

Charity registration number: 1194377

Eight Bells for Mental Health

Annual Report and Financial Statements

for the Year Ended 31 May 2023

Eight Bells for Mental Health

Contents

Reference and Administrative Details	1
Trustees' Report	2 to 5
Statement of Trustees' Responsibilities	6
Independent Examiner's Report	7
Statement of Financial Activities	8
Balance Sheet	9
Notes to the Financial Statements	10 to 16

Eight Bells for Mental Health

Reference and Administrative Details

Chair

G A Norman

Treasurer

H J Phillips

Trustees:

S M Masters

R Scott (resigned December 2023)

S Gillespie

M Houston

V Murrice

S Fordham (resigned September 2023)

J Turner

Charity Registration Number

1194377

Principal Office

Friends Meeting House
1 Highfield Avenue
Newbury
Berkshire
RG14 5DS

Independent Examiner

UHY Ross Brooke
Chartered Accountants
31a Charnham Street
Hungerford
Berkshire
RG17 0EJ

Eight Bells for Mental Health

Trustees' Report

The trustees present the annual report together with the financial statements of the charity for the year ended 31 May 2023.

Objectives and activities

Objects and aims

To relieve the needs of adults whose lives are affected by mental health issues in West Berkshire (mainly in Newbury, Thatcham, Hungerford, and surrounding areas).

In particular by:

1. providing services that enhance mental wellbeing and self-reliance, social support, a range of activities, and access to training opportunities;
2. running a social drop in centre;
3. assisting in the implementation of a recovery focused mental health service in Newbury and the surrounding area; and
4. developing a model of effective user led partnership working to enable these services to be delivered on a larger scale, and in a sustainable manner.

Fundraising disclosures

We hold no investments other than funds within our bank account.

We hold a primary bank account for all of our charitable activities.

We encourage donations via The Good Exchange – operated by Greenham Trust where donations can be eligible for match-funding depending on the project or through JustGiving.

With no formal funding, we are entirely dependent on our own fundraising activities to cover the charity's costs.

Over the past few years, we have seen the costs rise significantly, and as such we have a dedicated team who look after all our fundraising initiatives.

As part of our fundraising initiatives, we seek grants from external bodies to help support the running of the charity.

£42,000 per annum was received from West Berkshire Council to 31 March 2023 to assist the charity with providing community based support.

Eight Bells for Mental Health

Trustees' Report (continued)

Public benefit

The charity operates a Drop-in centre for members thrice weekly on Mondays, Thursdays and Friday at 1 Highfield Avenue, Newbury, Berkshire.

The charity has a Charity Manager and Administrator, who work at the Registered office Broadway house The Broadway, Newbury, Berkshire. Two part-time Coordinator/Advocates and other volunteers help to run the Drop-in centre and to supervise the operational activities.

The drop-in centre is member-led and provides a safe and friendly environment where members meet for friendship, and support and participate in wellbeing activities such as art and craft sessions, exercise classes, training and receive advocacy and counselling support.

Members prepare and cook lunch for themselves and those who attend. The cooks are level 2 qualified in food hygiene.

In respect of all these activities, the trustees have had the regard to the guidance issued by the Charity Commission on public benefit.

The Coordinator/Advocates are available for one-to-one meetings with members to provide advocacy and support.

Members are encouraged to plan and arrange recreational day trips away from the Drop-in centre. Each trip is accompanied by the Coordinator/Advocates and subject to a risk assessment. The trips are covered by our insurance.

The trustees confirm that they have complied with the requirements of section 17 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Grant making policies

We do not make grants to either individuals or bodies and therefore we do not encourage or seek applications for grants.

Use of volunteers

We have a number of volunteers who provide peer support, as well as assistance with the various projects and activities available at the Drop-in centre. Volunteers may also provide assistance to the members during away day activities.

In addition to this we have a social media volunteer and are seeking to improve our volunteer offer to include, volunteer gardener, food collection volunteer and fundraising volunteer.

Eight Bells for Mental Health

Trustees' Report (continued)

Achievements and performance

Eight Bells has circa 100 members. With our increased attendance we continue to operate 3 days per week.

We continue to receive referrals from Thornford Park, West Berkshire Homeless, GP Surgeries, Social Prescribers, other charities, West Berkshire Council and many self-referrals. We have seen a significant interest in our services and support due to the financial pressures on other services in the West Berkshire area.

We offer advocacy to support our members with issues such as debt, housing, employment, volunteering, bereavement and health. We have had to make referrals to the Crisis Team, Community Mental Health Team, Berkshire, Talking Therapies and other organisations and charities. The members host open days as a way of thanking our funders and supporters.

Members operate street collections, sponsored events, quiz nights, raffles, coffee mornings with cake sales and tombola stalls, all to raise funds for the charity.

We work in partnership with many other local charities including Newbury Soup Kitchen, Food Bank, Citizens Advice, West Berkshire Homeless, Loose Ends, and Two Saints Hostel.

We are constantly looking at new wellbeing activities to offer our members with the likes of gardening, archery, table tennis and therapy animal sessions being a great success.

Financial review

In the past financial year, the Charity has seen a considerable increase in membership and referrals. In order to meet the demand the Charity has significantly strengthened its fund raising.

During the year the Charity has increased its fund-raising efforts through the Greenham Trust. Greenham Trust encourage fund raising by offering match funding. The level of funding this year is a direct outcome of the efforts of the members, staff, volunteers and the board of trustees during the year. The Charity was successfully able to secure all of the match funding available by The Greenham Trust.

The Charity had reserves of £67,671 at the 31 May 2023, this financial buffer can sustain operations for 10 months, even with no further funding received. This balance represents the largest safety net the Charity has ever had.

We continue to actively seek additional funding opportunities to support the ever-increasing demand on the charity.

Policy on reserves

We have ensured we comply with the Charity Commission's policy of maintaining a minimum of 3 months general reserves. £67,671 of reserves are held at 31 May 2023.

Principal funding sources

We continue bidding to major national grant-making bodies, local businesses and via the Good Exchange. The Good Exchange is a vehicle for funders to identify grant applications that meet specific criteria which they may then fund or partially fund. Any grants made in this way through the Good Exchange can be match-funded and benefit from gift aid. Periodic financial reports are submitted to the Good Exchange to evidence how such grants are used by the Charity. We currently have a 3 year core-funding project with the Good Exchange.

Other sources of funds are:

Members fund raising through street collections, sponsored events, quiz nights, raffles, coffee mornings with cake sales and tombola stalls. This all generates further income and are managed by the members themselves. Unsolicited donations from individuals, businesses and other sources like bequests also contribute greatly to the funds.

Eight Bells for Mental Health

Trustees' Report (continued)

Investment policy and objectives

The charity has no investments.

Structure, governance and management

Nature of governing document

Governing document and constitution approved and adopted in 2021 by trustees of the Charitable Incorporated Organisation.

Induction and training of trustees

All volunteers who support the members at the centre possess enhanced DBS clearance for working with vulnerable adults.

Membership of Eight Bells is free and is available to anyone of 18 or over, who is resident in West Berkshire, and is subject to them completing and signing-up to our membership and code of conduct. Membership is not open to those younger than 18 years, although children may accompany adult members providing they are supervised at all times and with prior agreement of the Coordinator.

The charity employs the services of two part-time coordinator/advocates, who are at the centre on each of the three days it is open. The coordinators possess enhanced DBS clearance for working with vulnerable adults. Volunteers who assist the charity at the centre are subject to reference checks.

Eight Bells adopts an equal opportunities policy for membership and where a member referral is from a registered care provider it reserves the right to request a personal risk assessment before the member attends the centre, and in some circumstances may require the prospective member to be accompanied by their carer.

Organisational structure

The charity is a CIO.

We have a Board of Trustees comprising of the Chair, the Secretary, the Treasurer and at least three (but no more than 7) member Trustees.

The members elect their own management team at the AGM and each position is re-elected each year.

The constitution provides for between 4 and 6 Trustees and must include members of the Charity.

Re-appointment of Trustees is at the discretion of and approval of the members at the annual AGM.

The annual report was approved by the trustees of the charity on and signed on its behalf by:

.....
H J Phillips
Treasurer

Eight Bells for Mental Health

Statement of Trustees' Responsibilities

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

The law applicable to charities 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 and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees of the charity on and signed on its behalf by:

.....
H J Phillips
Treasurer

Eight Bells for Mental Health

Independent Examiner's Report to the trustees of Eight Bells for Mental Health

I report to the trustees on my examination of the accounts of Eight Bells for Mental Health for the year ended 31 May 2023.

Responsibilities and basis of report

As the charity trustees of Eight Bells for Mental Health you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Eight Bells for Mental Health's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

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

1. accounting records were not kept in respect of Eight Bells for Mental Health as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 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.

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.

.....
Kerry Hawkins FCCA
UHY Ross Brooke
Chartered Accountants

31a Charnham Street
Hungerford
Berkshire
RG17 0EJ

Date:.....

Eight Bells for Mental Health

Statement of Financial Activities for the Year Ended 31 May 2023

	Note	Unrestricted funds £	Total 2023 £
Income and Endowments from:			
Donations and legacies		132,849	132,849
Total income	2	132,849	132,849
Expenditure on:			
Charitable activities	4	(69,455)	(69,455)
Other expenditure	3	(24,520)	(24,520)
Total expenditure		(93,974)	(93,974)
Net expenditure		38,874	38,874
Net movement in funds		38,874	38,874
Reconciliation of funds			
Total funds brought forward		67,671	67,671
Total funds carried forward	15	28,797	28,797

	Note	Unrestricted funds £	Total 2022 £
Income and Endowments from:			
Donations and legacies		72,680	72,680
Total income	2	72,680	72,680
Expenditure on:			
Charitable activities	4	(58,423)	(58,423)
Other expenditure	3	(29,403)	(29,403)
Total expenditure		(87,826)	(87,826)
Net expenditure		(15,146)	(15,146)
Net movement in funds		(15,146)	(15,146)
Reconciliation of funds			
Total funds brought forward		43,943	43,943
Total funds carried forward	15	28,797	28,797

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2022 is shown in note 15.

The notes on pages 10 to 16 form an integral part of these financial statements.

Eight Bells for Mental Health
(Registration number: 1194377)
Balance Sheet as at 31 May 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	10	682	484
Current assets			
Debtors	12	896	-
Cash at bank and in hand	13	70,665	46,079
		71,561	46,079
Creditors: Amounts falling due within one year	14	(4,572)	(17,766)
Net current assets		66,989	28,313
Net assets		67,671	28,797
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		67,671	28,797
Total funds	15	67,671	28,797

The financial statements on pages 9 to 17 were approved by the trustees and authorised for issue on
and signed on their behalf by:

.....
H J Phillips
Treasurer

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Eight Bells for Mental Health meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations and legacies are recognised on a receivable basis when receipt is probable and the amount can be reliably measured.

Grants receivable

Grants are recognised when the charity has an entitlement to the funds and any conditions linked to the grants have been met. Where performance conditions are attached to the grant and are yet to be met, the income is recognised as a liability and included on the balance sheet as deferred income to be released.

Deferred income

Deferred income represents amounts received for future periods and is released to incoming resources in the period for which, it has been received. Such income is only deferred when:

- The donor specifies that the grant or donation must only be used in future accounting periods; or
- The donor has imposed conditions which must be met before the charity has unconditional entitlement.

Donated services and facilities

Where services or facilities are provided to the charity as a donation that would normally be purchased from our suppliers, this benefit is included in the financial statements at its fair value unless its fair value cannot be reliably measured, then at the cost to the donor or the resale value of goods that are to be sold.

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2023 (continued)

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and trustees meetings and reimbursed expenses.

Tangible fixed assets

Individual fixed assets costing £200.00 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Depreciation and amortisation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Computer equipment	3 years straight line

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Fund structure

Unrestricted income funds are general funds that are available for use at the trustees discretion in furtherance of the objectives of the charity.

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2023 (continued)

2 Income from donations and legacies

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Donations and legacies;			
Donations from individuals	27,075	27,075	2,780
Grants, including capital grants;			
Grants and match funding from The Greenham Trust	67,326	67,326	27,330
Regular giving and capital donations	35,000	35,000	42,000
Donated services and facilities	3,448	3,448	570
	132,849	132,849	72,680

3 Analysis of resources expended

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Independent examiner fees	1,140	1,140	2,160
GCT admin charges	780	780	1,229
IT software support	50	50	1,312
Art/Yoga/CBT courses	2,044	2,044	4,077
DBS Checks	36	36	46
Member events	616	616	760
Insurance	1,238	1,238	959
Telephone	2,690	2,690	3,269
Computer software and maintenance	532	532	1,248
Printing, postage and stationery	773	773	376
Consultancy	-	-	-
Sundry expenses	954	954	618
Gifts	73	73	364
Travel and subsistence	1,221	1,221	1,332
Advertising	1,638	1,638	4,380
Bank charges	219	219	274
Depreciation off office equipment	422	422	161
Payroll costs	554	554	517
Volunteer training	1,117	1,117	512
Rent and meeting room hire	6,743	6,743	5,389
Volunteer expenses	-	-	-
Accountancy	1,680	1,680	420
	24,520	24,520	29,403

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2023 (continued)

4 Charitable activities

Charitable activities

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Wages and salaries	68,174	68,174	55,915
Staff NIC (Employers)	-	-	1,123
Staff pensions	1,281	1,281	1,385
	<u>69,455</u>	<u>69,455</u>	<u>58,423</u>

5 Charity merger

On 7th May 2021 the Trustees established a charitable incorporated organisation (CIO); Eight Bells For Mental Health (registered charity 1194377) to take forward the previous charity's work.

The CIO was registered on 7th May 2021, and on 1st June 2021 the assets and unrestricted funds of the previous charity, also called Eight Bells For Mental Health company number 07556270/charity number 1144706, totalling £43,943 were transferred to the CIO. This included a bank balance of £36,943 and deferred income of £7,000.

This reconstruction has been treated as a merger in accordance with paragraph 27 of the Charities SORP (FRS102), as if the charity Eight Bells For Mental Health had always been in existence.

6 Trustees remuneration and expenses

During the year the charity made the following transactions with trustees:

S M Masters

£Nil (2022: £1,510) of expenses were reimbursed to S M Masters during the year.

No trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No trustees have received any other benefits from the charity during the year.

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2023 (continued)

7 Staff costs

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2023 No	2022 No
Number of staff	4	3

No employee received emoluments of more than £60,000 during the year.

8 Independent examiner's remuneration

	2023 £
Examination of the financial statements	2,400

9 Taxation

The charity is a registered charity and is therefore exempt from taxation.

10 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 June 2022	645	645
Additions	620	620
At 31 May 2023	1,265	1,265
Depreciation		
At 1 June 2022	161	161
Charge for the year	422	422
At 31 May 2023	583	583
Net book value		
At 31 May 2022	682	682
At 31 May 2023	484	484

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2023 (continued)

11 Debtors

	2023 £	2022 £
Accrued income	896	-

12 Cash and cash equivalents

	2023 £	2022 £
Cash at bank	70,665	46,079

13 Creditors: amounts falling due within one year

	2023 £
Due to volunteers for expenses	8
Other taxation and social security	553
Pension contributions unpaid	268
Accruals	3,743
Deferred income	-
	<u>4,572</u>

14 Funds

	Balance at 1 June 2022 £	Incoming resources £	Resources expended £	Balance at 31 May 2023 £
General				
General	28,797	132,849	(93,975)	67,671

	Balance at 1 June 2021 £	Incoming resources £	Resources expended £	Balance at 31 May 2022 £
General				
General	43,943	72,680	(87,826)	28,797

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2023 (continued)

15 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 May 2023 £
Tangible fixed assets	682	682
Current assets	71,561	71,561
Current liabilities	(4,572)	(4,572)
Total net assets	67,671	67,671

	Unrestricted funds General £	Total funds at 31 May 2022 £
Tangible fixed assets	484	484
Current assets	46,079	46,079
Current liabilities	(17,766)	(17,766)
Total net assets	28,797	28,797

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Signature 1

Signed by Hugo Phillips using authentication code clkWioySIQxNHxK at IP address 5.65.139.238, on 2024/03/28 17:54:46 Z.

Hugo Phillips's e-mail address is: accounts@eightbellsnewbury.co.uk.