

Charity registration number: 1194377

Eight Bells for Mental Health

Annual Report and Financial Statements

for the Year Ended 31 May 2024

Eight Bells for Mental Health

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Eight Bells for Mental Health

Reference and Administrative Details

Chair	G A Norman (appointed 18 October 2021)
Treasurer	H J Phillips (appointed 1 January 2018)
Trustees:	S M Masters (appointed 1 June 2017) R Scott (appointed 1 August 2022) (resigned 7 January 2024) S Gillespie (appointed 18 October 2021) M Houston (appointed 18 October 2021) V Murrice (appointed 1 May 2021) S Fordham (appointed 1 May 2021) (resigned 30 August 2023) J Turner (appointed 1 May 2021)
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 2024.

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 - operating a 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.

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, Administrator, who works at the Registered office Broadway House, The Broadway, Newbury, Berkshire. Two part-time Coordinators and other volunteers help to run the Drop-in centre and to supervise the sessions and 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, cooking and gardening and receive advocacy and counselling support.

Members prepare and cook lunch for themselves and those who attend. The Cooks undertake training and 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 coordinators are available for one-to-one meetings with members to provide advocacy and support.

In addition, Members plan and arrange recreational day trips away from the Drop-in centre. Each trip is accompanied by an activity leader 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 are supported by a small, dedicated team of volunteers who offer peer support and assist with various projects and activities at our Drop-in sessions. We have a dedicated volunteer counsellor. They also provide valuable support during trips and activities away from the centre. They help to create a welcoming and inclusive environment.

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 night, raffles, coffee mornings with cake sales and tombola stalls, all to raise funds for the charity. The focus of this tends to be around Mental Health Awareness Week in May and World Mental Health Day in October.

We work in partnership with many other local charities including City Arts, Newbury Soup Kitchen, Food Bank, West Berkshire Homeless, Loose Ends, Recovery in Mind and Two Saints. Once a month The Samaritans and Citizens Advice hold an outreach session at Eight Bells for Mental Health.

We are constantly refreshing the wellbeing activities on offer to members. Art sessions continue to be popular, along with silk painting, wreath making and flower arranging. Hosting Gardening club at 2 sites in Newbury and Thatcham where raised beds are maintained by the members growing fruit, vegetables and herbs that are harvested, used to cook with at the sessions or shared among members. We adopt partnership working with SNG too, who help to fund some of our wellbeing activities.

In April 2024, we were awarded Team of the Year by Newbury Weekly News, Best in Business awards.

Financial review

In the past financial year, the Charity has continued to see a steady increase in membership and referrals, while at the same time an ever increasing cost to deliver the same services to the members. This is adding additional pressures on current finances and fund raising.

During the year the Charity has increased its fund-raising efforts with a number of different projects through the Greenham Trust, as well as other sources of funding. The Charity was successfully able to secure all of the match funding available by The Greenham Trust. The end of the West Berkshire contract has resulted in a substantial reduction in revenue for the year, which added further pressure on our funds.

The Charity had reserves of £45,223 at the 31 May 2024, and this financial buffer can sustain operations for 6 months, even with no further funding received.

The level of funding this year is a direct outcome of the amazing efforts of the members, staff, volunteers and the board of trustees. 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. £45,223 of reserves are held at 31 May 2024.

Eight Bells for Mental Health

Trustees' Report (continued)

Principal funding sources

We continue bidding directly to major national grant-making bodies,

We have a strong positive relationship with Greenham Trust who support local charities and organisations for the benefit of the people in West Berkshire and North Hampshire. Local grant funders and local businesses can donate via Greenham Trust's 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. Some grants made in this way through the Good Exchange may be offered match-funding 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 on the Good Exchange up to March 2025.

Funders such as local town councils, The Lions, Rotary and local businesses use the Good Exchange to make payments and grants.

Other sources of funds are:

Members fund raising:- street collections, sponsored events, quiz nights, raffles, coffee mornings with cake sales and tombola stalls. This all generates further income and is managed by the members themselves.

Unsolicited donations from individuals, businesses and other sources like bequests also contribute greatly to the funds.

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. Amendments to the constitution were approved by members at the AGM in February 2024.

Eight Bells for Mental Health

Trustees' Report (continued)

Induction and training of trustees

Membership:

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 form and code of conduct. Membership is not open to those younger than 18 years.

Disclosures:

The charity employs two part-time coordinators, who are at the centre on each of the three days it is open. Volunteers who assist the charity at the centre are subject to reference checks. Eight Bells follows the Government guidance for DBS checks for Volunteers. As we do not carry out a regulated activity, there is no requirement for standard or enhanced DBS checks.

Equal opportunities:

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 became a Charitable incorporated Organisation (CIO) 7th May 2021.

We have a Board of Trustees comprising the Chair, the Treasurer and 6 other trustees, of which three are member Trustees. The Board of Trustees holds an AGM within 15 months of the last meeting where the members are invited to ask questions of the trustees.

Separately, the members elect their own management team that help to support the day to day activities at the centre. This management team is re-elected every 12 months and any full member is welcome to put their name forward.

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 2024.

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 2024

	Note	Unrestricted funds £	Total 2024 £
Income and Endowments from:			
Donations and legacies		76,423	76,423
Total income	2	76,423	76,423
Expenditure on:			
Charitable activities	4	(75,414)	(75,414)
Other expenditure	3	(23,457)	(23,457)
Total expenditure		(98,871)	(98,871)
Net expenditure		(22,448)	(22,448)
Net movement in funds		(22,448)	(22,448)
Reconciliation of funds			
Total funds brought forward		67,671	67,671
Total funds carried forward	12	45,223	45,223
	Note	Unrestricted funds Restated £	Total 2023 Restated £
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		(93,975)	(93,975)
Net income		38,874	38,874
Net movement in funds		38,874	38,874
Reconciliation of funds			
Total funds brought forward		28,797	28,797
Total funds carried forward	12	67,671	67,671

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

The funds breakdown for 2023 is shown in note 12.

The notes on pages 11 to 16 form an integral part of these financial statements.

Eight Bells for Mental Health
(Registration number: 1194377)
Balance Sheet as at 31 May 2024

	Note	2024 £	Restated 2023 £
Fixed assets			
Tangible assets	8	260	682
Current assets			
Debtors	9	-	896
Cash at bank and in hand	10	<u>50,127</u>	<u>70,665</u>
		50,127	71,561
Creditors: Amounts falling due within one year	11	<u>(5,164)</u>	<u>(4,572)</u>
Net current assets		<u>44,963</u>	<u>66,989</u>
Net assets		<u><u>45,223</u></u>	<u><u>67,671</u></u>
Funds of the charity:			
Unrestricted income funds			
Unrestricted funds		<u>45,223</u>	<u>67,671</u>
Total funds	12	<u><u>45,223</u></u>	<u><u>67,671</u></u>

The financial statements on pages 9 to 16 were approved by the trustees, and authorised for issue on and signed on their behalf by:

.....
H J Phillips
Governor

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2024

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.

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.

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.

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)

Tangible fixed assets

Individual fixed assets costing £200.00 or more are initially recorded at cost.

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.

2 Income from donations and legacies

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Donations and legacies;			
Donations from individuals	32,937	32,937	27,075
Grants, including capital grants;			
Grants from other charities	43,486	43,486	67,326
Regular giving and capital donations	-	-	35,000
Donated services and facilities	-	-	3,448
	<u>76,423</u>	<u>76,423</u>	<u>132,849</u>

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)

3 Analysis of resources expended

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Independent examiner fees	1,140	1,140	1,140
GCT admin charges	-	-	780
IT software support	370	370	50
Art/Yoga/CBT courses	2,659	2,659	2,044
DBS Checks	-	-	36
Member events	1,135	1,135	616
Insurance	752	752	1,238
Telephone	2,116	2,116	2,690
Computer software costs	711	711	532
Printing, postage and stationery	868	868	773
Sundry expenses	-	-	954
Gifts	77	77	73
Travel and subsistence	761	761	1,221
Advertising	841	841	1,638
Bank charges	240	240	219
Depreciation off office equipment	422	422	422
Payroll costs	578	578	554
Volunteer training	278	278	1,117
Rent and meeting room hire	7,583	7,583	6,743
Accountancy	1,350	1,350	1,680
Catering expenses	963	963	-
Professional fees	613	613	-
	<u>23,457</u>	<u>23,457</u>	<u>24,520</u>

4 Charitable activities

Charitable activities

	Unrestricted funds General £	Total 2024 £	Total 2023 £
Wages and salaries - support costs	73,497	73,497	68,174
Staff pensions	1,917	1,917	1,281
	<u>75,414</u>	<u>75,414</u>	<u>69,455</u>

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)

5 Trustees remuneration and expenses

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

H J Phillips

£175 (2023: £Nil) of expenses were reimbursed to H J Phillips 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.

6 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:

	2024 No	2023 No
Number of staff	<u>4</u>	<u>4</u>

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

7 Taxation

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

8 Tangible fixed assets

	Furniture and equipment £	Total £
Cost		
At 1 June 2023	<u>1,265</u>	<u>1,265</u>
At 31 May 2024	<u>1,265</u>	<u>1,265</u>
Depreciation		
At 1 June 2023	583	583
Charge for the year	<u>422</u>	<u>422</u>
At 31 May 2024	<u>1,005</u>	<u>1,005</u>
Net book value		
At 31 May 2024	<u>260</u>	<u>260</u>
At 31 May 2023	<u>682</u>	<u>682</u>

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)

9 Debtors

	2024 £	2023 £
Accrued income	-	896

10 Cash and cash equivalents

	2024 £	2023 £
Cash at bank	50,127	70,665

11 Creditors: amounts falling due within one year

	2024 £	2023 £
Due to volunteers for expenses	-	7
Other taxation and social security	560	553
Pension contributions unpaid	386	268
Accruals	4,218	3,744
	5,164	4,572

12 Funds

	Balance at 1 June 2023 £	Incoming resources £	Resources expended £	Balance at 31 May 2024 £
Unrestricted funds				
<i>General</i>				
General	67,671	76,423	(98,871)	45,223
	Balance at 1 June 2022 £	Incoming resources £	Resources expended £	Balance at 31 May 2023 £
Unrestricted funds				
<i>General</i>				
General	28,797	132,849	(93,975)	67,671

Eight Bells for Mental Health

Notes to the Financial Statements for the Year Ended 31 May 2024 (continued)

13 Analysis of net assets between funds

	Unrestricted funds General £	Total funds at 31 May 2024 £
Tangible fixed assets	260	260
Current assets	50,127	50,127
Current liabilities	(5,164)	(5,164)
Total net assets	<u>45,223</u>	<u>45,223</u>

	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	<u>67,671</u>	<u>67,671</u>

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<http://www.virtualcabinetportal.com/WhatIsUTC>

Signature 1

Signed by Hugo Phillips using authentication code dXM3ci9OdjVrZnRr at IP address 62.232.52.74, on 2025/03/26 14:29:36 Z.

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