hard to make our charity the lively and vibrant community it is. The valuable contribution of time, energy, and expertise of the Charity members has helped the charity and community to achieve so much and this is well appreciated.

Financial Review

The book values of the assets held at the year-end are, in the opinion of the Board of Trustees, as stated in the financial statements. Our principal source of funds comes from the generous donations of committed members and from organisations that have the same

objectives and passion for mental health as we do. Total receipts from unrestricted funds were £ 8,543, of which £10,233 was spent on promoting charitable activities.

Reserves Policy

The Trustees have identified the need for reserves to be held as developing a reserves policy will assist in strategic planning such as in considering how new projects or future activities will be funded. To ensure sustainability and continuity of funding future activities, the trustees plan to have unrestricted funds to cover at least 3 months of unrestricted payments. This policy will be reviewed regularly to meet the charitable needs of the organization.

Investment Policy

The Trustees have the power to invest in such assets as they see fit. The charity's investment policy is appropriate to the nature of the funds for which the investment is held. The primary investment aim is to provide a high degree of security and liquidity and to maximize returns whilst adopting a conservative approach.

ACHIEVEMENT AND PERFORMANCE

The organisation is working closely with the mental health organisations overseas including psychiatric hospitals, media and other community associations to raise the awareness of mental health and address the stigma by organising training for the existing staff in the psychiatric hospitals and mental health organisations to improve their knowledge and attitude to the mental health patient. The organisation also has started meeting the media overseas to raise the awareness and to dispel the idea that mental health is demonic and it cannot be healed but to show them that it is illness and with right attitude, resources and process, they can be cured from the mental health problems.

Covid19 Support

Besstel has been supporting people in need since the pandemic and it still continues to ensure people are supported and ease their financial burden occasioned by the effect of the pandemic.

Pandemic

Since 2017, Besstel has developed a keen interest in developing a service model that could support the BAME population with mental and emotional health difficulties but with poor access to primary support. This project therefore marked Besstel's introduction into service delivery to support the large BAME community in South London with mental and emotional health difficulties.

As part of the planning phase, Besstel undertook a large exploratory community engagement project with several BAME community groups and hubs particularly churches and social groupings (such as national and special interest associations) as well as with individuals.

Our explorative background research identified distinctive strands of mental and emotional health difficulties across the older and younger cohorts. Within the older adult cohort the key issues relate to anxiety, depression, panic attacks, worry management issues, irritability, self-harm and suicidal ideation.

Among the young cohort, there was extensive evidence of issues relating to eating disorders, body dysmorphia, self-harm, self-esteem, confidence, and self-worth.

The episodes of mental and emotional ill health were exacerbated by the onset of Covid-19 in March 2024 following the extensive lockdown which disproportionately affected the BAME communities. Besstel took the opportunity to support the community.

Charitable objects

To preserve and protect physical and mental health for the benefit of the public by raising awareness and addressing stigma worldwide

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity Commission requires the Trustees, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the year's end, of its incoming resource during that period. In preparing those financial statements, the Trustees are required to:

- Prepare trustees annual reports and submitting annual returns forms and accounts
- Comply with the rules of the charity as set out in the governing document
- Ensure the charity is run carefully, by making sure it :
- Uses its charitable funds and assets wisely to further its charitable aims
- Does not do anything to put its property, funds , assets or reputation at risk
- Takes appropriate care and advice when investing or borrowing money.

INDEPENDENT EXAMINER

Jacob Manu & Co has expressed their willingness to continue in service and a resolution on this would be put to the Board of Trustees at the forth-coming Annual General Meeting.

STATEMENT OF DISCLOSURES

a) So far as the Trustees are aware, there is no relevant information of which the Charity Independent Examiners are unaware, and

b) They have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant information and to establish that the organisation's Independent Examiners are aware of that information.

By order of the Board of Trustees

.....
Linda Kwakye
Trustee

Date: 23/01/2026

INDEPENDENT EXAMINERS' REPORT FOR THE YEAR ENDED 31 MARCH 2025

We have examined the financial statements on pages 16 to 19 for the year period 31 March 2025 which comprises the statement of financial activities. The financial statement has been prepared under the historical cost convention and the accounting policies set out therein.

The report is made solely to the Charity's Trustees, as a body, in accordance with Section 44 of the Charities Act 1993. The Trustees of the charity are of a general opinion that an audit is not required in accordance with Section 43(2) of the 1993 Act, and have opted for an independent examination instead.

Respective responsibilities of trustees and independent examiners

The Trustees, have responsibilities for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards. These are set out in the Statement of Trustees' Responsibilities in the Report of the Trustees.

Our responsibilities as independent examiners of the charity are:

1. to examine the books and accounts of the charity in compliance with Section 43 of the 1993 Act;
2. to strictly adhere to the general directions provided by the Charity Commission under Section 43(7)(b) of the Charities Act 1993; and
3. to state whether matters have come to our attention in the course of our examination.

We report to you whether the financial statements have properly been prepared in accordance with the United Kingdom Generally Accepted Accounting Practice, the Companies Act 2006, and in accordance with the Charities Act 1993.

We also report to you whether the information given in the Trustees' Report is consistent with the financial statements. We consider the implications of our report if we become aware of any apparent misstatements or material inconsistencies with the financial statements.

In addition, we report to you if the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our work, or if

information specified by law regarding trustees' remuneration and other transactions with the charity is not disclosed.

Basis of opinion

Our examination was carried out in accordance with the General Directions provided by the Charity Commission. The examination includes a review of the books and documents and other accounting records kept by the charity and comparing these with the accounts presented.

Our examination also includes consideration of any unusual disclosures or items in the accounts and seeking explanations from the Trustees. It is imperative to state here that the procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. Our report is therefore limited to the statements below:

Independent examiners' statement

In connection with our examination, we report that no matter has come to our attention, which gives cause to believe that the following have not been met:

1. Keeping proper accounting records in accordance with Sections 386 and 387 of the Companies Act 2006.
2. Preparing accounts that accord with the underlying accounting records and are in compliance with the Companies Act 2006, the United Kingdom Generally Accepted Accounting Practice (UK GAAP), the Statements of Recommended Practice (SORP)—Accounting and Reporting by Charities, and the Charities Act 1993.
3. Consistency of the information in the Trustees' Report with the financial statements.

..... Date: ...23..... Day of.....January.....2026

Jacob Manu & Co
Chartered Certified Accountants
65 Broadway, Stratford, London, E15 1NT

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDED 31 MARCH 2025

	RESTRICTED <u>INCOME</u>	UNRESTRICTED <u>INCOME</u>	2025 <u>TOTAL</u>	2024 <u>TOTAL</u>
Incoming Resources				
Grants and Awards	0	8,543	8,543	111,200
Other income	0		0	5,918
Total Incoming Resources		8,543	8,543	117,118
Resources Expended				
Cost of Activities		10,233	10,233	117,519
Total Resources Expended		10,233	10,233	117,519
Net In(out)Resources				
		(1,690)	(1,690)	(1,181)
Net Movement in Funds		(1,690)	(1,690)	(1,181)
Funds b/f 1.4.2024	8,560	1,962	10,522	11,703
			0	0
Funds c/f 31.3.2025	8,560	272	8,832	10,522

BALANCE SHEET AS AT 31/03/2025

	<u>NOTES</u>	<u>2025</u> £	<u>2024</u> £
Tangible Fixed Assets	3	2,090	2,090
Current Assets			
Bank/Cash	7	7,242	8,432
		<u>7,242</u>	<u>8,432</u>
Creditors			
Amount falling due with one year	8	500	0
		<u>500</u>	<u>0</u>
Net Current Assets		6,742	8,432
Total Assets		<u>8,832</u>	<u>10,522</u>
Funds			
Restricted Funds	12	8,560	8,560
Unrestricted Funds	13	272	1,962
		<u>8,832</u>	<u>10,522</u>

Signature

Position

Date

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2025
Registered Charity Number 1183635

1 ACCOUNTING POLICIES

The principal accounting policies which have been adopted are set out below:-

2 BASIS OF ACCOUNTING

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP 2005) issued in January 2005.

3 INCOMING RESOURCES

Voluntary income includes grants that provide core funding or are of general nature and are recognized in full in the Statement of Financial Activities in the year in which they are receivable, except when the donors specify that the grant given must be used in a future accounting period, the income is deferred until those periods.

Incoming resources from charitable activities include income received under contract or where entitlement to grant funding is subject to specific conditions to deliver and is recognized whereas the service is provided.

Other income is accounted for on a cash basis.

4 RESOURCES EXPENDED

Expenditure is recognized when the liability is incurred.

- Cost of generating funds is those incurred in attracting voluntary income
- Charitable activities include expenditures associated with delivery of services and include both direct costs and support costs relating to each service.
- Governance costs include the costs of charity, including strategic planning for its future development, independent examination, any legal advice and all costs of complying with the constitutional and statutory requirements, such as costs of Trustees and the preparation of statutory accounts.
- Support costs include overhead and other costs not directly attributable to a particular function and apportioned over the relevant activity on the basis of

management estimates consistency with the use of the resources e.g., staff cost by time spent, property costs by floor space, and other costs by their usage.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2025
Registered Charity Number 1183635

5 TAXATION

The organization is a charitable institution with exemption from UK taxation under section 505 of the Income and Corporation Taxes Act 1988.

6 TANGIBLE NON-CURRENT ASSETS

The organization's non-current assets include musical instruments, and they are depreciated on straight line basis

7 FUND ACCOUNTING

Unrestricted funds are grants, donation and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are funds that can only be used for specific purposes as laid down by the donor. Expenditure, which meets this criterion, is charged to the fund, together with a fair allocation of management and support costs.

Designated funds are funds set aside by trustees out of unrestricted general funds for specific future purposes or relate to grants given specifically for the purchase of assets where the use is not restricted. The aim and use of each of the designated fund is set out in the notes to the financial statements.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2025
Registered Charity Number 1183635

	2025	2024
INCOME:	£	
Grant- Reaching out community	0	111,200
JUSTGIVING	1,830	0
Donations	6,713	5,918
Total Income	<u>8,543</u>	<u>117,118</u>
EXPENDITURE:		
Rent/Rate/Hall hire	0	1,496
Telephone/Internet/website	1,855	4,271
Travel/Transport -Volunteers	1,883	2,012
Groceries shopping -Door to door	2,268	17,883
Video/advertising	0	1,500
Donations	340	357
Volunteer expenses	100	16,236
Postage/Stationery	616	701
Outreach-Insight	2,522	66,200
Sundry	149	314
Professional fees	500	7,329
TOTAL EXPENSES	<u>10,233</u>	<u>118,299</u>
SURPLUS/DEFICIT	<u>-1,690</u>	<u>-1,181</u>

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION

England & Wales - Charity number 1183635

Accounts

Report and Financial Statements

For the Year Ended 31/03/2024

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION
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Linda Kwakye

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Besstel Child & Adult Psychiatric Foundation Trustees Annual Report & Financial Statements 31/03/2024

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STATEMENT OF DISCLOSURES

a) So far as the Trustees are aware, there is no relevant information of which the Charity Independent Examiners are unaware, and

b) They have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant information and to establish that the organisation's Independent Examiners are aware of that information.

By order of the Board of Trustees

.....
Linda Kwakye
Trustee

Date: 12/12/2024

INDEPENDENT EXAMINERS' REPORT FOR THE YEAR ENDED 31 MARCH 2024

We have examined the financial statements on pages 16 to 19 for the year period 31 March 2024 which comprises the statement of financial activities. The financial statement has been prepared under the historical cost convention and the accounting policies set out therein.

The report is made solely to the Charity's Trustees, as a body, in accordance with Section 44 of the Charities Act 1993. The Trustees of the charity are of a general opinion that an audit is not required in accordance with Section 43(2) of the 1993 Act, and have opted for an independent examination instead.

Respective responsibilities of trustees and independent examiners

The Trustees, have responsibilities for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards. These are set out in the Statement of Trustees' Responsibilities in the Report of the Trustees.

Our responsibilities as independent examiners of the charity are:

1. to examine the books and accounts of the charity in compliance with Section 43 of the 1993 Act;
2. to strictly adhere to the general directions provided by the Charity Commission under Section 43(7)(b) of the Charities Act 1993; and
3. to state whether matters have come to our attention in the course of our examination.

We report to you whether the financial statements have properly been prepared in accordance with the United Kingdom Generally Accepted Accounting Practice, the Companies Act 2006, and in accordance with the Charities Act 1993.

We also report to you whether the information given in the Trustees' Report is consistent with the financial statements. We consider the implications of our report if we become aware of any apparent misstatements or material inconsistencies with the financial statements.

In addition, we report to you if the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our work, or if

information specified by law regarding trustees' remuneration and other transactions with the charity is not disclosed.

Basis of opinion

Our examination was carried out in accordance with the General Directions provided by the Charity Commission. The examination includes a review of the books and documents and other accounting records kept by the charity and comparing these with the accounts presented.

Our examination also includes consideration of any unusual disclosures or items in the accounts and seeking explanations from the Trustees. It is imperative to state here that the procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. Our report is therefore limited to the statements below:

Independent examiners' statement

In connection with our examination, we report that no matter has come to our attention, which gives cause to believe that the following have not been met:

1. Keeping proper accounting records in accordance with Sections 386 and 387 of the Companies Act 2006.
2. Preparing accounts that accord with the underlying accounting records and are in compliance with the Companies Act 2006, the United Kingdom Generally Accepted Accounting Practice (UK GAAP), the Statements of Recommended Practice (SORP)—Accounting and Reporting by Charities, and the Charities Act 1993.
3. Consistency of the information in the Trustees' Report with the financial statements.

..... Date: ...12..... Day of.....December.....2024

Jacob Manu & Co
Chartered Certified Accountants
65 Broadway, Stratford, London, E15 1NT

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDED 31 MARCH 2024

	RESTRICTED <u>INCOME</u>	UNRESTRICTED <u>INCOME</u>	2024 <u>TOTAL</u>	2023 <u>TOTAL</u>
Incoming Resources				
Grants and Awards	111,200	0	111,200	118,380
Other income	0	5,918	5,918	4,800
Total Incoming Resources	111,200	5,918	117,118	123,180
Resources Expended				
Cost of Activities	112,381	5,918	118,299	117,519
Total Resources Expended	112,381	5,918	118,299	117,519
Net In(out)Resources	(1,181)	0	(1,181)	5,661
Net Movement in Funds	(1,181)	0	(1,181)	5,661
Funds b/f 1.4.2023	9,741	1,962	11,703	6,042
Funds c/f 31.3.2024	8,560	1,962	10,522	11,703

BALANCE SHEET AS AT 31/03/2024

	<u>NOTES</u>	<u>2024</u> £	<u>2023</u> £
Tangible Fixed Assets	3	2,090	2,090
Current Assets			
Bank/Cash	7	8,432	12,113
		8,432	12,113
Creditors			
Amount falling due with one year	8	0	2,500
Net Current Assets		8,432	9,613
Total Assets		10,522	11,703
Funds			
Restricted Funds	12	8,560	9,741
Unrestricted Funds	13	1,962	1,962
		10,522	11,703

Signature

Position

Date

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2024
Registered Charity Number 1183635

1 ACCOUNTING POLICIES

The principal accounting policies which have been adopted are set out below:-

2 BASIS OF ACCOUNTING

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP 2005) issued in January 2005.

3 INCOMING RESOURCES

Voluntary income includes grants that provide core funding or are of general nature and are recognized in full in the Statement of Financial Activities in the year in which they are receivable, except when the donors specify that the grant given must be used in a future accounting period, the income is deferred until those periods.

Incoming resources from charitable activities include income received under contract or where entitlement to grant funding is subject to specific conditions to deliver and is recognized whereas the service is provided.

Other income is accounted for on a cash basis.

4 RESOURCES EXPENDED

Expenditure is recognized when the liability is incurred.

- Cost of generating funds is those incurred in attracting voluntary income
- Charitable activities include expenditures associated with delivery of services and include both direct costs and support costs relating to each service.
- Governance costs include the costs of charity, including strategic planning for its future development, independent examination, any legal advice and all costs of complying with the constitutional and statutory requirements, such as costs of Trustees and the preparation of statutory accounts.
- Support costs include overhead and other costs not directly attributable to a particular function and apportioned over the relevant activity on the basis of management estimates consistency with the use of the resources e.g., staff cost by time spent, property costs by floor space, and other costs by their usage.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2024
Registered Charity Number 1183635

5 TAXATION

The organization is a charitable institution with exemption from UK taxation under section 505 of the Income and Corporation Taxes Act 1988.

6 TANGIBLE NON-CURRENT ASSETS

The organization's non-current assets include musical instruments, and they are depreciated on straight line basis

7 FUND ACCOUNTING

Unrestricted funds are grants, donation and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are funds that can only be used for specific purposes as laid down by the donor. Expenditure, which meets this criterion, is charged to the fund, together with a fair allocation of management and support costs.

Designated funds are funds set aside by trustees out of unrestricted general funds for specific future purposes or relate to grants given specifically for the purchase of assets where the use is not restricted. The aim and use of each of the designated fund is set out in the notes to the financial statements.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2024
Registered Charity Number 1183635

	2024	2023
INCOME:	£	
Grant- Reaching out community	111,200	118,380
Donations	5,918	4,800
Total Income	117,118	123,180
 EXPENDITURE:		
Rent/Rate/Hall hire	1,496	3,037
Telephone/Internet/website	4,271	5,821
Travel/Transport -Volunteers	2,012	10,788
Groceries shopping -Door to door	17,883	32,263
Video/advertising	1,500	4,801
Donations	357	1,020
Volunteer expenses	16,236	850
Postage/Stationery	701	752
Outreach-Insight	66,200	50,500
Sundry	314	1,352
Professional fees	7,329	7,065
TOTAL EXPENSES	118,299	118,249
 SURPLUS/DEFICIT	 -1,181	 4,931

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION

England & Wales - Charity number 1183635

Accounts

Report and Financial Statements

For the Year Ended 31/03/2023

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION
Registered Charity No: **1183635**

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Statement of financial activities	13
Balance sheet	14
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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees: Fendi Taylor
Ann-Mary Frimpong-Mainoo
Linda Kwakye

Registered Office: 4th Floor
18 ST Cross Street
London
EC1N 8UN

Charity Number: 1183635

Accountants: Jacob Manu & Co
64 Broadway
Stratford
London
E15 1NT

Bankers: Barclays Bank
Leicestter
LE87 2BB

REPORT OF THE TRUSTEES

The Trustees present the Annual Report and financial statements of Charity for the year ended 31/03/2023. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (revised 2005) in preparing the Annual Report and Financial Statements of the charity/company. The Report and Financial Statements also comply with the Companies Act 2006.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal status and Governing document

The objects and powers of the Charity were established in the Constitution of the charity and the charity is governed by it. The trustees are responsible for arranging and organising Annual General Meetings - AGM.

Appointment

The Trustees who held office during the financial year and at the date of this report are set out on page 3. The Trustees are elected by the charity in accordance with the rules set out in the Constitution. The method of appointment of the Board of trustee is also set out in the Charity Constitution.

About Besstel

Empirical evidence suggests people from Black and Minority Ethnic (BAME) communities have some of the poorest mental and emotional health outcomes in the United Kingdom due social and cultural barriers including belief systems, language, and religion. These factors have significant influences on this population accessing mental and emotional health services and therefore contribute to the extensive inequalities of access to support.

Significant proportions of the BAME communities in the Greater London area suffer from stress conditions triggered by social and economic conditions such as unemployment, immigration issues, poor housing, low incomes, and discrimination. These are key drivers of stress conditions such as anxiety and depression, panic attacks, suicidal ideation, self-harm, and aggressive behaviours. These are also a basis for such contextual problems such as drug

and alcohol abuse, domestic violence, eating disorders, poor educational and employment outcomes.

The principal objective of the Besstel Child and Adult Psychiatric Foundation (BCAPF) is therefore to support this population, particularly those from African descent, to dismantle these barriers through a programme of direct community engagement, early interventionist and preventative support work. This service is delivered through a community-approach model predicated on the community support network common in most African communities.

BCAPF provides this support through a delivery structure based on a team of Outreach workers from the BAME community with a range of community support experience as well as a volunteer corp.

Besstel has developed close partnerships structures with key community anchors in the Black African community such as churches, social and community organisations, local radio, and TV networks as well as tenant associations using community champions.

The use of Support Groups by the Outreach team provides opportunities for service users and their families to have significant ownership of the delivery process, including its content. Service users and families are encouraged to share experiences and on managing and coping with stress conditions in group dynamic or one to one sessions.

Sessions are delivered and supported by volunteer professionals such as psychiatrists, nutritionists, counsellors and therapists.

Besstel also runs an emergency phone support line currently operated by volunteers to ensure that those in need would be able to contact us. The project is also supported by a part-time administrator with responsibility for managing the referral system as well as post contact support including family/carer support

Besstel Child & Adult Psychiatric Foundation Trustees Annual Report & Financial Statements 31/03/2023

BCAPF organises monthly Group Support sessions on the 3rd Sunday of every month, between 1700-1930 in Hackney, Kingsmead Community Centre, 9A Kingsmead Way, London, E9 5QD; and on the 1st Sunday of every month between 1700-1930 in South London, Walworth Road Methodist Church, 54 Camberwell Road, London, SE5 0EW. This currently covers the geographical space of North, south and East London.

The organisation provides the following assistance to the beneficiaries

- One-on-one confidential services
 - Referrals appropriate support or specialist services
 - Education, training and guidance on awareness and coping strategies
 - Support for families unable to cope with living with someone with mental or emotional health conditions

Besstel is working to deliver the following key service outcomes:

1. Improvement in the levels of awareness in mental and emotional health in the Black African populations in BAME communities in the Greater London area. This is to be delivered through a programme of intense education and community engagement.
2. Reduce the levels of inequalities of access to mental and emotional health services through the provision of direct community support and engagement.
3. Reduce levels of community isolation and exclusion of people in the BAME community with mental and emotional health problems.
4. Improve levels of community cohesion through the development of partnerships across key social networks
5. Reduce levels of contextual problems such as drug and alcohol abuse and domestic violence pervasive in households.
6. Reduce the incidents of the exacerbation of mental and emotional health problems requiring the need to access acute or clinical services.

The Charity is managed by Trustees with a wealth of knowledge around mental health issues and they ensure that systems, policies and procedures are properly embedded, managed and delivered. They oversee a monitoring and review practice to ensure the Charity delivers its core mandates, outcomes, visions and policies through monthly review meetings. The monthly meetings also include practice reviews to identify any emerging safeguarding issues or risks and to ensure these are duly mitigated and properly managed.

Vision, Mission

- The vision of the Foundation is to ensure vulnerable people within Greater London's BAME communities with mental and emotional health problems have access to the best primary care through a programme of community support.
- *Raise financial and other resources to support the delivery of services to vulnerable people with mental and emotional health problems across the Greater London area.*

A summary of the result of the charity activities during the period is given in the Statement of Financial Activities on page 13. The total income of the charity amounted to £ 82,630. The income was spent judiciously to meet the objectives of the Charity.

Volunteers

Without the selflessness, hard work, and dedication of our volunteers, we couldn't have achieved our aims and objectives. The volunteers contribute greatly to the running of the charity and enable it to fulfill its objectives. We would therefore like to thank all the volunteers who work so hard to make our charity the lively and vibrant community it is. The valuable contribution of time, energy, and expertise of the Charity members has helped the charity and community to achieve so much and this is well appreciated.

Financial Review

The book values of the assets held at the year-end are, in the opinion of the Board of Trustees, as stated in the financial statements. Our principal source of funds comes from the generous donations of committed members and from organizations that have the same

objectives and passion for mental health as us. Total receipts on unrestricted funds were £81,630 of which £80,440 was spent to promote charitable activities.

Reserves Policy

The Trustees have identified the need for reserves to be held as developing a reserves policy will assist in strategic planning such as in considering how new projects or future activities will be funded. To ensure sustainability and continuity of funding future activities, the trustees plan to have unrestricted funds to cover at least 3 months of unrestricted payments. This policy will be reviewed regularly to meet the charitable needs of the organization.

Investment Policy

The Trustees have the power to invest in such assets as they see fit. The charity's investment policy is appropriate to the nature of the funds for which the investment is held. The primary investment aim is to provide a high degree of security and liquidity and to maximize returns whilst adopting a conservative approach.

ACHIEVEMENT AND PERFORMANCE

The organisation is working closely with the mental health organisations overseas including psychiatric hospitals, media and other community associations to raise the awareness of mental health and address the stigma by organising training for the existing staff in the psychiatric hospitals and mental health organisations to improve their knowledge and attitude to the mental health patient. The organisation also has started meeting the media overseas to raise the awareness and to dispel the idea that mental health is demonic and it cannot be healed but to show them that it is illness and with right attitude, resources and process, they can be cured from the mental health problems.

Covid19 Support

Besstel has been supporting people in need since the pandemic and it still continues to ensure people are supported and ease their financial burden occasioned by the effect of the pandemic.

Pandemic

Since 2017, Besstel has developed a keen interest in developing a service model that could support the BAME population with mental and emotional health difficulties but with poor access to primary support. This project therefore marked Besstel's introduction into service delivery to support the large BAME community in South London with mental and emotional health difficulties.

As part of the planning phase, Besstel undertook a large exploratory community engagement project with several BAME community groups and hubs particularly churches and social groupings (such as national and special interest associations) as well as with individuals.

Our explorative background research identified distinctive strands of mental and emotional health difficulties across the older and younger cohorts. Within the older adult cohort the key issues relate to anxiety, depression, panic attacks, worry management issues, irritability, self-harm and suicidal ideation.

Among the young cohort, there was extensive evidence of issues relating to eating disorders, body dysmorphia, self-harm, self-esteem, confidence, and self-worth.

The episodes of mental and emotional ill health were exacerbated by the onset of Covid-19 in March 2022 following the extensive lockdown which disproportionately affected the BAME communities. Besstel took the opportunity to support the community.

Charitable objects

To preserve and protect physical and mental health for the benefit of the public by raising awareness and addressing stigma worldwide

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity Commission requires the Trustees, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the year's end, of its incoming resource during that period. In preparing those financial statements, the Trustees are required to:

- Prepare trustees annual reports and submitting annual returns forms and accounts
- Comply with the rules of the charity as set out in the governing document
- Ensure the charity is run carefully, by making sure it :
- Uses its charitable funds and assets wisely to further its charitable aims
- Does not do anything to put its property, funds , assets or reputation at risk
- Takes appropriate care and advice when investing or borrowing money.

INDEPENDENT EXAMINER

Jacob Manu & Co has expressed their willingness to continue in service and a resolution on this would be put to the Board of Trustees at the forth-coming Annual General Meeting.

STATEMENT OF DISCLOSURES

a) So far as the Trustees are aware, there is no relevant information of which the Charity Independent Examiners are unaware, and

b) They have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant information and to establish that the organisation's Independent Examiners are aware of that information.

By order of the Board of Trustees

.....
Linda Kwakye
Trustee

Date: 17/04/2024

INDEPENDENT EXAMINERS' REPORT FOR THE YEAR ENDED 31 MARCH 2023

We have examined the financial statements on pages 16 to 19 for the year period 31 March 2023 which comprises the statement of financial activities. The financial statement has been prepared under the historical cost convention and the accounting policies set out therein.

The report is made solely to the Charity's Trustees, as a body, in accordance with Section 44 of the Charities Act 1993. The Trustees of the charity are of a general opinion that an audit is not required in accordance with Section 43(2) of the 1993 Act, and have opted for an independent examination instead.

Respective responsibilities of trustees and independent examiners

The Trustees, have responsibilities for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards. These are set out in the Statement of Trustees' Responsibilities in the Report of the Trustees.

Our responsibilities as independent examiners of the charity are:

1. to examine the books and accounts of the charity in compliance with Section 43 of the 1993 Act;
2. to strictly adhere to the general directions provided by the Charity Commission under Section 43(7)(b) of the Charities Act 1993; and
3. to state whether matters have come to our attention in the course of our examination.

We report to you whether the financial statements have properly been prepared in accordance with the United Kingdom Generally Accepted Accounting Practice, the Companies Act 2006, and in accordance with the Charities Act 1993.

We also report to you whether the information given in the Trustees' Report is consistent with the financial statements. We consider the implications of our report if we become aware of any apparent misstatements or material inconsistencies with the financial statements.

In addition, we report to you if the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our work, or if

information specified by law regarding trustees' remuneration and other transactions with the charity is not disclosed.

Basis of opinion

Our examination was carried out in accordance with the General Directions provided by the Charity Commission. The examination includes a review of the books and documents and other accounting records kept by the charity and comparing these with the accounts presented.

Our examination also includes consideration of any unusual disclosures or items in the accounts and seeking explanations from the Trustees. It is imperative to state here that the procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. Our report is therefore limited to the statements below:

Independent examiners' statement

In connection with our examination, we report that no matter has come to our attention, which gives cause to believe that the following have not been met:

1. Keeping proper accounting records in accordance with Section 386 and 387 of the Companies Act 2006.
2. Preparing accounts that accord with the underlying accounting records and are in compliance with the Companies Act 2006, the United Kingdom Generally Accepted Accounting Practice (UK GAAP), the Statements of Recommended Practice (SORP)—Accounting and Reporting by Charities, and the Charities Act 1993.
3. Consistency of the information in the Trustees Report with the financial statements.

..... Date: ...17..... Day of.....April.....2024

Jacob Manu & Co
Chartered Certified Accountants
1 Mark Street, Stratford, London, E15 4G

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDED 31 MARCH 2023

	RESTRICTED <u>INCOME</u>	UNRESTRICTED <u>INCOME</u>	2023 <u>TOTAL</u>	2022 <u>TOTAL</u>
Incoming Resources				
Grants and Awards	118,380	0	118,380	61,980
Other income	0	4,800	4,800	19,650
Total Incoming Resources	118,380	4,800	123,180	81,630
Resources Expended				
Cost of Activities	112,719	4,800	117,519	80,440
Total Resources Expended	112,719	4,800	117,519	80,440
Net In(out)Resources	5,661	0	5,661	1,190
Net Movement in Funds	5,661	0	5,661	1,190
Funds b/f 1.4.2022	4,080	1,962	6,042	4,852
			0	0
Funds c/f 31.3.2023	9,741	1,962	11,703	6,042

BALANCE SHEET AS AT 31/03/2023

	<u>NOTES</u>	<u>2023</u> £	<u>2022</u> £
Tangible Fixed Assets	3	2,090	2,090
Current Assets			
Bank/Cash	7	12,113	11,002
		12,113	11,002
Creditors			
Amount falling due with one year	8	2,500	7,050
Net Current Assets		9,613	4,852
Total Assets		11,703	6,042
Funds			
Restricted Funds	12	9,741	4,080
Unrestricted Funds	13	1,962	1,962
		11,703	6,042

Signature

Position

Date

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2023
Registered Charity Number 1183635

1 ACCOUNTING POLICIES

The principal accounting policies which have been adopted are set out below:-

2 BASIS OF ACCOUNTING

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP 2005) issued in January 2005.

3 INCOMING RESOURCES

Voluntary income includes grants that provide core funding or are of general nature and are recognized in full in the Statement of Financial Activities in the year in which they are receivable, except when the donors specify that the grant given must be used in a future accounting period, the income is deferred until those periods.

Incoming resources from charitable activities include income received under contract or where entitlement to grant funding is subject to specific conditions to deliver and is recognized whereas the service is provided.

Other income is accounted for on a cash basis.

4 RESOURCES EXPENDED

Expenditure is recognized when the liability is incurred.

- Cost of generating funds is those incurred in attracting voluntary income
- Charitable activities include expenditures associated with delivery of services and include both direct costs and support costs relating to each service.
- Governance costs include the costs of charity, including strategic planning for its future development, independent examination, any legal advice and all costs of complying with the constitutional and statutory requirements, such as costs of Trustees and the preparation of statutory accounts.
- Support costs include overhead and other costs not directly attributable to a particular function and apportioned over the relevant activity on the basis of management estimates consistency with the use of the resources e.g., staff cost by time spent, property costs by floor space, and other costs by their usage.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2023
Registered Charity Number 1183635

5 TAXATION

The organization is a charitable institution with exemption from UK taxation under section 505 of the Income and Corporation Taxes Act 1988.

6 TANGIBLE NON-CURRENT ASSETS

The organization's non-current assets include musical instruments, and they are depreciated on straight line basis

7 FUND ACCOUNTING

Unrestricted funds are grants, donation and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are funds that can only be used for specific purposes as laid down by the donor. Expenditure, which meets this criterion, is charged to the fund, together with a fair allocation of management and support costs.

Designated funds are funds set aside by trustees out of unrestricted general funds for specific future purposes or relate to grants given specifically for the purchase of assets where the use is not restricted. The aim and use of each of the designated fund is set out in the notes to the financial statements.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2023
Registered Charity Number 1183635

	2023	2022
INCOME:	£	
Grant- Reaching out community	118,380	61,980
Grant- Mausley	0	0
Donations	4,800	19,650
Total Income	123,180	81,630
 EXPENDITURE:		
Rent/Rate/Hall hire	3,037	3,037
Telephone/Internet/website	5,821	6,797
Travel/Transport -Volunteers	10,788	843
Groceries shopping -Door to door	32,263	10,140
Video/advertising	4,801	2,450
Donations	1,020	700
Volunteer expenses	850	700
Postage/Stationery	752	616
Outreach-Insight	50,500	42,200
Sundry	1,352	1,057
Professional fees	7,065	11,900
TOTAL EXPENSES	118,249	80,440
 SURPLUS/DEFICIT	 4,931	 1,190

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION

England & Wales - Charity number 1183635

Accounts

Report and Financial Statements

For the Year Ended 31/03/2022

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION
Registered Charity No: **1183635**

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees: Fendi Taylor
Ann-Mary Frimpong-Mainoo
Linda Kwakye

Registered Office: 4th Floor
18 ST Cross Street
London
EC1N 8UN

Charity Number: 1183635

Accountants: Jacob Manu & Co
64 Broadway
Stratford
London
E15 1NT

Bankers: Barclays Bank
Leicestter
LE87 2BB

REPORT OF THE TRUSTEES

The Trustees present the Annual Report and financial statements of Charity for the year ended 31/03/2022. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (revised 2005) in preparing the Annual Report and Financial Statements of the charity/company. The Report and Financial Statements also comply with the Companies Act 2006.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal status and Governing document

The objects and powers of the Charity were established in the Constitution of the charity and the charity is governed by it. The trustees are responsible for arranging and organising Annual General Meetings - AGM.

Appointment

The Trustees who held office during the financial year and at the date of this report are set out on page 3. The Trustees are elected by the charity in accordance with the rules set out in the Constitution. The method of appointment of the Board of trustee is also set out in the Charity Constitution.

About Besstel

Empirical evidence suggests people from Black and Minority Ethnic (BAME) communities have some of the poorest mental and emotional health outcomes in the United Kingdom due social and cultural barriers including belief systems, language, and religion. These factors have significant influences on this population accessing mental and emotional health services and therefore contribute to the extensive inequalities of access to support.

Significant proportions of the BAME communities in the Greater London area suffer from stress conditions triggered by social and economic conditions such as unemployment, immigration issues, poor housing, low incomes, and discrimination. These are key drivers of stress conditions such as anxiety and depression, panic attacks, suicidal ideation, self-harm, and aggressive behaviours. These are also a basis for such contextual problems such as drug

and alcohol abuse, domestic violence, eating disorders, poor educational and employment outcomes.

The principal objective of the Besstel Child and Adult Psychiatric Foundation (BCAPF) is therefore to support this population, particularly those from African descent, to dismantle these barriers through a programme of direct community engagement, early interventionist and preventative support work. This service is delivered through a community-approach model predicated on the community support network common in most African communities.

BCAPF provides this support through a delivery structure based on a team of Outreach workers from the BAME community with a range of community support experience as well as a volunteer corp.

Besstel has developed close partnerships structures with key community anchors in the Black African community such as churches, social and community organisations, local radio, and TV networks as well as tenant associations using community champions.

The use of Support Groups by the Outreach team provides opportunities for service users and their families to have significant ownership of the delivery process, including its content. Service users and families are encouraged to share experiences and on managing and coping with stress conditions in group dynamic or one to one sessions.

Sessions are delivered and supported by volunteer professionals such as psychiatrists, nutritionists, counsellors and therapists.

Besstel also runs an emergency phone support line currently operated by volunteers to ensure that those in need would be able to contact us. The project is also supported by a part-time administrator with responsibility for managing the referral system as well as post contact support including family/carer support

Besstel Child & Adult Psychiatric Foundation Trustees Annual Report & Financial Statements 31/03/2022

BCAPF organises monthly Group Support sessions on the 3rd Sunday of every month, between 1700-1930 in Hackney, Kingsmead Community Centre, 9A Kingsmead Way, London, E9 5QD; and on the 1st Sunday of every month between 1700-1930 in South London, Walworth Road Methodist Church, 54 Camberwell Road, London, SE5 0EW. This currently covers the geographical space of North, south and East London.

The organisation provides the following assistance to the beneficiaries

- One-on-one confidential services
 - Referrals appropriate support or specialist services
 - Education, training and guidance on awareness and coping strategies
 - Support for families unable to cope with living with someone with mental or emotional health conditions

Besstel is working to deliver the following key service outcomes:

1. Improvement in the levels of awareness in mental and emotional health in the Black African populations in BAME communities in the Greater London area. This is to be delivered through a programme of intense education and community engagement.
2. Reduce the levels of inequalities of access to mental and emotional health services through the provision of direct community support and engagement.
3. Reduce levels of community isolation and exclusion of people in the BAME community with mental and emotional health problems.
4. Improve levels of community cohesion through the development of partnerships across key social networks
5. Reduce levels of contextual problems such as drug and alcohol abuse and domestic violence pervasive in households.
6. Reduce the incidents of the exacerbation of mental and emotional health problems requiring the need to access acute or clinical services.

The Charity is managed by Trustees with a wealth of knowledge around mental health issues and they ensure that systems, policies and procedures are properly embedded, managed and delivered. They oversee a monitoring and review practice to ensure the Charity delivers its core mandates, outcomes, visions and policies through monthly review meetings. The monthly meetings also include practice reviews to identify any emerging safeguarding issues or risks and to ensure these are duly mitigated and properly managed.

Vision, Mission

- The vision of the Foundation is to ensure vulnerable people within Greater London's BAME communities with mental and emotional health problems have access to the best primary care through a programme of community support.
- *Raise financial and other resources to support the delivery of services to vulnerable people with mental and emotional health problems across the Greater London area.*

A summary of the result of the charity activities during the period is given in the Statement of Financial Activities on page 13. The total income of the charity amounted to £ 82,630. The income was spent judiciously to meet the objectives of the Charity.

Volunteers

Without the selflessness, hard work, and dedication of our volunteers, we couldn't have achieved our aims and objectives. The volunteers contribute greatly to the running of the charity and enable it to fulfill its objectives. We would therefore like to thank all the volunteers who work so hard to make our charity the lively and vibrant community it is. The valuable contribution of time, energy, and expertise of the Charity members has helped the charity and community to achieve so much and this is well appreciated.

Financial Review

The book values of the assets held at the year-end are, in the opinion of the Board of Trustees, as stated in the financial statements. Our principal source of funds comes from the generous donations of committed members and from organizations that have the same

objectives and passion for mental health as us. Total receipts on unrestricted funds were £81,630 of which £80,440 was spent to promote charitable activities.

Reserves Policy

The Trustees have identified the need for reserves to be held as developing a reserves policy will assist in strategic planning such as in considering how new projects or future activities will be funded. To ensure sustainability and continuity of funding future activities, the trustees plan to have unrestricted funds to cover at least 3 months of unrestricted payments. This policy will be reviewed regularly to meet the charitable needs of the organization.

Investment Policy

The Trustees have the power to invest in such assets as they see fit. The charity's investment policy is appropriate to the nature of the funds for which the investment is held. The primary investment aim is to provide a high degree of security and liquidity and to maximize returns whilst adopting a conservative approach.

ACHIEVEMENT AND PERFORMANCE

The organisation is working closely with the mental health organisations overseas including psychiatric hospitals, media and other community associations to raise the awareness of mental health and address the stigma by organising training for the existing staff in the psychiatric hospitals and mental health organisations to improve their knowledge and attitude to the mental health patient. The organisation also has started meeting the media overseas to raise the awareness and to dispel the idea that mental health is demonic and it cannot be healed but to show them that it is illness and with right attitude, resources and process, they can be cured from the mental health problems.

Covid19 Support

Besstel has been supporting people in need since the pandemic and it still continues to ensure people are supported and ease their financial burden occasioned by the effect of the pandemic.

Pandemic

Since 2017, Besstel has developed a keen interest in developing a service model that could support the BAME population with mental and emotional health difficulties but with poor access to primary support. This project therefore marked Besstel's introduction into service delivery to support the large BAME community in South London with mental and emotional health difficulties.

As part of the planning phase, Besstel undertook a large exploratory community engagement project with several BAME community groups and hubs particularly churches and social groupings (such as national and special interest associations) as well as with individuals.

Our explorative background research identified distinctive strands of mental and emotional health difficulties across the older and younger cohorts. Within the older adult cohort the key issues relate to anxiety, depression, panic attacks, worry management issues, irritability, self-harm and suicidal ideation.

Among the young cohort, there was extensive evidence of issues relating to eating disorders, body dysmorphia, self-harm, self-esteem, confidence, and self-worth.

The episodes of mental and emotional ill health were exacerbated by the onset of Covid-19 in March 2021 following the extensive lockdown which disproportionately affected the BAME communities. Besstel took the opportunity to support the community.

Charitable objects

To preserve and protect physical and mental health for the benefit of the public by raising awareness and addressing stigma worldwide

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity Commission requires the Trustees, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the year's end, of its incoming resource during that period. In preparing those financial statements, the Trustees are required to:

- Prepare trustees annual reports and submitting annual returns forms and accounts
- Comply with the rules of the charity as set out in the governing document
- Ensure the charity is run carefully, by making sure it :
- Uses its charitable funds and assets wisely to further its charitable aims
- Does not do anything to put its property, funds , assets or reputation at risk
- Takes appropriate care and advice when investing or borrowing money.

INDEPENDENT EXAMINER

Jacob Manu & Co has expressed their willingness to continue in service and a resolution on this would be put to the Board of Trustees at the forth-coming Annual General Meeting.

STATEMENT OF DISCLOSURES

a) So far as the Trustees are aware, there is no relevant information of which the Charity Independent Examiners are unaware, and

b) They have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant information and to establish that the organisation's Independent Examiners are aware of that information.

By order of the Board of Trustees

.....
Linda Kwakye
Trustee

Date: 17/01/2023

INDEPENDENT EXAMINERS' REPORT FOR THE YEAR ENDED 31 MARCH 2022

We have examined the financial statements on pages 16 to 19 for the year period 31 March 2022 which comprises the statement of financial activities. The financial statement has been prepared under the historical cost convention and the accounting policies set out therein.

The report is made solely to the Charity's Trustees, as a body, in accordance with Section 44 of the Charities Act 1993. The Trustees of the charity are of a general opinion that an audit is not required in accordance with Section 43(2) of the 1993 Act, and have opted for an independent examination instead.

Respective responsibilities of trustees and independent examiners

The Trustees, have responsibilities for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards. These are set out in the Statement of Trustees' Responsibilities in the Report of the Trustees.

Our responsibilities as independent examiners of the charity are:

1. to examine the books and accounts of the charity in compliance with Section 43 of the 1993 Act;
2. to strictly adhere to the general directions provided by the Charity Commission under Section 43(7)(b) of the Charities Act 1993; and
3. to state whether matters have come to our attention in the course of our examination.

We report to you whether the financial statements have properly been prepared in accordance with the United Kingdom Generally Accepted Accounting Practice, the Companies Act 2006, and in accordance with the Charities Act 1993.

We also report to you whether the information given in the Trustees' Report is consistent with the financial statements. We consider the implications of our report if we become aware of any apparent misstatements or material inconsistencies with the financial statements.

In addition, we report to you if the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our work, or if

information specified by law regarding trustees' remuneration and other transactions with the charity is not disclosed.

Basis of opinion

Our examination was carried out in accordance with the General Directions provided by the Charity Commission. The examination includes a review of the books and documents and other accounting records kept by the charity and comparing these with the accounts presented.

Our examination also includes consideration of any unusual disclosures or items in the accounts and seeking explanations from the Trustees. It is imperative to state here that the procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. Our report is therefore limited to the statements below:

Independent examiners' statement

In connection with our examination, we report that no matter has come to our attention, which gives cause to believe that the following have not been met:

1. Keeping proper accounting records in accordance with Section 386 and 387 of the Companies Act 2006.
2. Preparing accounts which accord with the underlying accounting records and which are in compliance with the Companies Act 2006, the United Kingdom Generally Accepted Accounting Practice (UK GAAP), the Statements of Recommended Practice (SORP) - Accounting and Reporting by Charities and the Charities Act 1993.
3. Consistency of the information contained in the Trustees Report with the financial statements.

..... Date: ...17..... Day of.....January.....2023

Jacob Manu & Co
Chartered Certified Accountants
1 Mark Street, Stratford, London, E15 4G

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDED 31 MARCH 2022

	<u>RESTRICTED</u> <u>INCOME</u>	<u>UNRESTRICTED</u> <u>INCOME</u>	<u>2022</u> <u>TOTAL</u>	<u>2021</u> <u>TOTAL</u>
Incoming Resources				
Grants and Awards	61,980	0	61,980	17,000
Other income	0	19,650	19,650	1,420
Total Incoming Resources	61,980	19,650	81,630	18,420
Resources Expended				
Cost of Activities	60,880	19,560	80,440	14,840
Total Resources Expended	60,880	19,560	80,440	14,840
Net In(out)Resources	1,100	90	1,190	3,580
Net Movement in Funds	1,100	90	1,190	3,580
Funds b/f 1.4.2021	2,980	1,872	4,852	1,272
			0	0
Funds c/f 31.3.2022	4,080	1,962	6,042	4,852

BALANCE SHEET

	<u>NOTES</u>	<u>2022</u> £	<u>2021</u> £
Tangible Fixed Assets	3	2,090	0
Current Assets			
Bank/Cash	7	11,002	5,282
		11,002	5,282
Creditors			
Amount falling due with one year	8	7,050	430
Net Current Assets		3,952	4,852
Total Assets		6,042	4,852
Funds			
Restricted Funds	12	4,080	2,980
Unrestricted Funds	13	1,962	1,872
		6,042	4,852

Signature

Position

Date

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2022
Registered Charity Number 1183635

1 ACCOUNTING POLICIES

The principal accounting policies which have been adopted are set out below:-

2 BASIS OF ACCOUNTING

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP 2005) issued in January 2005.

3 INCOMING RESOURCES

Voluntary income includes grants that provide core funding or are of general nature and are recognized in full in the Statement of Financial Activities in the year in which they are receivable, except when the donors specify that the grant given must be used in a future accounting period, the income is deferred until those periods.

Incoming resources from charitable activities include income received under contract or where entitlement to grant funding is subject to specific conditions to deliver and is recognized whereas the service is provided.

Other income is accounted for on a cash basis.

4 RESOURCES EXPENDED

Expenditure is recognized when the liability is incurred.

- Cost of generating funds is those incurred in attracting voluntary income
- Charitable activities include expenditures associated with delivery of services and include both direct costs and support costs relating to each service.
- Governance costs include the costs of charity, including strategic planning for its future development, independent examination, any legal advice and all costs of complying with the constitutional and statutory requirements, such as costs of Trustees and the preparation of statutory accounts.

- Support costs include overhead and other costs not directly attributable to a particular function and apportioned over the relevant activity on the basis of management estimates consistency with the use of the resources e.g., staff cost by time spent, property costs by floor space, and other costs by their usage.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2022
Registered Charity Number 1183635

5 TAXATION

The organization is a charitable institution with exemption from UK taxation under section 505 of the Income and Corporation Taxes Act 1988.

6 TANGIBLE NON-CURRENT ASSETS

The organization's non-current assets include musical instruments, and they are depreciated on straight line basis

7 FUND ACCOUNTING

Unrestricted funds are grants, donation and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are funds that can only be used for specific purposes as laid down by the donor. Expenditure, which meets this criterion, is charged to the fund, together with a fair allocation of management and support costs.

Designated funds are funds set aside by trustees out of unrestricted general funds for specific future purposes or relate to grants given specifically for the purchase of assets where the use is not restricted. The aim and use of each of the designated fund is set out in the notes to the financial statements.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2022
Registered Charity Number 1183635

	2022	2021
INCOME:	£	
Grant- Reaching out community	61,980	14,000
Grant- Mausley	0	3,000
Donations	19,650	1,420
Total Income	81,630	18,420
 EXPENDITURE:		
Rent/Rate/Hall hire	3,037	0
Telephone/Internet/website	6,797	0
Travel/Transport -Volunteers	843	790
Groceries shopping -Door to door	10,140	7,114
Video/advertising	2,450	0
Donations	700	4,000
Volunteer expenses	700	700
Postage/Stationery	616	0
Outreach-Insight	42,200	0
Sundry	1,057	1,236
Professional fees	11,900	1,000
TOTAL EXPENSES	80,440	14,840
 SURPLUS/DEFICIT	1,190	3,580

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION

England & Wales - Charity number 1183635

Accounts

Report and Financial Statements

For the Year Ended 31/03/2021

BESSTEL CHILD&ADULT PSYCHIATRIC FOUNDATION
Registered Charity No: **1183635**

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LEGAL AND ADMINISTRATIVE INFORMATION

Trustees: Fendi Taylor
Ann-Mary Frimpong-Mainoo
Linda Kwakye

Registered Office: 4th Floor
18 ST Cross Street
London
EC1N 8UN

Charity Number: 1183635

Accountants: Jacob Manu & Co
1 Mark Street
Stratford
London
E15 4GY

Bankers: Barclays Bank
Leicestter
LE87 2BB

REPORT OF THE TRUSTEES

The Trustees present the Annual Report and financial statements of Charity for the year ended 31/03/2021. The Trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (revised 2005) in preparing the Annual Report and Financial Statements of the charity/company. The Report and Financial Statements also comply with the Companies Act 2006.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Legal status and Governing document

The objects and powers of the Charity were established in the Constitution of the charity and the charity is governed by it. The trustees are responsible for arranging and organising Annual General Meetings - AGM.

Appointment

The Trustees who held office during the financial year and at the date of this report are set out on page 3. The Trustees are elected by the charity in accordance with the rules set out in the Constitution. The method of appointment of the Board of trustee is also set out in the Charity Constitution.

About Besstel

The Besstel Child and Adult Psychiatric Foundation (BCAPE) has taken as a matter of policy and good practice to work and engage closely with individuals as well as their families and local communities identifying and assessing mental health problems and mapping out interventionist action and agreeing relevant outcomes. BCAPE organises monthly (3rd Sunday of every month) 2 and half hours (1700-1930) support group session in Hackney, Kingsmead Community Centre, 9A Kingsmead Way, London, E9 5QD and (1st Sunday of every month) 2 and half hours (1700-1930) support group in South London, Walworth Road Methodist Church, 54 Camberwell Road, London, SE5 0EW. This currently covers the geographical space of North, south and East London. Sessions are modelled on both 1:1 support as well as group sessions to develop both individual packages to manage distinct mental health problems as well as

encourage shared therapies especially for those whose difficulties are largely around emotional self-isolation. Sessions are delivered by a group of professional's specialist psychiatric consultant, doctors, nurses, occupational therapist, social workers, counsellors / behavioural therapist, psychotherapist, pharmacist, teachers and nutritionist.

The beneficiaries are identified through an outreach programme through community network such as churches, social groups, trade associations (especially for African women), and tenant association in social housing. An emergency phone support line currently run by volunteers to ensure that those in need would be able to contact us. The project is also supported by a part-time administrator with responsibility for managing the referral system as well as post contact support including family/carer support

The organisation provides the following assistant to the beneficiaries

- One-on-one confidential services
- Signposting to education for courses designed for mental health services.
- Referral pathway to other services appropriate to mental health needs
- Signposting for assistance and support for people with mental illnesses and their families.

The trustees are mental health professionals and they are very knowledgeable about the mental health issues and they ensure that systems, policies and procedures in place are followed with regular reviews of working practices and incorporating new developments in mental health environment which are relevant to meet the needs of the beneficiaries.

The impact is measured through change in daily lives of the beneficiaries and their referrals of friends to the organisation. Furthermore, the impact is measured by the increased understanding about the mental health in the community. That is they community is becoming aware that mental health is

illness that can be treated but not spiritual or demonic forces operating in the individual as such the stigma is being reduced.

The trustees are qualified mental health professionals and those who provide the support are from their own profession and work colleagues with free time to support the organisation to meet the needs of the beneficiaries. Therefore, the support volunteers are highly qualified mental health professionals dedicated to the cause of the organisation.

Trustees has agreed with the organisations for monthly updates about their activities in relation to the management of processes and how it is benefitting to those with mental health issues to access the service. The organisation also will visit regularly, preferably yearly to monitor progress based on the monthly report received and on the scene information. The risk is mitigated has all those involved are professionals and the organisations involved are well established with good internal oversight by government department and the publicity in the local and national media also will reduce risk.

Trustees are aware of the charity commission guidance in respect of the safeguarding duties and reviewed its requirements and they agreed that this guidance will be complied with and they will keep records of their related decisions and activities in line with the guidance.

Vision, Mission

- *The vision of the Foundation is to support the less privileged and people with mental difficulties.*
- *The mission is to raise funds to support mental health, disabled; needy people, adult and children as well as the orphans.*

A summary of the result of the charity activities during the period is given in the Statement of Financial Activities on page 13. Total income of the charity amounted to £ 12,000. The income was spent judiciously to meet the objectives of the Charity.

Volunteers

Without the selflessness, hardwork and dedication of our volunteers we couldn't have achieved our aims and objectives. The volunteers contribute greatly to the running of the charity and enables it to fulfil its objectives. We would therefore like to thank all the volunteers who work so hard to make our charity the lively and vibrant community it is. The valuable contribution of time, energy and expertise of the Charity members has helped the charity and community to achieve so much and this is well appreciated.

Financial Review

The book values of the assets held at the year-end are, in the opinion of the Board of Trustees, as stated in the financial statements. Our principal source of funds comes from the generous donations of committed members and from organizations that have the same objectives and passion for mental health like us. Total receipts on unrestricted funds were £12,000 of which £11,028 was spent to promote the charitable activities.

Reserves Policy

The Trustees have identified the need for reserves to be held as developing a reserves policy will assist in strategic planning such as in considering how new projects or future activities will be funded. To ensure sustainability and continuity of funding future activities, the trustees plan to have unrestricted funds to cover at least 3 months of unrestricted payments. This policy will be reviewed regularly to meet the charitable needs of the organization.

Investment Policy

The Trustees have the power to invest in such assets as they see fit. The charity's investment policy is appropriate to the nature of the funds for which the investment is held. The primary investment aim is to provide a high degree of security and liquidity and to maximise returns whilst adopting a conservative approach.

ACHIEVEMENT AND PERFORMANCE

The organisation is working closely with the mental health organisations overseas including psychiatric hospitals, media and other community associations to raise the awareness of mental health and address the stigma by organising training for the existing staff in the psychiatric hospitals and mental health organisations to improve their knowledge and attitude to the mental health patient. The organisation also has started meeting the media overseas to raise the awareness and to dispel the idea that mental health is demonic and it cannot be healed but to show them that it is illness and with right attitude, resources and process, they can be cured from the mental health problems.

Pandemic

Since 2017, Besstel has developed a keen interest in developing a service model that could support the BAME population with mental and emotional health difficulties but with poor access to primary support. This project therefore marked Besstel's introduction into service delivery to support the large BAME community in South London with mental and emotional health difficulties.

As part of the planning phase, Besstel undertook a large exploratory community engagement project with several BAME community groups and hubs particularly churches and social groupings (such as national and special interest associations) as well as with individuals.

Our explorative background research identified distinctive strands of mental and emotional health difficulties across the older and younger cohorts. Within the older adult cohort the key issues relate to anxiety, depression, panic attacks, worry management issues, irritability, self-harm and suicidal ideation.

Among the young cohort, there was extensive evidence of issues relating to eating disorders, body dysmorphia, self-harm, self-esteem, confidence and self-worth.

The episodes of mental and emotional ill health was exacerbated by the onset of Covid-19 in March 2020 following the extensive lockdown which disproportionately affected the BAME communities. Besstel took the opportunity to support the community.

Charitable objects

To preserve and protect physical and mental health for the benefit of the public by raising awareness and addressing stigma worldwide

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The Charity Commission requires the Trustees, to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the year end, of its incoming resource during that period. In preparing those financial statements, the Trustees are required to:

- Prepare trustees annual reports and submitting annual returns forms and accounts
- Comply with the rules of the charity as set out in the governing document
- Ensure the charity is run carefully, by making sure it :
- Uses its charitable funds and assets wisely to further its charitable aims
- Does not do anything to put its property, funds , assets or reputation at risk
- Takes appropriate care and advice when investing or borrowing money.

INDEPENDENT EXAMINER

Jacob Manu & Co has expressed their willingness to continue in service and a resolution on this would be put to the Board of Trustees at the forth-coming Annual General Meeting.

STATEMENT OF DISCLOSURES

- a) So far as the Trustees are aware, there is no relevant information of which the Charity Independent Examiners are unaware, and

- b) They have taken all the steps that they ought to have taken as Trustees in order to make themselves aware of any relevant information and to establish that the organisation Independent Examiners are aware of that information.

By order of the Board of Trustees

.....
Fendi Taylor
Trustee

Date: 06/01/2022

INDEPENDENT EXAMINERS' REPORT FOR THE YEAR ENDED 31 MARCH 2021

We have examined the financial statements on pages 16 to 19 for the year period 31 March 2021 which comprises the statement of financial activities. The financial statement has been prepared under the historical cost convention and the accounting policies set out therein.

The report is made solely to the Charity's Trustees, as a body, in accordance with Section 44 of the Charities Act 1993. The Trustees of the charity are of a general opinion that an audit is not required in accordance with Section 43(2) of the 1993 Act, and have opted for an independent examination instead.

Respective responsibilities of trustees and independent examiners

The Trustees, have responsibilities for preparing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom Accounting Standards. These are set out in the Statement of Trustees' Responsibilities in the Report of the Trustees.

Our responsibilities as independent examiners of the charity are:

1. to examine the books and accounts of the charity in compliance with Section 43 of the 1993 Act;
2. to strictly adhere to the general directions provided by the Charity Commission under Section 43(7)(b) of the Charities Act 1993; and
3. to state whether matters have come to our attention in the course of our examination.

We report to you whether the financial statements have properly been prepared in accordance with United Kingdom Generally Accepted Accounting Practice, the Companies Act 2006 and in accordance with the Charities Act 1993.

We also report to you whether the information given in the Trustees' Report is consistent with the financial statements. We consider the implications of our report if we become aware of any apparent misstatements or material inconsistencies with the financial statements.

In addition we report to you if the charity has not kept proper accounting records, if we have not received all the information and explanations we require for our work, or if information specified by law regarding trustees' remuneration and other transactions with the charity is not disclosed.

Basis of opinion

Our examination was carried out in accordance with the General Directions provided by the Charity Commission. The examination includes a review of the books and documents and other accounting records kept by the charity and comparing these with the accounts presented.

Our examination also includes consideration of any unusual disclosures or items in the accounts and seeking explanations from the Trustees. It is imperative to state here that the procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. Our report is therefore limited to the statements below:

Independent examiners' statement

In connection with our examination, we report that no matter has come to our attention, which gives cause to believe that the following have not been met:

1. Keeping proper accounting records in accordance with Section 386 and 387 of the Companies Act 2006.
2. Preparing accounts which accord with the underlying accounting records and which are in compliance with the Companies Act 2006, the United Kingdom Generally Accepted Accounting Practice (UK GAAP), the Statements of Recommended Practice (SORP) - Accounting and Reporting by Charities and the Charities Act 1993.
3. Consistency of the information contained in the Trustees Report with the financial statements.

..... Date: ...06..... Day of.....January.....2022

Jacob Manu & Co
Chartered Certified Accountants
1 Mark Street, Stratford, London, E15 4G

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDED 31 MARCH 2021

	<u>RESTRICTED</u> <u>INCOME</u>	<u>UNRESTRICTED</u> <u>INCOME</u>	<u>2021</u> <u>TOTAL</u>	<u>2020</u> <u>TOTAL</u>
<i>Incoming Resources</i>				
<i>Grants and Awards</i>	17,000	0	17,000	
<i>Other income</i>		1,420	1,420	12,000
<i>Total Incoming Resources</i>	17,000	1,420	18,420	12,000
<i>Resources Expended</i>				
<i>Cost of Activities</i>	14,020	820	14,840	11,028
<i>Total Resources Expended</i>	14,040	820	14,840	11,029
<i>Net In(out)Resources</i>	2,980	600	3,580	972
<i>Net Movement in Funds</i>	2,980	600	3,580	972
<i>Funds b/f 1.4.2020</i>	0	1,272	1,272	300
<i>Funds c/f 31.3.2021</i>	2,980	1,872	4,852	1,272

BALANCE SHEET

AS AT 31ST MARCH 2021

	<u>2021</u>	<u>2020</u>
	£	£
Tangible Fixed Assets	0	0
Current Assets		
Debtors/Prepayment	0	0
Bank/Cash	5,282	1,642
	<u>5,282</u>	<u>1,642</u>
Creditors		
Amount falling due with one year	<u>430</u>	<u>370</u>
Net Current Assets	4,832	1,272
Total Assets	<u>4,852</u>	<u>1,272</u>
Funds		
Restricted Funds	2,980	0
Unrestricted Funds	1,872	1,272
	<u>4,852</u>	<u>1,272</u>

Signature

**Position:
Trustee**

Date

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2021
Registered Charity Number 1183635

1 ACCOUNTING POLICIES

The principal accounting policies which have been adopted are set out below:-

2 BASIS OF ACCOUNTING

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards and the Statement of Recommended Practice, "Accounting and Reporting by Charities" (SORP 2005) issued in January 2005.

3 INCOMING RESOURCES

Voluntary income include grants that provide core funding or are of general nature are recognized in full in the Statement of Financial Activities in the year in which they are receivable, except when the donors specify that the grant given must be used in future accounting period, the income is deferred until those periods.

Incoming resources from charitable activities include income received under contract or where entitlement to grant funding is subject to specific conditions to deliver and is recognized whereas the service is provided.

Other income is accounted for on a cash basis.

4 RESOURCES EXPENDED

Expenditure is recognized when the liability is incurred.

- Cost of generating funds are those incurred in attracting voluntary income
- Charitable activities include expenditure associated with delivery of services and include both direct costs and support costs relating to each particular service
- Governance costs include the costs of charity, including strategic planning for its future development, independent examination, any legal advice and all costs of

complying with the constitutional and statutory requirements, such as costs of Trustees and the preparation of statutory accounts.

- Support costs include overhead and other costs not directly attributable to a particular function and apportioned over the relevant activity on the basis of management estimates consistence with use of the resources e.g., staff cost by time spent, property costs by floor space and other costs by their usage.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2021
Registered Charity Number 1183635

5 TAXATION

The organization is a charitable institution with exemption from UK taxation under section 505 of the Income and Corporation Taxes Act 1988.

6 TANGIBLE NON-CURRENT ASSETS

The organization's non-current assets include musical instruments and they are depreciated on straight line basis

7 FUND ACCOUNTING

Unrestricted funds are grants, donation and other incoming resources receivable or generated for the objects of the charity without further specified purpose and are available as general funds.

Restricted funds are funds that can only be used for specific purposes as laid down by the donor. Expenditure, which meets this criterion, is charged to the fund, together with a fair allocation of management and support costs.

Designated funds are funds set aside by trustees out of unrestricted general funds for specific future purpose or relate to grants given specifically for the purchase of assets where the use is not restricted. The aim and use of each of the designated fund is set out in the notes to the financial statements.

NOTES TO THE ACCOUNTS FOR THE YEAR PERIOD 31 MARCH 2021
Registered Charity Number 1183635

	2021	2020
INCOME:	£	
Grant- Reaching out community	14,000	0
Grant- Mausley	3,000	0
Donations	1,420	12,000
Total Income	18,420	12,000
EXPENDITURE:		
Rent/Rate/Hall hire	0	3,648
Telephone	0	83
Travel/Transport -Volunteers	790	0
Groceries shopping -Door to door	7,114	0
Refreshment	0	3,030
Donations	4,000	0
Volunteer expenses	700	0
Postage/Stationery	0	52
Promotion	0	1,930
Sundry	1,236	1,785
Professional fees	1,000	500
TOTAL EXPENSES	14,840	11,028
SURPLUS/DEFICIT	3,580	972