

COMPANY REGISTRATION NUMBER: 12140175

CHARITY REGISTRATION NUMBER: 1188418

MENUCHA LTD

Company Limited by Guarantee

UNAUDITED FINANCIAL STATEMENTS

31 DECEMBER 2022



MENUCHA

Because Motherhood Should Be a Joy

MENUCHA LTD
ANNUAL REPORT AND FINANCIAL STATEMENTS
YEAR ENDED 31 DECEMBER 2022
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COMPANY INFORMATION

Name:	Menucha Ltd
Charity Registration number:	1188418
Company registration number:	12140175
Registered office:	32 Hamilton Road London NW11 9EJ
Trustees:	Miriam Naomi Ollech Alexis Jacques Dwek Leah Aliza Sanger
Chair of Trustees:	Miriam Naomi Ollech
Directors:	For company law purposes the Trustees are also the Company directors.
Independent Examiner:	Shaya Grosskopf FCA 1g Accountants Chartered Accountants 71 Cheyne Walk London NW4 3QU

MENUCHA LTD
ANNUAL REPORT AND FINANCIAL STATEMENTS
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TRUSTEES' ANNUAL REPORT (INCORPORATING DIRECTORS' REPORT)

The trustees, who are also the directors for the purposes of the Companies Act 2006, present their report and the unaudited financial statements of the charity for the period ended 31 December 2022.

The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

TRUSTEES

During the year and up to the date of signing of this report the following individuals served as trustees of the Charity: -

Leah Aliza Sanger
Miriam Ollech
Alexis Jacques Dwek

OBJECTIVES AND ACTIVITIES

The principal activities of the Charity are to provide advice and support to empower women experiencing perinatal mood disorders to understand this issue. The Charity's goal is to alleviate the severity of Perinatal mood disorders by ensuring every woman can access help quickly and efficiently and feel confident in doing so.

The trustees have had regard to Charity Commission guidance on public benefit in commissioning its activities.

PUBLIC BENEFIT

The trustees have given careful consideration to the Charity Commission's guidance on public benefit when setting the aims and objectives of the Charity. In particular, the Trustees consider how planned activities will contribute to the aims and objectives of the Charity.

CHARITABLE ACTIVITIES

In February 2022 we entered our second year of the Menucha service. We welcomed a new secretary to help us manage our administrative work that has increased due to our rapid growth. We also introduced a new therapy to our list of specialist modalities. Birth Trauma Resolution is a powerful technique which helps mitigate the symptoms of PTSD, help women to process their traumatic pregnancy or birth and move forward with their lives. This was very exciting as the methods used are quick and effective and the average duration of treatment is five weeks.

In March 2022 we employed a new case manager to help with our increasing caseload. At this point we had assisted 140 callers to our information and referral line.

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TRUSTEES' ANNUAL REPORT (INCORPORATING DIRECTORS' REPORT) continued

By May, Menucha had facilitated over 1,700 therapy hours and we celebrated with a feel-good event for the community. The event had a dual purpose: to raise awareness of the charity Menucha and to normalise the conversation about our work and women struggling to help lessen the stigma in the community; and to raise funds.

In June and July, we noticed a sharp increase of referrals from statutory services and began thinking of our women's health event that would bring more awareness of statutory services to the community.

By September 2022, 209 families had been supported by Menucha. Our data of our first 18 months proved how effective our therapy model was proving to be, with women attending therapy for an average of 4.5 months.

In October our National Lottery Community Grant application was finally accepted. This happened at the perfect time as demand for Menucha's services meant we had to take on a new case manager. The grant money enables us to restructure our clinical team, notably by increasing our case manager's and psychologist's hours. We continued to work on our fundraising strategy, meeting regularly to discuss predictable income streams that matched the increasing demands of subsidies requested for therapy. Unfortunately there is a clear link between one's socio-economic stress and perinatal mood disorders, especially stress and therefore we anticipated a further increase in numbers. This proved true as over the next few months 90 % of our clients were requesting subsidies. Our therapy team attended a training on fathers in the perinatal period, in preparation of our expansion to provide therapy for dads in the future.

In November we held our 'Big Talk', whose objective was to raise awareness of Menucha's work and perinatal mood disorders (PMDs) whilst building trust between our community and statutory services. It was a huge success with over 450 women attending as well as representatives from Barnet council and the NHS. We successfully broached topics that were still somewhat taboo in the Charedi Jewish community by providing a safe and appropriate platform for these topics to be addressed. The feedback was overwhelmingly positive so in December we began brainstorming on Small Talks, where topics that the attendees of the Big Talk wanted more information on can be addressed. We also worked on restructuring our clinical team in preparation for an even better service in 2023.

We finished 2022 having supported 256 families, having provided in house therapy to 105 women. During the year we worked hard on our fundraising initiatives. We also continued attending NHS SPMHS (Specialist Perinatal Mental Health Services) meeting monthly and cultivating our relationship with other community maternity services.

PLANS FOR FUTURE PERIODS

The advertising campaign will continue as it has proven to be highly successful. We are working on adopting our adverts and awareness to target more community members via different means. One way we aim to do this is through our Small Talk series which were born from the positive feedback from our Big Talks. We will be working with various organisations, including NHS personnel to discuss topics which are currently not given a platform in our community and we have identified as having a profound effect on women's wellbeing in the pre and postnatal periods. We will also be launching our podcast series where we delve into even more details on perinatal mood disorders and women's wellbeing during pregnancy and birth.

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We are still moving towards expanding to a family service. We would like to start with supporting fathers through a therapist on our helpline and aim to collect data of the needs of fathers in our Charedi community through this platform. We will then build a model for fathers around this information.

We continue working hard on our fundraising streams. This year we are focusing on grants and family trusts and foundations whilst building and cultivating relationship with individual donors.

This past year 19% of calls we received were from areas outside Greater London but within the UK. We are looking at ways to create small funds from these areas to be able to support the women who require subsidies.

FINANCIAL REVIEW

The Charity's income for the year amounted to £170,450 (2021: £145,691). Expenditure was £227,157 (2021: £137,972). The resulting net deficit was £56,707 (2021 surplus: £7,719).

RESERVES POLICY

It is the policy of the trustees to seek to maintain funds which are the reserves of the Charity at a level sufficient to cover management, administration and support costs, subject to constraints arising from the diminishing financial and other resources available.

The trustees have established the level of unrestricted current net assets that the Charity ought to have. Reserves are needed to bridge the funding gap between spending on activities and receiving resources through voluntary income. The trustees consider that the ideal level of unrestricted reserves as at 31 December 2022 would be three months of resources expended which equates to £57,000. At 31 December 2022 the Charity had deficit reserves of £7,810 (2021: £48,897 surplus reserves) which does not meet our target reserves. The Trustees are conscious of the need to further expand the Charity's fundraising, in order to secure the activities of the Charity, and are actively pursuing sources of funding in order to ensure that there are sufficient reserves to provide for future financial stability and flexibility to fund charitable activities. They have also addressed cost saving opportunities.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The company was established under a Memorandum of Association and is governed under the Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1. The Trustees are responsible for the overall governance and stewardship of the Charity. The Trustees employ two Clinical Directors responsible for day to day clinical management and leadership.

SMALL COMPANY PROVISIONS

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption. The trustees' annual report was approved on 20 July 2023 and signed on behalf of the board of trustees by:

Leah Aliza Sanger
Trustee

MENUCHA LTD
ANNUAL REPORT AND FINANCIAL STATEMENTS
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INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES

I report to the trustees on my examination of the financial statements of Menucha Ltd ('the Charity' and for company law purposes, 'the Company') for the period ended 31 December 2022..

Responsibilities and basis of my report

As the Charity's trustees (who are also directors of the Company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ("the 2006 act").

Having satisfied myself that the accounts of the Company are not required to be audited for this year under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of the Charity's accounts as carried out under section 145 of the Charities Act 2011 ("the 2011 Act"). In carrying out my examination, I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention which give me reason to believe that:

- Accounting records were not kept in accordance with section 386 of the 2006 Act; or
- The accounts do not accord with such records; or
- The accounts do not comply with relevant accounting requirements under section 396 of the Company Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- The accounts have not been prepared in accordance with the Charities SORP (FRS102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

1g Accountants
Chartered Accountants
71 Cheyne Walk
London
NW4 3QU

20 July 2023

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STATEMENT OF COMPREHENSIVE FINANCIAL ACTIVITIES

	Note	2022 Restricted £	2022 Unrestricted £	2022 Total £	2021 Total funds £
Income					
Charitable activities		-	30,477	30,477	8,680
Donations		-	21,663	21,663	67,010
Grants		118,310	-	118,310	70,001
Total income	4	118,310	52,140	170,450	145,691
Expenditure					
Expenditure on charitable activities		118,310	36,194	154,504	132,399
Costs of raising funds		-	69,499	69,499	3,420
Expenditure on governance costs		-	3,125	3,125	2,147
Finance costs		-	29	29	6
Total expenditure	5	118,310	108,847	227,157	137,972
Total comprehensive (deficit)/ surplus for the year and movement in funds		-	(56,707)	(56,707)	7,719
Funds brought forwards		-	48,897	48,897	41,178
Total funds carried forwards		-	(7,810)	(7,810)	48,897

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

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STATEMENT OF FINANCIAL POSITION

	Note	2022	2021
		£	£
Current assets			
Debtors	8	1,300	505
Cash at bank and in hand		6,494	50,350
Total current assets		7,794	50,855
Creditors: amounts falling due with one year	9	(15,604)	(1,958)
Net current assets / (liabilities)		(7,810)	47,856
Total assets less current liabilities		(7,810)	47,856
Net assets		(7,810)	47,856
Funds of the charity			
(Deficit) / surplus of unrestricted funds		(7,810)	48,897
Total charity (deficit) / surplus funds	10	(7,810)	48,897

For the period ending 31 December 2022 the Company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. No member has required the Company to obtain an audit for its financial statements for the year in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

These financial statements were approved by the board of trustees and authorised for issue on 20 July 2023 and are signed on behalf of the board by:

Leah Aliza Sanger

Director and Trustee

Company registration number: 12140175

The notes on the succeeding pages form part of these financial statements.

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NOTES TO THE FINANCIAL STATEMENTS

1. General Information

The Charity is a registered charity and a private company limited by guarantee, registered in England and Wales. The registered address is 32 Hamilton Road, London, NW11 9EJ. The liability of the members in the event of the charity being liquidated is limited to £1 each.

2. Statement of compliance

The financial statements have been prepared in compliance with FRS102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (Charities SORP (FRS 102) and the Companies Act 2006.

3. Accounting policies

Basis of preparation

The financial statements have been prepared on the historical cost basis. The financial statements are prepared in pound sterling, which is the functional currency of the Charity.

Going concern

As at 31 December 2022, the charity has a deficit of liabilities compared to assets. The trustees have nevertheless elected to prepare the financial statements on the going concern basis as the charity has secured funding sources after the year end sufficient to enable it to meet its liabilities.

Disclosure exemption

The Charity qualifies for and has taken advantage of the exemption available under paragraph 1.12 of FRS102 from presenting a cash flow statement.

Key judgements and estimates

In the opinion of the Trustees there were no significant areas of judgement or estimate engaged when preparing the financial statements.

Fund accounting

The charity's assets are split between unrestricted funds, which are available for use at the trustee's discretion in furtherance of the Charity's objectives, and restricted funds, which are subject to specified conditions by donors as to how they may be used. Further details on the Charity's restricted fund are presented in note 12 to the financial statements.

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NOTES TO THE FINANCIAL STATEMENTS (continued)

Incoming resources

Incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that economic benefits will pass to the charity; and that benefit can be reliably quantified. The following specific policies are applied to specific categories of income: -

- Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable, and the amount can be reliably quantified.
- Income from contributions from individuals is recognised when there is evidence that receipt is probable.

Resources expended

Expenditure is recognised on an accrual basis when incurred and is inclusive of value added tax.

Financial instruments

Basic financial instruments, being most current assets and liabilities, are measured at the cash or other consideration expected to be paid or received. Financing transactions are measured at the present value of future payments discounted at a market rate of interest for a similar debt instrument.

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NOTES TO THE FINANCIAL STATEMENTS (continued)

4. Income

	2022	2022	2022	2021
	Restricted	Unrestricted	Total	Total
		£	£	£
Income from charitable activities				
Therapy contributions receivable	-	10,029	10,029	8,680
Event Income	-	20,448	20,448	-
Total income from charitable activities	-	30,477	30,477	8,680
Donations				
Donations from individuals	-	21,663	21,663	67,010
Grants received				
Grants	118,310	-	118,310	70,001
Total income received	118,310	52,140	170,450	145,691

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NOTES TO THE FINANCIAL STATEMENTS (continued)

5. Expenses

	2022	2022	2022	2021
	Restricted funds	Unrestricted funds	Total funds	Total funds
	£	£	£	£
Expenditure on charitable activities				
Therapy costs	77,273	-	77,273	73,919
Training	-	3,807	3,807	1,000
Awareness advertising and events	-	-	-	9,557
Research	-	-	-	6,211
Staff costs	41,037	27,181	68,218	36,859
Insurance	-	2,318	2,318	2,225
Helpline and telephony	-	2,888	2,888	3,669
Total expenditure on charitable	118,310	36,194	154,504	132,399
Costs of raising funds				
Consultancy	-	12,091	12,091	-
Fundraising events costs	-	57,408	57,408	3,420
Total costs of raising funds	-	69,499	69,499	3,420
Governance costs				
Accountancy and independent examination fees	-	1,768	1,768	475
General costs	-	1,357	1,357	791
Legal and professional services	-	-	-	881
Total expenditure on governance	-	3,125	3,125	2,147
Finance costs				
Interest payable and total finance cost	-	29	29	6
Total expenditure	118,310	108,847	227,157	137,972

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NOTES TO THE FINANCIAL STATEMENTS (continued)

6. Staff costs

The average number of staff employed by the Charity during the year was 5 (2021: 2)

7. Net surplus

Net surplus is stated after charging:

	2022	2021
	£	£
Fees payable for the independent examination of the financial statements	1,768	475

8. Debtors

	2022	2021
	£	£
Accounts receivable	1,300	405
Other debtors	-	100
	1,300	505

9. Creditors: amounts falling due with one year

	2022	2021
	£	£
Trade creditors	145	60
Social security and employment taxes	1,929	1,423
Accruals	4,430	475
Other Creditors	9,100	-
	15,604	1,958

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NOTES TO THE FINANCIAL STATEMENTS (continued)

10. Transactions with trustees and related parties

No trustee drew remuneration or expenses in the current or prior reporting period.

Alexis Jacques Dwek's spouse was remunerated for therapy services delivered during the year. In the opinion of the Trustees, the rate agreed was below the market rate for a person of similar experience and qualifications, and the arrangement was approved by the other independent trustees as being in the best interests of the Charity.

A loan of £5,000 advanced by Alexis Jacques Dwek to the charity was repaid in full during the year.

Included in other creditors is an amount of £5,100 (2021: £nil) owed by the Charity to Leah Aliza Sanger, which was repayable upon demand and interest free.

Included in other creditors is an amount of £4,000 (2021: £nil) owed by the Charity to Allcet Limited, a company connected to the Charity by virtue of Leah Aliza Sanger's directorship and her spouse's shareholding. The loan is interest free and repayable upon demand.

11. Independent examiner's fee

The independent examiner was remunerated as follows

	2022	2021
	£	£
Independent examination of the financial statements	840	475
Corporation tax and gift aid services	928	-
	1,768	475