

THE SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY

ACCOUNTS AND TRUSTEES' REPORT

YEAR ENDED 31ST MARCH 2023

Accounts Prepared and Independently Examined by:-

E G Cobb FCA
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Chartered Accountants
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**SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY
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YEAR ENDED 31ST MARCH 2023**

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**THE SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY
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YEAR ENDED 31ST MARCH 2023**

CHARITY INFORMATION

YEAR FOUNDED	2021
CHARITY NUMBER	1194695
CHARITY NAME	The Showmen's Mental Health Awareness Charity
HEAD OFFICE ADDRESS	14 Hart Common Caravan Park, Old Ford Road, Westhoughton, Bolton, BL5 2BU
HEAD OFFICE PHONE	07500 555 208
TRUSTEES	Mr Sheldon Chadwick (Chair of Trustees) Mr Devon Hill (Resigned 10 May 2023) Mr Bradley Wright Mr Mason Holmes (Resigned 15 December 2023) Mr Ryan Barwick Miss Xenna Murphy Miss Shelby Holmes (Resigned 10 May 2023) Miss Samantha Heeson (Appointed 27 July 2022) Mr John Edwards (Appointed 10 September 2023) Miss Courtney Caris (Appointed 13 September 2023) Miss Gaynor Kirrane (Appointed 18 January 2024)
MAIN BANKERS	Natwest Bank Plc
INDEPENDENT EXAMINER	Edward Gilbert Cobb FCA, Chartered Accountant ECC (A&T) Limited, 8 Suez Street, Warrington, Cheshire, WA1 1EG
WEB-SITE	<u>www.showmensmentalhealth.com</u>
EMAIL ADDRESS	<u>showmensmentalhealth@gmail.com</u>

Annual Report

1st April 2022–31st March 2023

The
Showmen's
Mental Health

awareness
charity

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Our Values

The Showmen's Mental Health

To help us stay committed and accurate to our mission, we have worked together to outline our values. Pulling together to make a difference and support all Showmen in the UK & Ireland.

Show Head—Show Heart—Show Smart

These values help us define who we are and who we aim to be. Working collectively, they encourage us to be the best we can and help inform our decision making when planning for a mentally healthier Showland.



Travelling an Equal Road: Equality

We ensure that every individual has an equal opportunity to get the support they seek. We respect and appreciate differences in age, gender, ethnicity, sexuality, physical abilities, education, race, and religion among individuals. We support all Showmen and embrace diversity.

Open Here, and all are Welcome: Transparency

We operate with openness and transparency, we seek honest and open feedback, and constantly work to improve our services. We value all voices. Whilst ensuring the anonymity of our service users.



No People Like Show-People: Kindness

We will treat all people with kindness and strive to make all who interact with the charity feel safe and respected.



Build-up and a Pull-down: Integrity & Respect

We will do everything in our power to demonstrate reliability and trustworthiness, whilst showing patience and flexibility, even when unexpected obstacle arises. We will respect ourselves and others in every interaction demonstrating gratitude. We will be respectful of peoples process to receive support and do all in our capacity to make services accessible.



Stronger Together: Collaboration

We work collaboratively to build effective services. We engage with community members and organisations to share approaches and ideas building effective outcomes. We create resilient and successful working relationships.



The Showmen's Mental Health

an awareness charity

The Showmen's Mental Health Awareness Charity

Our Mission

We are a charity founded and run by people from the Showmen and Fairground community. The trustees on our board are either travelling Showmen or settled down Showmen professionals.

Our aim is to break the stigma surrounding mental health in our community. We do this by providing support, information, and funding for private mental health services to all Showmen [of all ages] in the UK & Ireland.



Charity Activities

The Showmen's Mental Health Awareness Charity operates in three areas:

- Mental Health Services
- Education
- Awareness

All of our activities aim to support our community's well-being, promote awareness and prevent poor mental health.

We recognise the importance of bespoke services that reflect a deep understanding of Showmen culture.

Each area we operate in is developed with and for our community. The voice of our community has played a crucial role in establishing our service and continues to motivate charity activities today.



Head.
Heart.
Smart.

Mental Health Services

The Showmen's Mental Health Awareness Charity (SMHAC) specialise in providing fast and effective mental health support and funding to the Showmen community.

Self Referral

To access the charities services, service users must undertake a self-referral process through our website or make direct contact with a SMHAC nurse

Screening Service

The charity currently works with two private mental health nurses who specialise in both adult and child screening. All individuals who use our mental health services must complete a screening process after submission of the self-referral form

The screening process allows the SMHAC nurses to assess the service user's current wellbeing and concerns, enabling a conversation to determine the correct mental health pathway and help service users decide what kind of support they need

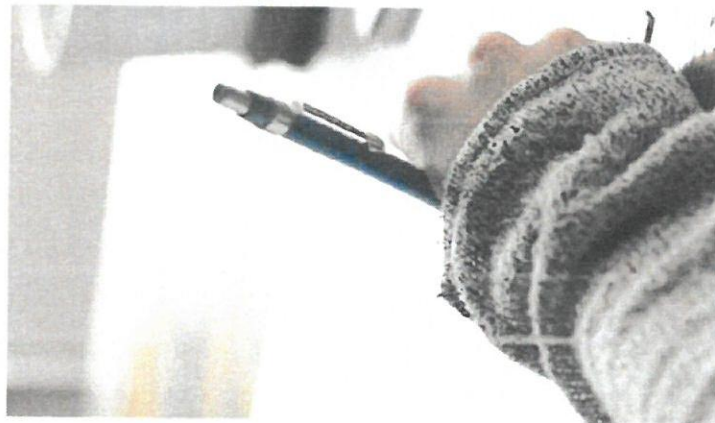
Once self-referral and screening is complete, an assessment document will be produced. Finally, the service users' is matched with the most suitable therapist or counsellor based on their assessment needs, to support the service user's mental health

Therapy & Counselling

The SMHAC provide funding for private therapy and counselling. The charity currently funds 12 private therapy/counselling sessions for any Show Person within the UK and Ireland.

This service can be extended to 20 sessions through a written or verbal extension process, which must remain anonymous to protect the information of the service user

Currently, there is a turnaround time of 2 to 6 weeks from the initial contact to the commencement of treatment



Formal Diagnosis

The SMHAC offers private funding for psychiatric assessments, covering a range of conditions such as ADHD, OCD, and Autism.

These are conducted through our partner organisations, which include

1. Clinical Partners
2. Optimise Health Care
3. Sanctum

Rehabilitation Grant

We can provide a small rehabilitation grant of £3000 to help support Showmen who may need access to rehabilitation services in the UK and Ireland

We currently have a working relationship with UK Addiction Treatment (UKAT).



Listen.
Learn.
Act.



Education

The SMHAC believe that education is prevention. The Charity aims to support our community with educational materials, workshops and lectures for both adults and children.

Partnership with Epic Assist Scotland

Throughout April 2022–March 2023, we have continued to provide monthly Mental Health Workshops with our partners Epic Assist, that cover a variety of topics including:

- Suicide Prevention
- Mental Health in the Foreground Industry
- Women's Mental Health
- Men's Mental Health

Partnership with The European Opera Centre

We partnered with the European Opera Centre to run a series of projects within schools in Liverpool which focused on a retelling of 'The Cunning Little Vixen' through the Showmen's lens. This heightened the awareness of the community among young individuals, enhanced their artistic and musical abilities, and played a role in fostering empathy in the children

We then took this project to Newcastle Town Moor, during the largest fair in Europe, to provide alternative education for young Showpeople while they were travelling with their families and out of school. Through this project, we also trained 5 Showmen adults in art facilitation.

The project was a major success, and was analysed by a social scientist, working with Edge Hill University

Multiple partners including the National Foreground Archive, Liverpool John Moores University and Fair Scotland

We conducted a 1 day education project that took place at Kirkcaldy

The Epic Showmen's Project was a large



collaboration event, aiming to create awareness, promote well-being and champion our community, it was attended by over 50 Showmen

The full-day event took place at the Links Market Kirkcaldy, in the Philip Hall

Presentations and conferences

We presented at numerous conferences and symposiums, including

- Queens Nurses Institution
- Cambridge Festival - Anglia Ruskin University and Cambridge University
- Social Science Impact Conference - University of Oxford
- Liverpool John Moore's University
- Liverpool Hope University
- NHS England Start with People Conference
- NHS Wales

Social Media

Throughout the year, our content creator and social media team generate 5 posts per week that are launched on Facebook, Instagram, Twitter, and LinkedIn

We aim to foster an informative and safe environment that promotes wellbeing and signposts to local, national, and internal services through our social media.

Our social media followers have increased by over 1500 people from our previous year



Facebook:

5300 followers



Instagram:

1400 followers



Twitter:

690 followers



LinkedIn:

35 followers

7625 followers in total

Campaigns this year

Throughout the year we have launched various campaigns of our own and with partners. These include

- Ovarian Cancer Awareness Campaign - Epic Assist Charity Scotland/Ovacome
- Mental Health Awareness Week
- Suicide Prevention Week
- Deaf-Blind Awareness Week
- Live De-stress and self-care workshops - Yoga Mandala project/Epic Assist Charity Scotland
- Visited numerous Showmen yards (sites) to help raise awareness of the charity's services for hard-to-reach Showmen



Working in The Community and Fundraising

We have continued to fundraise and support our community through different means, this includes the following:

- Sponsored physical activity, including walks and runs from Trustees and Community Members
- Social happenings at large fairground events in Newcastle, Nottingham and Hull
- International football events, Scotland vs England
- Kirkcaldy Links Market well-being day
- Launched the first Showmen's Mental Health Week

Community is at the heart of our charity, and we want to make sure we listen and learn from our community whilst providing support and educational tools

External funding received

Throughout the year, we applied to different external funders to help support our services through various means.

We are pleased to have received funds from different organisations, some of these include:

- The National Lottery Community Fund
- Thurrock Council
- Showmen's Guild of Great Britain

Merchandise

We sold multiple items of merchandise throughout the course of the year to bring awareness and break stigma through visual and textual means.

These include

- Badges
- T-shirts
- Flags
- Notepads



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Research and Development

'In Fair Health?' pilot study in partnership with Anglia Ruskin University.

In 2022/2023, we developed a working relationship with researchers from Anglia Ruskin University to study the healthcare needs of travelling Showpeople throughout the UK.

The 'In Fair Health?' aims to determine the health status, needs and trends among members of the Showmen/Fairground communities, identify barriers that hinder or prevent Showmen accessing appropriate healthcare, and make recommendations for practical solutions to enhance access to care and screening for this population.

The report will be launched in October 2023 and will consist of the first mental health statistics for Showmen in the UK, based in 2 locals: Cambridgeshire and Greater Manchester.

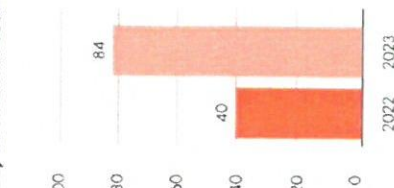
It's All a Show - Practice-based Exploration of Travelling Fairground People Identity and Mental Health

Our Chair, Sheldon Chadwick, is currently collecting, through his doctoral research, the first large-scale mental health statistics from Showpeople across the UK, following on from the pilot study above.

These statistics will be first released at an exhibition, taking place at the University of Sheffield, in partnership with Liverpool John Moores University on 6th February 2024.

Financial Year Statistics

Number of Referrals
22/23 Financial Year



Number of Assessments



ASSESSMENTS KEY

- Full Psychiatric Assessment 8
- Adult Autism Assessments 2
- Children's Autism Assessments 3
- AD-ID Assessments 12

Counselling Referrals
46

Rehabilitation Centre Grants
3

11

2023-2024 Vision

- Launch pilot project with Anglia Ruskin University.
- Develop a sustainable funding stream from external sources.
- Create an annual event.
- Employ a full-time nurse and Chief Executive.
- Increase awareness of Suicide Prevention Week and relationship with Samaritans.
- Develop 3+ community outreach projects.
- Launch Mental Health Guidebook.
- Initiate monthly newsletter.

Thank you for reading our annual report.

This has been generated by The Showmen's Mental Health Trustees and Secretary, Nicole Richardson.



**THE SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY
ACCOUNTS AND TRUSTEES REPORT
YEAR ENDED 31ST MARCH 2023**

	Unrestricted Funds £	Restricted Funds £	Total Funds £	2022 £
INCOMING RESOURCES FROM				
GENERATED FUNDS:				
Voluntary income (Note 2)	77,411	0	77,411	79,193
National Lottery Funding (Note 2)	0	9,500	9,500	0
Investment Income (Note 3)	0	0	0	0
TOTAL INCOMING RESOURCES	£77,411	£9,500	£ 86,911	£79,193
RESOURCES EXPENDED:				
Charitable activities -				
Counselling fees	22,865	0	22,865	17,694
Nurses, medical & assessment fees	26,597	2,800	29,397	1,080
Rehab fees	13,825	0	13,825	0
Education costs	3,398	0	3,398	3,046
Event costs and marketing	4,048	250	4,298	8,319
Travel expenses	510	319	829	1,735
Equipment not capitalised & IT costs	414	0	414	414
	£71,657	£3,369	£75,026	£32,228
Management and Support Costs -				
Administration, Office & Insurance	602	0	602	1,980
Stationery, Office & Misc. Exp's	39	0	39	59
	£641	£0	£641	£2,039
Governance & Finance Costs				
Bank charges	98	0	98	0
Legal fees	0	0	0	2,903
Accountancy & independent examination fees	2,500	0	2,500	3,000
	£2,598	£0	£2,598	£5,903
TOTAL RESOURCES EXPENDED	£74,896	£3,369	£78,265	£40,230
SURPLUS / (DEFICIT) FOR YEAR	£2,515	£6,131	£8,646	£38,963
Funds brought forward @ 01 April 2022	£38,963	£0	£38,963	£0
Transfer between funds	0	0	0	0
Funds carried forward @ 31st March 2023	£41,478	£6,131	£47,609	£38,963

THE SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY
STATEMENT OF ASSETS AND LIABILITIES
AS AT 31ST MARCH 2023

	2023	2022
	£	£
	£0	£0
FIXED ASSETS		
CURRENT ASSETS		
Cash at Bank - Note 4	50,609	41,963
Cash in hand - Note 4	0	0
	<u>£50,609</u>	<u>£41,963</u>
CREDITORS due within one year	<u>£3,000</u>	<u>£3,000</u>
NET CURRENT ASSETS	£47,609	£38,963
NET ASSETS	<u>£47,609</u>	<u>£38,963</u>
TRUSTEES FUNDS		
Balance brought forward	38,963	0
Surplus (Deficit) for year	8,646	38,963
Balance carried forward	<u>£47,609</u>	<u>£38,963</u>
REPRESENTED BY:-	2023	2022
GENERAL FUNDS	41,478	38,963
DESIGNATED FUNDS – Note 6	<u>0</u>	<u>0</u>
TOTAL UNRESTRICTED FUNDS	£41,478	£38,963
RESTRICTED FUNDS – Note 5	<u>£6,131</u>	<u>£0</u>
TOTAL CHARITABLE FUNDS	<u>£47,609</u>	<u>£38,963</u>

TRUSTEES CERTIFICATE OF APPROVAL

MR SHELDON CHADWICK (CHAIR OF TRUSTEES)


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DATE:- 29th January 2024

**THE SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY
NOTES TO STATEMENTS OF FINANCIAL ACTIVITIES (SOFA)
YEAR ENDED 31ST MARCH 2023**

1. THE BASIS OF ACCOUNTING POLICIES AND DEFINITIONS

- 1.1 THE ACCOUNTS** have been prepared under the historical cost convention in accordance with applicable accounting standards and the Charities Act 2006 and Statement of Recommended Practice (SORP) 2005.
- 1.2 GENERAL FUNDS** represent unrestricted funds that are not subject to any restriction regarding their use and are available for application towards their use purposes of a general nature.
- 1.3 RESTRICTED FUNDS** represent funds restricted by the donor for a particular purpose.
- 1.3(a) DESIGNATED FUNDS** represent funds that have been allocated out of Unrestricted funds by the Trustees of The Showmen's Mental Health Awareness Charity for specific events or liabilities The Showmen's Mental Health Awareness Charity is committed to. Any remaining balance is returned to unrestricted funds when events have been held.
- 1.4 INCOMING RESOURCES** are included in the SOFA when:-
- The Showmen's Mental Health Awareness Charity becomes entitled to the resources
 - The trustees are virtually certain they will receive the resources; and
 - The monetary value can be measured with sufficient reliability.
- 1.5 GRANTS & DONATIONS** are included in the SOFA when The Showmen's Mental Health Awareness Charity has unconditional entitlement to the resources.
- 1.6 INVESTMENT INCOME** is included in the SOFA when receivable.
- 1.7 RESOURCES EXPENDED** are recognised when costs have been incurred, or for designated or special gifts, in the same accounting period as the related gift is received.
- 1.8 TANGIBLE FIXED ASSETS** are capitalised at cost when incurred
- 1.9 DEPRECIATION OF FIXED ASSETS** is included in resources expended, to write off the assets of over their useful economic life.
- 1.10 LIABILITY RECOGNITION** – Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.
- 1.11 GOVERNANCE COSTS** – The preparation & examination of The Showmen's Mental Health Awareness Charity annual statutory accounts, AGM & trustee meeting expenses; also legal advice given to trustees.

THE SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY
NOTES TO STATEMENTS OF FINANCIAL ACTIVITIES (SOFA)
YEAR ENDED 31ST MARCH 2023

2. VOLUNTARY INCOME

	UNRESTRICTED FUNDS 2023	RESTRICTED FUNDS 2023	TOTAL FUNDS 2023	TOTAL FUNDS 2022
The Showmen's Guild	0	0	0	20,710
National Lottery Funding	0	9,500	9,500	0
Donations and fundraising events	77,411	0	77,411	58,483
TOTAL VOLUNTARY INCOME PER STATEMENT OF FINANCIAL ACTIVITIES	<u>£77,411</u>	<u>£9,500</u>	<u>£86,911</u>	<u>£79,193</u>

3. INVESTMENT INCOME

	UNRESTRICTED FUNDS 2023	RESTRICTED FUNDS 2023	TOTAL FUNDS 2023	TOTAL FUNDS 2022
Bank interest	0	0	0	0
TOTAL INVESTMENT INCOME PER STATEMENT OF FINANCIAL ACTIVITIES	<u>£0</u>	<u>£0</u>	<u>£0</u>	<u>£0</u>

4. BANK & CASH BALANCES

BANK BALANCES

	2023	2022
Current account no.1	50,436	41,790
Current account no.2	173	173
Cash in hand	0	0
MONIES HELD BY CHARITY	<u>£50,609</u>	<u>£41,963</u>

5. RESTRICTED FUNDS

As at the Balance Sheet date, the charity held £6,131 (2022 - £nil) of Restricted Funds.

6. DESIGNATED FUNDS

There were no Designated Funds held by the charity as at the Balance Sheet date.

**THE SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY
YEAR ENDED 31ST MARCH 2023**

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
THE SHOWMEN'S MENTAL HEALTH AWARENESS CHARITY**

I report on the accounts of the Charity for the Period Ended to 31st March 2023, as shown on pages 4 – 12 attached.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed. It is my responsibility to:-

- *examine the accounts under section 145 of the Charities Act*
- *to follow the procedures laid down in the General Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and*
- *to state whether particular matters have come to my attention*

BASIS OF INDEPENDENT EXAMINER'S REPORT

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters. 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 and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINER'S STATEMENT

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements

- *to keep accounting records in accordance with section 130 of the Charities Act and*
- *to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act*

have not been met, or

(2) to which, in my opinion, attention should be drawn, in order to enable a proper understanding of the accounts to be reached.



Edward Gilbert Cobb FCA
CHARTERED ACCOUNTANT
ECC (A&T) Limited
8 Suez Street, Warrington, Cheshire, WA1 1EG

Date: 29th January 2024