

Action Mental Health

Northern Ireland · Charity number 100753

Details

Known as	AMH
Status	Received
Registered	2015-02-23
Register	View on the Charity Commission for Northern Ireland register

Contact

Address
Action Mental Health
27 Jubilee Road
Newtownards
County Down
BT23 4yh
BT23 4YH

Phone 02891828494

Email cchesney@amh.org.uk

Website www.amh.org.uk

Activities

Purposes: 4.1. The Charity's objects are specifically restricted to the following for the public benefit: 4.1.1. To provide assistance for persons affected by mental ill health, learning disability, physical disability, intellectual disability, substance abuse and/or other disabilities including without limitation vocational rehabilitation and training, therapeutic services/counselling for adults, children and families, personal development and guidance and other support services with a view to maintaining and improving the wellbeing of such persons to assist their return to fitness for purposeful activity. 4.1.2. To assist such persons whether or not they have completed training programmes on the Charity's premises to secure employment in jobs appropriate to their capabilities and to provide, if required, follow-up guidance and support. 4.1.3. To carry on for the benefit of such persons activities in which the skills of such persons can be developed, which activities shall be carried on wholly or largely by means of the efforts of such persons. 4.1.4. To provide outreach services in support of people recovering from mental ill health and/or other disabilities. 4.1.5. To provide mental health and wellbeing support to military veterans, victims and survivors, prisoners/people in the criminal justice system and minority groups e.g. Ethnic Minorities, Travellers, LGBT, Asylum seekers/refugees and other minority groups. 4.1.6. To promote awareness of the issues of mental health and other related issues to the public at large. Nothing in the articles shall authorise an application of the property of the Charity for purposes which are not charitable in accordance with s.2 of the Charities Act (Northern Ireland) 2008.

What the charity does: The advancement of education, The advancement of health or the saving of lives, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works: Advice/advocacy/information, Counselling/support, Cross-border/cross-community, Disability, Education/training, Medical/health/sickness

Who the charity helps: Addictions (drug/solvent/alcohol abuse), Adult training, Carers, Children (5-13 year olds), Ex-offenders and prisoners, General public, Men, Mental health, Older people, Parents, Preschool (0-5 year olds), Sensory disabilities, Unemployed/low income, Victim support, Voluntary and community sector, Volunteers, Women, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£8,540,755	£7,415,811	£-1,282,571	194

Trustees

Name	Role	Appointed
Angela Craigan		
Billy Kohner		
Billy Mckeown		
Damian P Mcauley		
Gerard Lynch		
Jonathan Mcadams		
Mr Jonathan O'brien		
Mr Kevin Mcparland		
Mr Paul Corr		
Mr Roger Pannell		
Ms Leeanne Fleck		
Roisin Kelly		
Susan Cooke		

Action Mental Health

Northern Ireland - Charity number 100753

Accounts

COMPANY REGISTRATION NUMBER NI005568

CHARITY REGISTRATION NUMBER NIC100753

ACTION MENTAL HEALTH

(CHARITABLE COMPANY - LIMITED BY GUARANTEE)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 MARCH 2025

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

GENERAL INFORMATION

DIRECTORS – MAIN BOARD

Mr D P McAuley - Chairman
Mr W A McKeown - Vice Chairman
Ms A Craigan - Treasurer
Mrs S Cooke
Mr P Corr
Ms L Fleck
Mrs R Kelly
Mr H W R Kohner
Prof G Lynch
Mr J McAdams
Mr D M McKeown
Mr K McParland
Mr J O'Brien
Mr R Pannell
Mr SW Robinson (resigned 5 July 2024)

INDEPENDENT BOARD MEMBERS

Mr D Brannigan
Mr B McDonald
Ms G Mornhinweg
Mr D Morrissey

SECRETARY

Ms I Gallen

CHIEF EXECUTIVE OFFICER

Mr D Babington

REGISTERED OFFICE

AMH Central Office
27 Jubilee Road
NEWTOWNARDS BT23 4YH

AUDITOR

GMcG BELFAST
Chartered Accountants &
Statutory Auditor
Alfred House
19 Alfred Street
BELFAST BT2 8EQ

INVESTMENT BROKERS

CCLA
One Angel Lane
LONDON EC4R 3AB

COMPANY REGISTRATION NUMBER

NI005568

CHARITY REGISTRATION NUMBER

NIC100753

BANKERS

Danske Bank
Business Banking Centre, PO Box 183
Donegall Square West, BELFAST BT1 6JS

SOLICITORS

Tughans
The Ewart
3 Bedford Square
BELFAST BT2 7EP

Edwards & Co
28 Hill Street
BELFAST BT1 2LA

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS

The Directors present their report and the financial statements for the year ended 31 March 2025. The Directors 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) in preparing these accounts.

CONSTITUTION

Action Mental Health (AMH) is a charitable company limited by guarantee, registered under NI005568, governed by the Articles of Association. The company is recognised as a charity and is registered under NIC100753 and is recognised as a charity by HM Revenue & Customs under reference number XN 47959.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The board is comprised of up to 15 Directors as set out in the charity's Articles of Association. Directors may serve for a maximum of three terms of 4 years, save for Serving Directors who, having served 15 years, must be re-appointed on an annual basis. The Governance Manual guides the work of the Board, which includes an induction programme for Directors, Terms of Reference for Committees and roles and responsibilities of office bearers. Directors are recruited to the Board through an open recruitment and selection process, and four Directors may be co-opted annually.

Decisions on strategy, policy and material capital expenditure are taken by the full Board and it ensures the Strategic Plan guides the Executive, usually over a 3 year time span. Day to day decision making is under the supervision of the Chief Executive Officer, Mr D Babington, with regular reporting to the Board. There are 4 committees, the Finance, Audit and Risk, Nominations and Remuneration and Service Delivery and Development Committees. The Chief Executive Officer manages the Senior Management Team and together they ensure targets in the annual Operational Plan are achieved.

In line with corporate good practice there is an Audit and Risk Committee with 2 independent and 3 Board members and it meets at least 3 times a year; the Chief Executive Officer and Director of Business Support also attend, with the external auditors present when appropriate. An annual Directors' Conference is usually held in October to enable the Board and all managers to assess progress and consider the future. Due to unique challenges and pressures the Board instead held a Directors' Workshop in October, preceded by a similar one the previous February, and these provided the basis for discussion on priorities for the new 2025-2028 Strategy.

The Board met on 6 occasions, the Finance Committee 7 times, Audit and Risk Committee and Nominations and Remunerations Committees 4 times and the Service Delivery and Development Committee met 3 times. The Board and Committee meetings were conducted in a variety of ways, in person, hybrid or remotely and this has continued to facilitate attendance and engagement. In order to continue supporting Committees with delivering the estates review and wider digital transformation the Board retained the Property and Digital Transformation Sub-Committees to work closely with the Senior Management Team on plans for the future.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT (Continued)

The Nominations and Remuneration Committee consider pay levels for all staff and possible Cost of Living increases on an annual basis and seeks approval from the full Board for any increases. The Committee has commissioned various independent reviews of all staff salaries, benchmarking them against other locally based charities, sectors and National Joint Council (NJC) scales and the recommendations are taken into consideration by the Board each year. The Pay Policy Statement sets out the Board's approach to salaries and is on the website. In respect of the Chief Executive Officer and Senior Management Team the Committee has commissioned further independent advice which includes benchmarking against comparable roles in the sector. In the interests of transparency the annual accounts are available on the website

In order to provide lasting impact there is involvement in a number of partnerships with other charities in NI such as the Supported Employment Solutions (SES) consortium, co-led with the Cedar Foundation and delivering the Workable employment programme commissioned by the Department for Communities. Action Mental Health also leads the SkillSET partnership in delivering a UKSPF programme with 6 partners, which ends on 31 March 2026 and the EU funded Our Generation Peace Plus partnership of 9 partners which runs until 2027. There is also close involvement in delivering the DoH Mental Health Strategy with representation on the Mental Health Strategic Reform Board, various Workings Groups and one of the Mental Health Area Collaboratives. There is also close working with the Mental Health Collective, Mental Health Policy Group and NI Mental Health Policy Alliance and providing the secretariat for the All Party Group on Suicide at the Assembly.

DIRECTORS

The Directors of AMH are its trustees for the purposes of charity law. The Directors who served the charity during the year are as noted on Page 1.

Mrs A Craigan, Ms S Cooke, Ms L Fleck, Ms R Kelly, and Messrs. HWR Kohner, DP McAuley, WA McKeown, DM McKeown, J McAdams and Prof G Lynch, P Corr, K McParland, R Pannell, SW Robinson and J O'Brien all served.

A register of Directors' interests is maintained, with regular review and update, in order for the Board to be aware of any potential conflicts of interest; the issue of potential conflicts is a standing agenda item at the start of all Board and Committee meetings. None of the Directors had any material interest in contracts with the charity during the year.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

DIRECTORS (continued)

Directors' attendance at Board Meetings over the period up to 31st March 2025 is set out below; there were 6 meetings during the year.

Directors	Attendance
Cooke, Susan	3
Corr, Paul	6
Craigan, Angela	6
Fleck, Leeanne	3
Kelly, Roisin	4
Kohner, Billy	4
Lynch, Gerry	3
McAdams, Jonathan	5
McAuley, Damian	6
McKeown, Billy	4
McKeown, Diarmuid	5
McParland, Kevin	4
O'Brien, Jonny	5
Pannell, Roger	4
Robinson, Stephen (resigned 5 July 2024)	0

RISK STRATEGY

A risk register is maintained in relation to all material risks posing a threat. The register is reviewed regularly by the Audit and Risk Committee and at all Board meetings to ensure systems and procedures are in place to mitigate identified risks and to minimise any potential impact on the charity.

In managing the reserves, the Board is guided by the Investment Policy and its objective is to generate a return in excess of inflation over the long term whilst generating an income which is available to support existing services and new projects. The Reserves Policy is to hold a minimum of 6 months of planned expenditure to ensure continued financial security and to provide for contingencies. Diversification of the investments is the responsibility of CCLA, an external investment provider, and at times includes the use of a cash deposit account. CCLA is required to meet with the Finance Committee once a year to discuss performance, risk and adherence to the Investment Policy's ethical criteria.

PRINCIPAL RISKS AND UNCERTAINTIES

The Board continues to be frustrated by the regional context within which it operates. Whilst the Programme for Government was approved in February 2025 it failed to prioritise mental health and the Mental Health Strategy will soon reach the halfway point in its 10 year plan but with less than 20% of the required funding. This backdrop has contributed to the key risks and uncertainties currently affecting AMH, which are set out below:

- **Resources**

Unsurprisingly, the risk presented by regional financial pressures was the highest ongoing concern for the Board. Funding for the Mental Health Strategy again fell well short of agreed plans and this is against a backdrop of rising demand for mental health support due to the legacy of Covid, high economic inactivity rates and the Cost of Living crisis.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

PRINCIPAL RISKS AND UNCERTAINTIES (Continued)

- **Resources (continued)**

Evidence of this need had been experienced in AMH services which have received direct calls for assistance from desperate clients, or people walking in, something which rarely happened several years ago.

As with the previous year, UKSPF funding failed to offset the loss of EU funding for the Recovery and Employability services and the reduced impact meant fewer clients being supported and fewer staff dealing with increasing client need. In terms of other funding, securing some of the HOPE post primary counselling contract was a positive development, and also EU Peace Plus funding, to build peace through improved mental health & emotional wellbeing for young people.

The board continued to deliver plans to increase financial sustainability and this led to the sale of 2 owned sites in L/Derry and Downpatrick with a 3rd sale in Antrim agreed but not yet sold. Alongside steps to re-shape existing delivery the use of new technology was explored to generate income and fundraise more effectively.

- **Delivery and Staffing**

Recruitment and retention was a persistent challenge throughout the year which affected the whole sector and as a result the Board was concerned about the ability to deliver agreed outcomes. Overall the high staff turnover rate inevitably caused pressures for the Business Support teams and proved to be a major distraction for them. Helpfully the new HOPE counselling contract included the TUPE of staff so experienced counsellors were readily available and the new Peace Plus Our Generation team was swiftly recruited. But the overall demanding staffing situation is likely to continue so the Board has been carefully assessing salary levels and a Staff Survey is planned and all relevant HR policies are being reviewed to ensure the organisation is responsive to staff needs.

The Board recognises these key risks and uncertainties and operates so as to minimise the threat posed to the charity by adhering to the highest procedures and standards and working closely with independent experts as required to mitigate the risks.

OBJECTIVES AND ACTIVITIES

AMH's vision is for *a society which actively values and supports people on their journey to positive mental health* and the mission is *to make a positive difference to people's mental health and wellbeing*. The mission is delivered by living and working to our values of *Passion, Empowerment, Excellence and Respect*.

As a voluntary organisation Action Mental Health continues to support people's mental health and well-being across the region through vocational training, supported employment options, personal development, counselling, health and well-being programmes and resilience building. The Directors have given due regard to the Charity Commission for Northern Ireland's guidance on public benefit in respect of its objectives and activities. The Objects and activities undertaken in relation to them are below:

- *To provide assistance for persons affected by mental ill health, learning disability, substance abuse and/or other disabilities including without limitation vocational rehabilitation and training, personal development and guidance and other support services with a view to maintaining and improving the wellbeing of such persons to assist their return to fitness for purposeful activity.*

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

Programmes to support people recovering from mental ill-health have been delivered through UKSPF and the 5 Health Trusts' funding by 8 Recovery and Employability services; referrals continue to come from a variety of sources such as Health Trusts, Jobs and Benefits Offices, Education/Training providers and self-referrals. Clients are provided with person-centred well-being programmes to support soft skills development which support clients to move on to employment and/or more independent lives. There are also 3 services which cater specifically for younger people and they are delivered along similar lines to the existing services.

The Counselling service provides interventions for children, young people, adults and families depending on need and apart from counselling may include psychotherapy, music, art and play therapies. Support is provided for a range of issues such as stress, anxiety, depression, relationship difficulties, drug/alcohol misuse, self-harming and suicidal ideation. This year saw delivery starting in post primary schools for the HOPE contract, which included support in 59 schools, special schools and EOTAS settings. Interpreters are also provided for clients for whom English is not their first language.

- *To assist such persons whether or not they have completed training programmes on the Company's premises to secure employment in jobs appropriate to their capabilities and to provide, if required, follow-up guidance and support.*

As well as the focus on employment through the Recovery and Employability services the Workable employment programme was delivered and funded by the Department for Communities for people with mental health issues, which aims to secure and sustain employment for clients. The programme was delivered with 6 other charity partners as part of the SES partnership. Action Mental Health is still also the only provider of the Individual Placement Support service based in the Belfast Health Trust area, which focuses on placing people with mental health issues in the workplace first and training them thereafter.

- *To carry on for the benefit of such persons activities in which the skills of such persons can be developed, which activities shall be carried on wholly or largely by means of the efforts of such persons.*

In line with the Mental Health Strategy's Theme One priorities, a growing focus has been to build personal resilience within communities including young people in primary/secondary education, further education and higher education. The Schools and Community Wellbeing Team continued to deliver programmes including the Protect Life service which delivers suicide/self harm prevention services.

The 3 Men's Sheds in Antrim, Downpatrick and Enniskillen continued to support men over 50 years of age to learn new skills, socialise and connect. The long-term conditions project is delivered by the Pain and Condition Management team in the Western Trust and continued to provide people with the tools to self-manage their conditions. After new investment and IT systems the revised Workplace Wellbeing service was re-launched in January 2025 to continue to provide employers with wellbeing and resilience building support. Specialist projects to support clients to develop their own skills continued, such as the Vision project (Autistic Spectrum Disorder) and the Eating Disorders Support Team, both in the Southern Health Trust.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

- *To provide outreach services in support of people recovering from mental ill health and/or other disabilities.*

AMH operates from 13 sites and many programmes and services are also delivered in the community, in local facilities such as partner organisations' offices, theatres/cinemas, health centres, sports clubs or schools.

- *To provide mental health and wellbeing support to military veterans, victims and survivors, prisoners/people in the criminal justice system and minority groups e.g. Ethnic Minorities, Travellers, LGBT, Asylum seekers/refugees and other minority groups.*

A diverse range of services are delivered focussed on identified needs within communities and particular groups are identified through regular engagement. Action Mental Health policy ensures all clients, whatever their background, are treated fairly and without any discrimination and as a result there is always a diverse range of clients being supported irrespective of sex, gender reassignment, marital / civil partnership status, pregnancy or maternity, religious or similar philosophical belief, political opinion, disability, racial group, sexual orientation or age.

- *To promote awareness of the issues of mental health and other related issues to the public at large.*

A media campaign called 'I Am Someone' enabled clients to highlight the issue of mental health and to call for more resources across the sector, in particular using every opportunity to highlight the deficit in funding for the Mental Health Strategy. Other opportunities and fundraising events were used to speak out in the media and numerous client events used to raise awareness.

Throughout the year, the Client Forum committed to co-production by discussing and promoting client issues and corporate partners continued to raise publicity around mental health issues. Staff remain part of the Mental Health Policy Group, Mental Health Collective and NI Mental Health Policy Alliance, which are working to promote the work of the sector and to tackle underlying issues in it.

More information on Action Mental Health's work and achievements during 2024/25 is in the Annual Review, which is available from the Company's Registered Office and on its website.

ACHIEVEMENTS AND PERFORMANCE

This was the third and final year of the Board's Strategic Plan 2022-2025 and the scorecard reflects the fact that most objectives were achieved regardless of the demanding funding backdrop. UKSPF and Health Trusts' funding made a positive difference to client outcomes and met the targets set and new Peace Plus and HOPE funding was secured. Recruitment and retention was an ongoing issue and capacity stretched but large numbers of people needing support were still reached with a variety of services.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

ACHIEVEMENTS AND PERFORMANCE (Continued)

During the year 1,554 clients with mental health needs attended services remotely or in person provided by the Recovery and Employability teams and Workable. The Recovery and Employability teams provided programmes to 1,446 clients who achieved 1,226 accredited training outcomes and 266 progressed to paid employment, voluntary work, further education/training or other government programmes.

Regarding resilience building programmes delivered by the Schools and Community team and Workplace wellbeing, there were 19,062 direct beneficiaries. The Pain and Condition Management team in the Western Trust area ran 22 programmes throughout the year with 179 people participating in the self-management programme; also 124 older men attended the 3 Men's Sheds and 108 clients were supported through the Workable contract.

Regarding the Counselling service, there were 23,257 counselling/group work sessions provided to 4,189 individuals and families as follows:

Adult – 11,013 sessions to 2,262 clients

Children & Young People – 12,211 sessions to 1,918 clients

Families – 33 sessions to 9 families

There was a total of 44 leavers during the period made up of voluntary reasons (40) and involuntary (4), and turnover during the period was 21% with 13 staff leaving within the first 6 months of joining. The number of staff employed as at 31 March 2025 was 203.

Investors in People (IiP) 'We invest in people' PLATINUM accreditation was in place and reaccreditation will be taking place in November 2025.

FINANCIAL REVIEW

Once again this has been a difficult financial year for many organisations across the V&C sector with ongoing Cost of Living pressures, uncertainty about the future of UKSPF funding and then National Insurance rises from April 2025 which will increase the cost of employing staff. Impressive outcomes were achieved although the end of the 2 years of UKSPF funding was once again cast into uncertainty with a late bidding process for only 1 subsequent year in 2025-2026, which was secured. In addition, a bid was submitted for the HOPE post primary counselling contract and funding was secured for 3 years with a possible 2 year extension as well as the 4 years of Peace Plus funding. Against this uncertain backdrop and through careful monitoring and control by the Board and senior management, Action Mental Health completed the year in a relatively stable position but still seeking long-term financial sustainability.

The UKSPF programme and the 5 Health Trusts supported the Recovery and Employability services whilst a mix of Peace Plus, Education Authority, Public Health Agency, Victims and Survivors' Service funding and various grants supported all the other counselling and wellbeing and resilience building programmes. Unrestricted income continued through corporate partnerships and there is an expectation that it will return to increased pre-pandemic levels soon.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RESULTS

Unrealised losses on investments were £60,655 (2024 - unrealised gains amounted to £230,070).

The overall net movement on funds for the year was a surplus of £1,124,944 (2024 – deficit £333,006). The surplus for the year includes a gain of £1,127,907 arising from the disposal of two properties during the period.

The charity spends all restricted monies that it receives and makes good any deficit on restricted funds from its general unrestricted reserves.

The closing balance on unrestricted reserves at 31 March 2025 was £7,071,250 (2024 - £5,946,306). No restricted reserves were held.

RESERVES POLICY

Due to the uncertain nature of AMH's funding, it is the Board's policy to maintain a designated risk reserve equal to six months' budgeted expenditure (see note 26). The level of free reserves at the year-end (excluding designated reserves) was £1,597,036 (2024 - £1,085,235).

INVESTMENT POLICY AND PERFORMANCE

The Finance Committee, a Board sub-committee, oversees, monitors and advises the Board on investment decisions and they are guided by the Investment Policy.

In managing the Reserves and hence its investments, the Board's objective is to generate a return in excess of inflation over the long term whilst generating an income and capital growth which could be available to support existing group services and new projects whilst a diversified spread of investments is maintained.

Reports on performance are provided to the Board at each meeting and Directors understand they are ultimately responsible for the overall management of the investments.

The Finance Committee are content that overall investment performance was acceptable and in line with investment objectives. Performance is assessed by benchmarking against accepted industry comparators and by using two separate investment advisors.

FUTURE PLANS

Due to funding constraints and uncertainty surrounding future funding sources, a review of service delivery has been conducted. As a result of this review the Directors have put plans in place that are included in the new strategy for 2025-2028. The Directors acknowledge the uncertainty and challenges of recent years but remain committed to the fundamental objective of supporting people's mental health and well-being across the region.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

DIRECTORS' RESPONSIBILITIES STATEMENT

The Directors (who are also trustees of Action Mental Health for the purposes of Charity Law), are responsible for preparing the Report of the Directors and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

STATEMENT OF DISCLOSURE OF INFORMATION TO AUDITOR

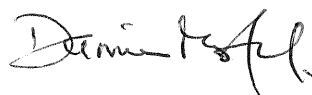
In so far as the Directors, who held office at the date of approval of the financial statements, are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

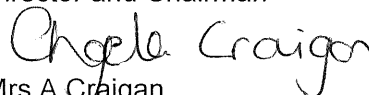
In approving the Report of the Directors the Directors also approve the Strategic Report.

Registered office:
AMH Central Office
27 Jubilee Road
NEWTOWNARDS
BT23 4YH

On behalf of the Board of Directors



Mr D P McAuley
Director and Chairman



Mrs A Craigan
Director and Honorary Treasurer

Date: 26 June 2025

Registered in Northern Ireland
No. NI005568

Charity Registration No: NIC100753

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF ACTION MENTAL HEALTH

OPINION

We have audited the financial accounts of Action Mental Health (the 'charitable company') for the year ended 31 March 2025 which comprise the statement of financial activities, summary income and expenditure account, balance sheet, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025, and of the charitable company's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINIONS ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Directors' Report, which includes the trustees' report prepared for the purposes of charity law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the strategic report and the report of the directors has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF DIRECTORS

As explained more fully in the directors' responsibilities statement on page 10, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial accounts.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing potential risks of material misstatement in respect of irregularities, including fraud and non-compliances with laws and regulations, we considered the following:

- The nature of the charitable company's activities and control environment;
- Results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- Any matters we identified having obtained and reviewed the charitable company's documentation of their policies and procedures relating to:
 - Identifying, evaluating and complying with laws and regulations and whether they were aware of any instance of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
 - The internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- The matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charitable company for fraud and identified the greatest potential for fraud in unauthorised use of funds and revenue recognition such as fictitious or duplicate funding applications. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

**EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING
IRREGULARITIES, INCLUDING FRAUD (Continued)**

We also obtained an understanding of the legal and regulatory frameworks that the charitable company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the Companies Act 2006, and local tax legislation. In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which may be fundamental to the charitable company's ability to operate or to avoid a material penalty.

AUDIT RESPONSE TO RISKS IDENTIFIED

Our procedures to respond to the risks identified included the following:

- Reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- Enquiring of management concerning actual and potential litigation and claims;
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- Reviewing and testing the operation of controls;
- Reading minutes of meetings of those charged with governance and reviewing correspondence with authorities; and
- In addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. In addition, as with any audit, there remains a higher risk of non-detection of irregularities, as they may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

USE OF OUR REPORT

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Gillian Johnston ACA (Senior Statutory Auditor)
For and on behalf of GMcG BELFAST

Chartered Accountants
Statutory Auditor

Alfred House
19 Alfred Street
Belfast
BT2 8EQ

Date: 31 July 2025

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES
For the Year Ended 31 March 2025

	Notes	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
INCOME AND ENDOWMENTS FROM:					
Charitable activities:					
Grants & contracted funding:	3				
- Rehabilitation programmes		4,026,123	-	4,026,123	4,095,012
- Welfare and education		841,739	81,439	923,178	854,995
- Therapeutic services		1,648,386	-	1,648,386	1,094,470
Other employment income	4	210,902	-	210,902	234,385
Contribution from trading activities:	4				
- Rehabilitation programmes		-	13,065	13,065	25,688
Donations and legacies	5	7,000	297,712	304,712	264,123
Gain on disposal of assets	6	-	1,127,907	1,127,907	-
Other activities	7	-	180,920	180,920	124,374
Investments	8	-	105,562	105,562	31,143
TOTAL INCOME AND ENDOWMENT		<u>6,734,150</u>	<u>1,806,605</u>	<u>8,540,755</u>	<u>6,724,190</u>
EXPENDITURE ON:					
Charitable Activities					
- Rehabilitation programmes	9	3,885,201	-	3,885,201	4,311,484
- Rehabilitation exceptional costs		-	-	-	267,763
- Employment services		245,934	-	245,934	233,805
- Welfare and education		1,098,583	132,676	1,231,259	1,093,664
- Therapeutic services		1,795,667	-	1,795,667	1,357,243
Raising funds	10	-	169,031	169,031	118,934
Other	12	-	28,064	28,064	36,097
TOTAL EXPENDITURE		<u>(7,025,385)</u>	<u>(329,771)</u>	<u>(7,355,156)</u>	<u>(7,418,990)</u>
NET (EXPENDITURE)/INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES		(291,235)	1,476,834	1,185,599	(694,800)
NET (LOSSES)/GAINS ON INVESTMENTS					
Realised gain on investments		-	-	-	131,724
Unrealised (loss)/gain on investments		-	(60,655)	(60,655)	230,070
NET (EXPENDITURE)/INCOME BEFORE TRANSFERS		<u>(291,235)</u>	<u>1,416,179</u>	<u>1,124,944</u>	<u>(333,006)</u>

The Statement of Financial Activities continues on page 17.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES (Continued)
For the Year Ended 31 March 2025

	Notes	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
NET (EXPENDITURE)/INCOME BEFORE TRANSFERS		(291,235)	1,416,179	1,124,944	(333,006)
TRANSFER BETWEEN FUNDS	16	<u>291,235</u>	<u>(291,235)</u>	—	—
NET MOVEMENTS IN FUNDS		<u>—</u>	<u>1,124,944</u>	<u>1,124,944</u>	<u>(333,006)</u>
		£	£	£	£
RECONCILIATION OF FUNDS:					
Funds at 1 April 2024		<u>—</u>	<u>5,946,306</u>	<u>5,946,306</u>	<u>6,279,312</u>
Funds at 31 March 2025		<u>—</u>	<u>7,071,250</u>	<u>7,071,250</u>	<u>5,946,306</u>

The Statement of Financial Activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

The notes on pages 22 to 38 form part of these financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

SUMMARY INCOME AND EXPENDITURE ACCOUNT
For the Year Ended 31 March 2025

	Notes	2025 £	2024 £
INCOME			
Charitable activities		6,821,654	6,250,460
Donations		304,712	264,123
Other activities		180,920	178,464
Investments		105,562	31,143
Gain on disposal of fixed assets		1,127,907	-
Realised gains on investments		-	131,724
Unrealised gain on investments		<u>-</u>	<u>230,070</u>
Gross income		<u>8,540,755</u>	<u>7,085,984</u>
EXPENDITURE			
Charitable activities		7,158,061	6,991,768
Charitable activities – exceptional costs		-	267,763
Raising funds		169,031	118,861
Other expenditure		28,064	40,598
Unrealised losses on investments		<u>60,655</u>	<u>-</u>
Total expenditure		<u>7,415,811</u>	<u>7,418,990</u>
NET INCOME /(EXPENDITURE) FOR THE YEAR	1	<u>1,124,944</u>	<u>(333,006)</u>

Income and expenditure relates to continuing activities.

NOTE TO THE SUMMARY INCOME AND EXPENDITURE ACCOUNT
For the Year Ended 31 March 2025

1. ANALYSIS OF NET EXPENDITURE:

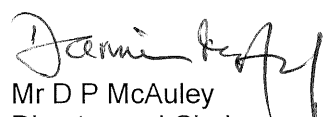
	2025 £	2024 £
Net expenditure for the year excluding gains/losses on investment portfolio held	1,185,599	(563,076)
Unrealised (loss)/gain on investment portfolio held	<u>(60,655)</u>	<u>230,070</u>
	<u>1,124,944</u>	<u>(333,006)</u>


ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

BALANCE SHEET
At 31 March 2025

	Notes	2025 £	2024 £
FIXED ASSETS			
Tangible assets	17	1,133,926	1,712,150
Investment property	18	420,576	-
Investments	19	<u>5,247,589</u>	<u>4,417,630</u>
		<u>6,802,091</u>	<u>6,129,780</u>
CURRENT ASSETS			
Stocks	20	19,549	17,065
Debtors	21	862,478	571,080
Cash at bank and in hand		<u>669,703</u>	<u>68,007</u>
		1,551,730	656,152
CREDITORS: Amounts falling due within one year	22	<u>(1,282,571)</u>	<u>(839,626)</u>
NET CURRENT ASSETS/(LIABILITIES)		<u>269,159</u>	<u>(183,474)</u>
NET ASSETS		<u>7,071,250</u>	<u>5,946,306</u>
CAPITAL AND RESERVES			
Unrestricted funds:			
General fund	26	2,341,002	1,085,235
Revaluation reserve	25	810,536	871,191
Designated funds	26	<u>3,919,712</u>	<u>3,989,880</u>
		<u>7,071,250</u>	<u>5,946,306</u>

The financial statements were approved and authorised for issue by the Board of Directors on 26/06/2025 and were signed on its behalf by:


 Mr D P McAuley
 Director and Chairman


 Mrs A Craigan
 Director and Honorary Treasurer

Company Registration Number – NI005568

The notes on pages 22 to 38 form part of these financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF CASH FLOWS
For the Year Ended 31 March 2025

	Notes	2025 £	2024 £
NET CASH FROM OPERATING ACTIVITIES	1	<u>177,130</u>	<u>52,211</u>
Interest received		105,562	23,100
Dividends received		-	8,042
Purchase of tangible fixed assets		(37,703)	-
Purchase of fixed asset investments		(1,500,000)	(11,777)
Receipts from sale of tangible fixed assets		1,247,321	-
Receipts from sale of fixed asset investments		-	2,817,360
Decrease in cash held in investment portfolio		<u>609,386</u>	<u>2,426,875</u>
NET CASH FROM INVESTING ACTIVITIES		<u>424,566</u>	<u>409,850</u>
INCREASE IN CASH AND CASH EQUIVALENTS		<u>601,696</u>	<u>462,061</u>
CASH AT 1 APRIL 2024		<u>68,007</u>	<u>(394,054)</u>
CASH AT 31 MARCH 2025		<u>669,703</u>	<u>68,007</u>
CASH CONSISTS OF:			
Cash at bank and on hand		<u>669,703</u>	<u>68,007</u>
CASH EQUIVALENTS			£
INVESTMENTS HELD ON DEPOSIT AT 1 APRIL 2024			<u>2,434,532</u>
Outflow from transfers on investment portfolios			<u>(609,386)</u>
INVESTMENTS HELD ON DEPOSIT AT 31 MARCH 2025			<u>1,825,146</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE STATEMENT OF CASH FLOWS
For the Year Ended 31 March 2025

**1. RECONCILIATION OF NET MOVEMENT IN FUNDS
TO NET CASHFLOW FROM OPERATING ACTIVITIES**

	2025	2024
	£	£
Net expenditure before other recognised gains and losses	1,185,599	(694,800)
Interest received	(105,562)	(23,100)
Dividends received	-	(8,042)
Depreciation and amortisation	75,937	122,710
Increase in stocks	(2,484)	(1,349)
(Increase)/decrease in debtors	(291,398)	772,314
Increase/(decrease) in creditors	<u>442,945</u>	<u>(115,522)</u>
Net cash from operating activities	<u>177,130</u>	<u>52,211</u>

2. ANALYSIS OF CHANGES IN NET (DEBT)/FUNDS

	At 1 April 2024	Cashflows	At 31 March 2025
	£	£	£
Cash at bank	<u>68,007</u>	<u>601,696</u>	<u>669,703</u>
Investments on deposit	<u>2,434,532</u>	<u>(609,386)</u>	<u>1,825,146</u>
Net funds at 31 March 2025	<u>2,502,539</u>	<u>(7,690)</u>	<u>2,494,849</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS
For the Year Ended 31 March 2025

1. ACCOUNTING POLICIES

- (a) Action Mental Health (AMH) is a private company limited by guarantee and registered in Northern Ireland. The registered office of AMH is at AMH Central Office, 27 Jubilee Road, Newtownards.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006, Charity Law and UK Generally Accepted Practice.

The financial statements are prepared under the historical cost convention, as modified by the inclusion of fixed asset investments at market value. The financial statements are prepared in sterling, which is the functional currency of the entity, and are recorded to the nearest £.

- (b) Revenue grants are credited to incoming resources on the earlier of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.
- (c) Donations, contracted funding, income for services provided and other income are included in full in the Statement of Financial Activities when receivable.
- (d) Income from other activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.
- (e) All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Costs are categorised under the following headings:
- Costs of raising funds includes direct costs of fundraising and investment management fees;
 - Expenditure on charitable activities includes direct costs of the rehabilitative services, the employment service and the welfare & education programme; and
 - Other expenditure represents those items not falling into the categories above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

1. ACCOUNTING POLICIES (Continued)

(f) Support costs allocation

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the charity's main premises. Support costs are allocated on a basis consistent with the use of resources.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities.

(g) Restricted funds are to be used for specified purposes by reference to the donor. Expenditure which meets the criteria is identified and allocated to the fund, either directly or by allocating a fair proportion of overheads and other costs.

(h) Unrestricted funds represent other incoming resources received or generated for charitable purposes, to be used at the charity's discretion. Designated funds comprise unrestricted funds that have been set aside by the Directors for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

(i) The cost of tangible fixed assets is their purchase cost, together with any incidental costs of acquisition. Depreciation is calculated to write off the cost of fixed assets less residual value, in equal annual instalments on the following bases:-

Land	None
Buildings	4% and 2%
Plant and machinery	20% and 16.66%
Fixtures, fittings, tools & other equipment	20% and 33.33%

(j) Investment property, which is property held to earn rentals and/or for capital appreciation, is initially recognised at cost, or in the case of property transferred from land and buildings at its fair value at the date of transfer with any change in value being reported through other comprehensive income. Subsequently it is measured at fair value at each reporting date. Changes in fair value are recognised in the Statement of Financial Activities.

(k) Grants received against capital expenditure are included in full in the Statement of Financial Activities as restricted income. Once the capital expenditure has taken place and the conditions of the grant are fulfilled, they are transferred to a designated unrestricted fund which is then reduced over the useful economic life of the asset in line with depreciation.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

1. ACCOUNTING POLICIES (Continued)

- (l) Stocks are stated at the lower of cost and net realisable value. Cost is determined on a first in first out basis. Net realisable value is the price at which the stock can be realised in the normal course of business. Provision is made for obsolescent, slow moving and defective stocks.
- (m) Employee benefits
- When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.
- The charity operates a defined contribution pension scheme, the assets of which are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable to the scheme in the accounting period.
- (n) Investments, excluding subsidiary undertakings, are stated on the balance sheet at fair value and all movements, including realised and unrealised gains and losses, are shown in the Statement of Financial Activities. Fair value reflects the published market value of investments held. Realised gains and losses are the aggregate of the difference between sales proceeds and opening fair value (or on addition if purchased during the year). Unrealised gains and losses represent the movement in market value during the year.
- (o) As a registered charity, Action Mental Health is not liable to either Income Tax or Corporation Tax.
- (p) Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.
- (q) Rentals payable and receivable under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.
- (r) Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

1. ACCOUNTING POLICIES (Continued)

(s) Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for income and expenditure during the year. However, the nature of estimation means that actual outcomes could differ from those estimates. The following are the company's key sources of estimation uncertainty:

Tangible fixed assets - the annual depreciation charge on fixed assets depends primarily on the estimated lives of each type of asset and estimates of residual values. The Directors regularly review these asset lives and change them as necessary to reflect current thinking on remaining lives in light of prospective economic utilisation and physical condition of the assets concerned. Changes in asset lives can have a significant impact on depreciation and amortisation charges for the period. Detail of the useful lives is included in the accounting policies.

Investment property - At each reporting date investment property is remeasured to fair value. The Directors assess fair value in the light of the commercial property market in Northern Ireland and consider property yields and transactions in similar properties. Assessing the fair value of investment property involves some judgement and estimation uncertainty the extent of which can depend on the level of transactions in the property market of similar properties.

Debtors - short term debtors are measured at transaction price, less any impairment. Impairment of such debtors involves some estimation uncertainty.

(t) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

2. MEMBERS LIABILITY

The charity is a company limited by guarantee. Every member undertakes to contribute such amounts, not exceeding £10, to the charity's assets if it should be wound up whilst being a member, or within one year of ceasing to be a member.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

3. GRANTS AND CONTRACTED FUNDING

	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Amounts received and receivable				
<i>Rehabilitation programmes</i>				
Contracted funding				
Health & Social Care Trusts:				
Northern	325,898	-	325,898	280,426
Southern	394,411	-	394,411	363,608
Belfast	311,635	-	311,635	295,871
South Eastern	856,433	-	856,433	1,089,281
Western	485,465	-	485,465	465,115
Grants				
UKSPF	1,532,696	-	1,532,696	1,490,738
PHA	78,810	-	78,810	73,600
CLEAR Project	13,107	-	13,107	6,365
DoH Core grant	31,804	-	31,804	31,804
PHA Distribution fund	-	-	-	1,051
ChatPal	-	-	-	(13,015)
Arts Council	6,000	-	6,000	-
BCPP grant	-	-	-	2,400
Sundry grants	181	-	181	11,148
Mentir	(24,494)	-	(24,494)	-
A & O Sherman	<u>10,000</u>	<u>-</u>	<u>10,000</u>	<u>-</u>
	4,021,946	-	4,021,946	4,098,392
Amounts deferred b/forward	81,971	-	81,971	51,807
Amounts deferred c/forward	<u>(77,794)</u>	<u>-</u>	<u>(77,794)</u>	<u>(55,187)</u>
Funding utilised	<u><u>4,026,123</u></u>	<u><u>-</u></u>	<u><u>4,026,123</u></u>	<u><u>4,095,012</u></u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

3. GRANTS AND CONTRACTED FUNDING (continued)

	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
<i>Welfare and Education Services</i>				
Grants –				
Southern H&SC Trust	61,439	-	61,439	56,522
Western H&SC Trust	62,754	-	62,754	61,075
SEUPB – Peace IV/Plus	772,589	-	772,589	211,125
PHA	135,284	-	135,284	113,592
AMH Works	-	69,934	69,967	124,449
Dept. of Justice	-	-	-	2,160
Dept. for Communities	13,064	-	13,064	48,478
Mindful Carers				
- Community Fund	25,301	-	25,301	36,378
Yew Project				
- Community Fund	-	-	-	8,580
Private Trust	100,000	-	100,000	100,000
MNDA	-	-	-	7,102
ANBC	4,465	-	4,465	2,140
Sundry	-	-	-	(270)
ACNI – Lottery	115,889	-	115,889	115,720
Col	4,641	-	4,641	-
RTE Appeal	4,470	-	4,470	-
FODC	1,495	-	1,495	-
Schools Program	<u>5,813</u>	<u>-</u>	<u>5,813</u>	<u>-</u>
	1,307,206	69,934	1,377,138	887,051
Amounts deferred b/forward	77,239	34,730	111,969	79,913
Amounts deferred c/forward	<u>(542,704)</u>	<u>(23,225)</u>	<u>(565,929)</u>	<u>(111,969)</u>
Funding utilised	<u><u>841,741</u></u>	<u><u>81,439</u></u>	<u><u>923,178</u></u>	<u><u>854,995</u></u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

3. GRANTS AND CONTRACTED FUNDING (continued)

	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Therapeutic Services				
DfC Neighbourhood Renewal	108,797	-	108,797	68,872
VSS	65,398	-	65,398	73,928
BH&SCT	168,086	-	168,086	165,018
SEH&SCT	188,560	-	188,560	197,113
PHA	489,526	-	489,526	388,252
Schools Programme	1,750	-	1,750	29,045
MNDA	-	-	-	20,700
Community Foundation	-	-	-	25,299
Yew Project				
- Community Fund	38,595	-	38,595	152,475
Saturday Hospital Fund				
- Community Fund	10,230	-	10,230	10,000
Mencap	-	-	-	2,691
Education Authority	558,500	-	558,500	-
MS Society	-	-	-	-
BCC Revenue	-	-	-	-
Urban Villages	-	-	-	-
Other	<u>4,105</u>	<u>-</u>	<u>4,105</u>	<u>199</u>
	1,633,547	-	1,633,547	1,133,592
Amounts deferred b/forward	156,343	-	156,343	117,221
Amounts deferred c/forward	<u>(141,504)</u>	<u>-</u>	<u>(141,504)</u>	<u>(156,343)</u>
Funding utilised	<u>1,648,386</u>	<u>-</u>	<u>1,648,386</u>	<u>1,094,470</u>
Total grants and contracted funding utilised	<u>6,516,248</u>	<u>81,439</u>	<u>6,597,687</u>	<u>6,044,447</u>

In the prior year income from grants and contract funding was attributable to restricted funds with the exception of £89,719 which was unrestricted.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

**4. OTHER EMPLOYMENT INCOME & CONTRIBUTION
FROM TRADING ACTIVITIES FROM REHABILITATION PROGRAMMES**

	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Other Employment income	<u>201,902</u>	<u>-</u>	<u>201,902</u>	<u>234,385</u>
Contribution from trading activities:				
- Rehabilitation programmes	<u>-</u>	<u>13,065</u>	<u>-</u>	<u>25,688</u>

In the prior year £234,385 was attributable to restricted funds and £25,688 was attributable to unrestricted funds.

5. DONATIONS AND LEGACIES

	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
General				
- Community	-	103,354	103,354	83,455
- Corporate	-	40,854	40,854	47,362
- Individual	-	22,556	22,556	40,019
- Schools	-	4,493	4,493	9,895
- Other	7,000	36,674	43,674	49,885
Hendersons	-	14,085	14,085	37,507
All State	-	45,697	45,697	-
NTNI	-	20,000	20,000	-
I Craig	<u>-</u>	<u>10,000</u>	<u>10,000</u>	<u>-</u>
	<u>7,000</u>	<u>297,713</u>	<u>304,713</u>	<u>264,123</u>

Amounts included as general above represent all donations received of less than £10,000.

In the prior year all income from donations and legacies was attributable to unrestricted funds with the exception of £4,000 which was attributable to restricted funds.

6. GAIN ON DISPOSAL OF ASSETS

During the year, two owned properties in L/Derry and Downpatrick were sold, realising a surplus of £1,127,907.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

7. OTHER ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Administration fees	-	36,351	36,351	35,941
Rents and room hire	-	76,852	76,852	44,963
External training fees	-	21,580	21,580	11,544
Sundry income	-	11,529	11,529	16,614
Client contribution	-	4,641	4,641	4,392
Other counselling fees	-	18,920	18,920	-
ROC income	<u>-</u>	<u>11,047</u>	<u>11,047</u>	<u>10,920</u>
	<u>-</u>	<u>180,920</u>	<u>180,920</u>	<u>124,374</u>

In the prior year all income from other activities was attributable to unrestricted funds.

8. INVESTMENTS

	Restricted Funds £	Unrestricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Interest	-	105,562	105,562	23,100
Dividends	<u>-</u>	<u>-</u>	<u>-</u>	<u>8,043</u>
	<u>-</u>	<u>105,562</u>	<u>105,562</u>	<u>31,143</u>

In the prior year all income from investments was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

9. EXPENDITURE ON CHARITABLE ACTIVITIES

Summary by activity

	Direct Costs £	Support Costs £	Total 2025 £	Total 2024 £
Rehabilitation programmes	3,239,827	645,374	3,885,201	4,311,484
Rehabilitation exceptional costs	-	-	-	267,763
Employment services	205,082	40,852	245,934	233,805
Welfare and education services	1,026,734	204,526	1,231,260	1,093,664
Therapeutic services	<u>1,497,387</u>	<u>298,280</u>	<u>1,795,667</u>	<u>1,357,243</u>
	<u>5,969,030</u>	<u>1,189,032</u>	<u>7,158,062</u>	<u>7,263,959</u>

In the current year £132,676 expenditure on charitable activities was attributable to unrestricted funds (2024 - £132,343). All other expenditure on charitable activities was attributable to restricted funds in both years.

In the prior year, as a result of AMH restructuring its service provision, a voluntary redundancy process was undertaken resulting redundancy costs of £267,763 which were included as exceptional costs in connection with rehabilitation programmes.

10. RAISING FUNDS

Summary by activity

	Direct Costs £	Support Costs £	Total 2025 £	Total 2024 £
Fundraising and awareness costs	<u>140,953</u>	<u>28,078</u>	<u>169,031</u>	<u>118,934</u>

In the current and prior year all expenditure on raising funds was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE),

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

11. SUPPORT COSTS BY CATEGORY

	2025	2024
	£	£
Support Costs		
Administration and Finance	<u>1,217,110</u>	<u>941,805</u>

Support costs are made up of the following:

	2025	2024
	£	£
Staff costs	900,189	736,935
Office costs	13,274	11,927
Premises	14,722	15,702
Other costs	<u>105,225</u>	<u>177,240</u>
	<u>1,217,110</u>	<u>941,805</u>

12. OTHER

	Restricted Funds	Unrestricted Funds	Total 2025	Total 2024
	£	£	£	£
Investment management fees	-	-	-	3,887
Governance costs	<u>-</u>	<u>28,064</u>	<u>28,064</u>	<u>32,210</u>
	<u>-</u>	<u>28,064</u>	<u>28,064</u>	<u>36,097</u>

In the prior year all other expenditure was attributable to unrestricted funds.

13. GOVERNANCE COSTS

	2025	2024
	£	£
Auditor's remuneration		
- Statutory audit	7,920	9,480
- Other assurance services	7,554	8,028
Other professional fees	10,778	3,745
Board, Committee costs	<u>1,812</u>	<u>10,957</u>
	<u>28,064</u>	<u>32,210</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

14. NET INCOME BEFORE TRANSFERS

	2025	2024
	£	£
This is stated after charging:		
Depreciation:		
- owned tangible fixed assets	75,937	122,710
Auditor's remuneration - statutory audit	7,920	9,480
- other financial services	7,554	8,028
Gain on disposal of investments	-	131,724
(Loss)/gain on fair value movement of investments	(60,655)	230,070
Operating leases rentals	<u>159,870</u>	<u>137,564</u>

15. STAFF COSTS

	2025	2024
	£	£
(a) Staff costs		
Wages and salaries	4,780,410	4,553,282
Social security costs	429,416	407,224
Agency and seconded staff	23,151	34,431
Pension costs – defined contribution schemes	249,250	238,945
Redundancy	<u>12,973</u>	<u>267,763</u>
	<u>5,495,199</u>	<u>5,501,645</u>

(b) One staff member earned between £80,000 and £90,000 (2024 – one staff member earned between £80,000 and £90,000).

	2025	2024
	No.	No.
(c) Average number of persons directly employed:		
Office and management	27	28
Supervision and instruction	137	146
Support staff	<u>30</u>	<u>30</u>
	<u>194</u>	<u>204</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

15. STAFF COSTS (Continued)

- (d) Directors' and key management personnel remuneration and expenses

No fees were paid to any director for their services as Board members. No travel expenses were reimbursed to Directors in the current year (2024 – £Nil). No amounts were paid directly to third parties.

The total amount of employee benefits received by key management personnel is £244,174 (2024 - £229,401). The charity considers its key management personnel to comprise the Chief Executive Officer, Director of Business Support and Director of Operations.

16. TRANSFERS BETWEEN FUNDS

An amount of £291,235 (2024 - £938,045) was transferred from unrestricted funds to restricted funds as a contribution from general funds which the Directors wish to apply towards the shortfall between restricted funds received and expended in the year.

17. TANGIBLE FIXED ASSETS

	Land & buildings (long leasehold)	Plant & machinery	Fixtures, fittings, tools & other equipment	Total
	£	£	£	£
Cost:				
At 1 April 2024	6,322,722	359,381	75,418	6,757,521
Additions	-	2,953	34,750	37,703
Disposals	<u>(2,502,539)</u>	<u>(119,923)</u>	<u>(22,732)</u>	<u>(2,645,194)</u>
At 31 March 2025	<u>3,820,183</u>	<u>242,411</u>	<u>87,436</u>	<u>4,150,030</u>
Depreciation:				
At 1 April 2024	4,625,818	345,267	74,286	5,045,371
Charges for the year	64,604	4,679	6,654	75,937
Disposals	<u>(1,962,549)</u>	<u>(119,923)</u>	<u>(22,732)</u>	<u>(2,105,204)</u>
At 31 March 2025	<u>2,727,873</u>	<u>230,023</u>	<u>58,208</u>	<u>3,016,104</u>
Net book value:				
At 31 March 2025	<u>1,092,310</u>	<u>12,388</u>	<u>29,228</u>	<u>1,133,926</u>
At 31 March 2024	<u>1,696,904</u>	<u>14,114</u>	<u>1,132</u>	<u>1,712,150</u>

Included in long leasehold land and buildings is land costing £87,250. Land is not depreciated.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

18. INVESTMENT PROPERTY

	£
As at 1 April 2024	-
Transferred from land and buildings	<u>420,576</u>
At 31 March 2025	<u>420,576</u>

The fair value of the investment property has been arrived at by the directors at 31 March 2025. In assessing fair value, the Directors have considered the opinion of an independent property agent, taking account of yields obtained on similar properties in the local property market.

The historic cost of investment property is £1,178,242, with an aggregate accumulated depreciation charge of £801,541 resulting in a carrying amount under historic cost of £376,701.

19. FIXED ASSET INVESTMENTS

	Quoted Investments £
As at 1 April 2024	4,417,630
Additions, at cost	800,000
Investment income retained	90,614
Unrealised (loss)/gain on revaluation	<u>(60,655)</u>
At 31 March 2025, at market value	<u>5,247,589</u>
At 31 March 2025, at historical cost	<u>4,437,053</u>

The charity's investments are managed by an independent investment manager. Included in investments are cash deposit balances of £1,825,146 (2024 - £2,434,532) held as part of the investment portfolio.

20. STOCKS

	2025 £	2024 £
Raw materials and consumables	<u>19,549</u>	<u>17,065</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

21. DEBTORS

	2025	2024
	£	£
Trade debtors	369,870	211,571
Grants due – PeacePlus	306,708	-
Grants due - UKSPF	14,472	79,056
Grants due - Peace IV	-	53,042
Grants due - Other	-	31,087
Prepayments and accrued income	156,316	194,527
Other debtors	<u>15,112</u>	<u>1,797</u>
	<u>862,478</u>	<u>571,080</u>

22. CREDITORS: Amounts falling due within one year

	2025	2024
	£	£
Trade creditors	212,688	202,873
Other taxation and social security	100,906	95,463
Deferred income	789,116	331,914
Accruals and other creditors	<u>179,861</u>	<u>209,376</u>
	<u>1,282,571</u>	<u>839,626</u>

23. DEFERRED INCOME

	Under 1 year £	Over 1 year £	Total £
At 1 April 2024	331,914	-	331,914
Amounts released to income	(331,914)	-	(331,914)
Amounts deferred from income	<u>789,116</u>	<u>-</u>	<u>789,116</u>
At 31 March 2025	<u>789,116</u>	<u>-</u>	<u>789,116</u>

24. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds £	Restricted Funds £	Total Funds £
Tangible fixed assets	1,133,926	-	1,133,926
Investments and investment property	5,668,165	-	5,668,165
Net current assets	<u>269,159</u>	<u>-</u>	<u>269,159</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

25. REVALUATION RESERVE

	£
At 1 April 2024	871,191
Net transfer to general fund	<u>(60,655)</u>
At 31 March 2025	<u>810,536</u>

This represents the unrealised gains accumulated on the revaluation of fixed asset investments.

26. OTHER UNRESTRICTED FUNDS

	General Fund £	Designated Capital Utilised Fund £	Designated Risk Reserve Fund £	Total £
Unrestricted				
At 1 April 2024	1,085,235	280,385	3,709,495	5,075,115
Surplus for the year	1,124,944	-	-	1,124,944
Transfer to/from general fund	31,917	-	(31,917)	-
Net transfer from revaluation reserve	60,655	-	-	60,655
Amortisation of capital grants	<u>38,251</u>	<u>(38,251)</u>	<u>-</u>	<u>-</u>
At 31 March 2025	<u>2,341,002</u>	<u>242,134</u>	<u>3,677,578</u>	<u>6,260,714</u>

Capital utilised fund:

This represents grants and donations originally received for restricted capital purposes. Having been fully utilised for those purposes they become unrestricted funds and are released to the General Fund at the same rates that depreciation is charged on the assets to which they relate.

Risk reserve fund:

The risk reserve fund represents an amount equivalent to six months of budgeted operational expenditure which the Board feel is prudent to set aside in line with the charity's risk and reserve policies.

27. TAXATION

The company has been accepted by HM Revenue & Customs as a charity (reference no. XN 47959).

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2025

28. CONTINGENT ASSETS AND LIABILITIES

A portion of grants received may become repayable if the charity fails to comply with the terms of the relevant letters of offer.

29. CONDUIT FUNDING

AMH acts as lead partner on a number of projects. At the balance sheet date AMH held the following balances on behalf of partner organisations.

	PIPS
	£
Debtor	-
Cash at Bank	18,455
Creditor	18,455

In accordance with SORP (FRS 102) these balances have not been included in the Balance Sheet.

30. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

The charity operates a defined contribution pension plan for its employees. The amount recognised as an expense in the period was £249,250 (2024 - £238,945).

31. RELATED PARTY TRANSACTIONS

No transactions with related parties were undertaken such as are required to be disclosed.

32. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2025	2024
	£	£
Not later than one year	171,626	137,189
Later than one and not later than five years	80,000	80,000
Later than five years	<u>110,000</u>	<u>130,000</u>

Action Mental Health

Northern Ireland - Charity number 100753

Accounts

COMPANY REGISTRATION NUMBER NI005568

CHARITY REGISTRATION NUMBER NIC100753

ACTION MENTAL HEALTH

(CHARITABLE COMPANY - LIMITED BY GUARANTEE)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 MARCH 2024

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

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For the Year Ended 31 March 2024

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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

GENERAL INFORMATION

DIRECTORS – MAIN BOARD

Mr D P McAuley - Chairman (appointed 30 August 2023)
Mr W A McKeown - Vice Chairman (Interim Chairman 23 February 2023 to 30 August 2023)
Ms A Craigan - Treasurer
Mr H W R Kohner
J L C Thompson DL - resigned 6 December 2023
Mr E F Fee - resigned 6 December 2023
Mr D M McKeown
Ms N Kerr - resigned 28 June 2023
Mr S W Robinson
Ms S E Cooke
Mr J McAdams
Prof G Lynch
Ms R Kelly
Mr P F Corr - appointed 6 December 2023
Mr K M McParland - appointed 6 December 2023
Mr R J Pannell - appointed 6 December 2023
Mr J M F O'Brien - appointed 6 December 2023
Ms L V Fleck - appointed 6 December 2023

INDEPENDENT BOARD MEMBERS

Mr D Morrissey
Mr B McDonald
Ms G Mornhinweg

CHIEF EXECUTIVE OFFICER

Mr D Babington

SECRETARY

Ms I Gallen

REGISTERED OFFICE

AMH Central Office
27 Jubilee Road
NEWTOWNARDS BT23 4YH

COMPANY REGISTRATION NUMBER

NI005568

CHARITY REGISTRATION NUMBER

NIC100753

AUDITOR

GMcG BELFAST
Chartered Accountants &
Statutory Auditor
Alfred House
19 Alfred Street
BELFAST BT2 8EQ

BANKERS

Danske Bank
Business Banking Centre, PO Box 183
Donegall Square West, BELFAST BT1 6JS

SOLICITORS

Tughans
The Ewart
3 Bedford Square
BELFAST BT2 7EP

INVESTMENT BROKERS

Evelyn Partners
The Ewart, 13th Floor
3 Bedford Square
BELFAST BT2 7EP

Edwards & Co
28 Hill Street
BELFAST BT1 2LA

CCLA

One Angel Lane
LONDON EC4R 3AB

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS

The Directors present their report and the financial statements for the year ended 31 March 2024. The Directors 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) in preparing these accounts.

CONSTITUTION

Action Mental Health (AMH) is a charitable company limited by guarantee, registered under NI005568, governed by the Articles of Association. The company is recognised as a charity and is registered under NIC100753 and is recognised as a charity by HM Revenue & Customs under reference number XN 47959.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The AMH board is comprised of up to 15 Directors as set out in the charity's Articles of Association. Directors may serve for a maximum of three terms of 4 years, save for Serving Directors who, having served 15 years, must be re-appointed on an annual basis. The Governance Manual guides the work of the Board, which includes an induction programme for Directors, Terms of Reference for Committees and roles and responsibilities of office bearers. Directors are recruited to the Board through an open recruitment and selection process, although four Directors may be co-opted annually; in this reporting period there was a significant renewal process with three long serving Directors resigning and five new Directors recruited.

AMH decisions on strategy, policy and material capital expenditure are taken by the full Board and it ensures the Strategic Plan guides the Executive, usually over a three year time span. Day to day decision making is under the supervision of the Chief Executive Officer, Mr D Babington, with regular reporting to the Board. Over the year, the effectiveness of the Committees was reviewed and it was agreed to reduce them from five to four and they are now the Finance, Audit and Risk, Nominations and Remuneration and Service Delivery and Development Committees (the latter committee was mainly an amalgamation of the Therapeutic Services and Innovation and Strategy Committees). The Chief Executive Officer of AMH manages the Senior Management Team and together they ensure targets in the annual Operational Plan are achieved.

In line with corporate good practice AMH has an Audit and Risk Committee with two independent and three Board members and it meets at least three times a year; the Chief Executive Officer and Director of Business Support also attend, with the external auditors present when appropriate. Usually, each year a Directors' Conference is held in October to enable the Board and all managers to assess progress and consider the future, although this did not happen in this reporting period due to significant challenges posed by the loss of ESF funding and exceptional pressures on public sector funding bodies.

The Board and Finance Committee met six times, the Audit and Risk Committee, Nominations and Remuneration Committee, Therapeutic Services Committee and the Innovation and Strategy Committee each met on four occasions. Experience from Covid resulted in Board and Committee meetings being conducted in a variety of ways: in person, hybrid or remotely and this has continued to facilitate attendance and engagement. Due to significant uncertainties about the future of ESF funding ending on 31 March 2023 the Board did not hold a Directors' Conference until there was greater clarity about the future and Directors were reassured that that there was a Strategy already in place for the period 2022-2025.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT (Continued)

In order to support the response to the loss of ESF funding and subsequent uncertainties the Board established a Property Sub Committee and a Digital Transformation Committee to work closely with the SMT on plans for the future.

The Nominations and Remuneration Committee consider pay levels for all staff, and possible Cost of Living increases on an annual basis and the annual accounts are available on the website; the Committee seeks approval from the full Board for any increases in staff salaries. In 2013 the Committee commissioned an extensive independent review of all staff salaries which benchmarked them against locally based charities, sectors and National Joint Council (NJC) scales and the recommendations were implemented in full. A further independent salary review to ensure rates properly reflected market trends due to the impact of Covid was implemented in January 2022. The Pay Policy Statement sets out the Board's approach to salaries and is on the AMH website. In respect of the Chief Executive Officer and SMT the Committee commissions independent advice which includes benchmarking against comparable roles in the sector.

In order to provide effective services AMH is involved in a number of partnerships with other charities in Northern Ireland such as the Supported Employment Services (SES) consortium, co-led by AMH and the Cedar Foundation delivering the Workable employment programme commissioned by the Department for Communities. AMH also leads the SkillSET partnership in delivering a UKSPF programme with six other partners, which ends on 31 March 2025. AMH contributed to a range of other committees and partnerships such as the Mental Health Strategic Reform Board, Belfast City Council VCSE Advisory Panel, with the Chief Executive Officer holding appointments on these Committees. AMH also provides the secretariat for the All Party Group on Suicide at the Assembly.

DIRECTORS

The Directors of AMH are its trustees for the purposes of charity law. The Directors who served the charity during the year are as noted on Page 1.

Mrs A Craigan, Ms S E Cooke, Ms L V Fleck, Ms R Kelly, Ms N Kerr and Messrs. E Fee, H W R Kohner, D P McAuley, W A McKeown, J L C Thompson DL, D M McKeown, S W Robinson, J McAdams and Prof G Lynch, P F Corr, K M McParland, R J Pannell and J M F O'Brien all served.

A register of Directors' interests is maintained, with regular review and update, in order for the Board to be aware of any potential conflicts of interest; the issue of potential conflicts is a standing agenda item at the start of all Board and Committee meetings. None of the Directors had any material interest in contracts with the charity during the year.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

Directors' Attendance at Board Meetings over the period up to 31st March 2024 was:

AMH Directors	Meetings Attended	Out of a Possible
Susan Cooke	0	6
Angela Craigan	6	6
Eugene Fee (resigned Dec 23)	5	5
Roisin Kelly	6	6
Nuala Kerr (resigned Jun 23)	1	1
Billy Kohner	5	6
Gerry Lynch	4	6
Jonathan McAdams	5	6
Damian McAuley	5	6
Billy Mckeown	6	6
Diarmuid McKeown	6	6
Stephen Robinson	2	6
Courtenay Thompson (resigned Dec 23)	3	3
Paul Corr (joined Dec 23)	2	2
Leeanne Fleck (joined Dec 23)	2	2
Roger Pannell (joined Dec 23)	2	2
Kevin McParland (joined Dec 23)	2	2
Jonny O'Brien (joined Dec 23)	2	2

RISK STRATEGY

A risk register is maintained in relation to all material risks posing a threat to AMH. The register is reviewed regularly by the Audit and Risk Committee and at all Board meetings to ensure systems and procedures are established to mitigate those risks identified and to minimise any potential impact on the charity.

In managing the reserves, the Board is guided by their Investment Policy and its objective is to generate a return in excess of inflation over the long term whilst generating an income which could be available to support existing services and new projects. The Reserves Policy of AMH is to hold six months of planned expenditure to ensure continued financial security and to provide for contingencies. A diversified spread of investments is maintained and the Board agreed this year to consolidate the portfolios held by two separate providers into one and the investment provider is required to meet with the Finance Committee once a year to discuss performance, risk and adherence to the Investment Policy's ethical criteria.

PRINCIPAL RISKS AND UNCERTAINTIES

Key risks and uncertainties currently affecting AMH are set out below:

- **Resources**

Last year the exceptional financial pressures across the region coincided with the loss of ESF funding on 31 March 2023 and whilst new UKSPF funding helped to offset some of the lost EU funding there was still a significant deficit so that clients and providers such as AMH were substantially impacted. Also the Department of Health's Core Grant ended, annual enhancements from the Public Health Agency were not passed on and the Education Authority's Healthy Happy Minds pilot programme for counselling in primary schools was not extended, all against the backdrop of political uncertainty without an NI Executive in place.

ACTION MENTAL HEALTH **(LIMITED BY GUARANTEE)**

REPORT OF THE DIRECTORS (Continued)

PRINCIPAL RISKS AND UNCERTAINTIES (Continued)

As a result, AMH has implemented contingency plans to put AMH on a more financially sustainable footing which has resulted in fewer clients being supported and growing waiting lists, including a redundancy process with the loss of 17 staff as a result of the loss of ESF funding. Regrettably AMH's only Learning Disability service was handed back to the commissioner to be delivered by another provider and another 9 staff left AMH as part of the transfer. AMH's owned properties were also reviewed and the Board agreed to sell three sites. Alongside steps to consolidate or reduce existing services there is a shift to new funding models, use new digital technologies and fundraise more to generate income.

- **Delivery of Services**

As the year progressed it became increasingly clear that funding for the sector would become more difficult, despite a new NI Executive in place. Funding for the Mental Health Strategy fell well short of agreed plans and the same is likely to happen in coming years yet this is against a backdrop of rising demand for mental health support due to the legacy of Covid, high economic inactivity rates and the Cost of Living crisis.

The Board continues to be concerned about AMH's ability to deliver agreed outcomes with the pace and scale of recent reductions required in services with increasing demand combined with difficult recruitment and retention. The required changes require a shift away from the old Industrial Therapy Organisation buildings based delivery model and will take some time to bed in. Although AMH responded swiftly and effectively to the Covid pandemic the current situation is arguably more serious. The Board has been monitoring progress closely and is pleased that client needs and funders' requirements have been met although numbers of clients receiving support has reduced. In response to the challenging outlook, the Board is focussed on considering different and more creative ways to support clients and will persevere with digital transformation by building on existing experience and collaborative working to embed digital expertise in AMH.

The Board recognises these key risks and uncertainties and operates so as to minimise the threat posed to the charity by adhering to the highest procedures and standards and working closely with independent experts as required to mitigate the risks.

OBJECTIVES AND ACTIVITIES

Action Mental Health

AMH's vision is for *a society which actively values and supports people on their journey to positive mental health* and the mission is *to make a positive difference to people's mental health and wellbeing*. The mission is delivered by living and working to our values of *Passion, Empowerment, Excellence and Respect*.

AMH is a voluntary organisation which continues to support people's mental health and well-being across the region through vocational training, supported employment options, personal development, therapeutic interventions, health and well-being programmes and resilience building. The Directors have given due regard to the Charity Commission for Northern Ireland's guidance on public benefit in respect of its objectives and activities. AMH's Objects and activities undertaken in relation to them are below:

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

- *To provide assistance for persons affected by mental ill health, learning disability, substance abuse and/or other disabilities including without limitation vocational rehabilitation and training, personal development and guidance and other support services with a view to maintaining and improving the wellbeing of such persons to assist their return to fitness for purposeful activity.*

Training and support programmes for people recovering from mental ill-health has been delivered through UKSPF funding and the 5 Health Trusts by 8 New Horizons services. They provide person-centred well-being programmes to support soft skills development and supports clients to move on to employment and/or more independent lives. There are also three services which cater specifically for younger people and they are delivered along similar lines to the existing New Horizons services. The Promote Learning Disability in Conlig supported clients since 2008 and the service transferred to another provider at the end of March.

The NLC service provides counselling for children, young people, adults and families. A range of therapeutic services are offered depending on need, including counselling, psychotherapy, music, art and play therapies. The diversity of staff skills and the range of modalities available enhances the experience for clients as NLC matches the orientation of the client to an appropriate counsellor; this now includes Psychological Wellbeing Practitioners. There are a variety of modes of therapy offered - telephone, online or face-to-face. Counselling is provided for a range of issues such as stress, anxiety, depression, relationship difficulties, drug/alcohol misuse, self-harming and suicidal ideation. Interpreters are also provided for clients for whom English is not their first language.

- *To assist such persons whether or not they have completed training programmes on the Company's premises to secure employment in jobs appropriate to their capabilities and to provide, if required, follow-up guidance and support.*

As well as the focus on employment through the New Horizons services AMH delivers the Workable Government employment programme for people with mental health issues, which is focussed on getting people into the workplace and keeping them there. The programme is delivered with six other charity partners as part of Supported Employment Solutions which AMH co-leads. AMH is still also the only provider of the Individual Placement Support service in the Belfast Trust area, which focuses on placing people with mental health issues in the workplace as quickly as possible and then training them.

- *To carry on for the benefit of such persons activities in which the skills of such persons can be developed, which activities shall be carried on wholly or largely by means of the efforts of such persons.*

In line with the Mental Health Strategy's preventative priorities, a growing aspect of AMH's focus has been to build personal resilience within communities including young people in primary/secondary education, further education and higher education. The MensSana project continued to deliver the PHA funded Mindset programme and the Protect Life service which delivers suicide/self harm prevention services. Aside from funding from the Southern Trust, the PHA and corporate donors/foundations a sizeable proportion of this work was funded through grants and AMH's own funds but future resourcing such as this is likely to reduce.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

The three Men's Sheds continue to maintain support to older men to help them learn new skills, socialise and connect. The long-term conditions project, Managing the Challenge, in the Western Trust continued to provide people with the tools to self-manage their conditions; AMH Works also continued to provide employers with wellbeing and resilience building support.

AMH also runs a number of specialist projects to support clients to develop their own skills, such as the Vision project (Autistic Spectrum Disorder) in the Southern Trust, and the everyBODY Eating Disorder project in the Southern Trust. The Promote Learning Disability project in the South Eastern Trust supported clients throughout the year but it transferred to another provider at the end of the year.

- *To provide outreach services in support of people recovering from mental ill health and/or other disabilities.*

AMH operates from 14 sites and many programmes and services are also delivered in the community, in local facilities such as partner organisations' offices, theatres/cinemas, health centres, sports clubs or schools.

- *To provide mental health and wellbeing support to military veterans, victims and survivors, prisoners/people in the criminal justice system and minority groups e.g. Ethnic Minorities, Travellers, LGBT, Asylum seekers/refugees and other minority groups.*

AMH provides a diverse range of services, mainly funded through public contracts but also self-funded when resources allow and all those services are focussed on identified needs within communities and particular groups are identified through regular engagement. It is AMH policy to ensure all clients, whatever their background, are treated fairly and without any discrimination and as a result there is always a diverse range of clients being supported irrespective of sex, gender reassignment, marital / civil partnership status, pregnancy or maternity, religious or similar philosophical belief, political opinion, disability, racial group, sexual orientation or age.

- *To promote awareness of the issues of mental health and other related issues to the public at large.*

AMH engaged intensively with politicians, particularly about the end of ESF funding in March 2023 and after that date regarding the need for full funding of the Mental Health Strategy, although with no NI Executive or Assembly in place little was achieved. AMH also held numerous client events and appeared on various media to promote mental health issues; the AMH Client Forum committed to co-production by discussing and promoting client issues and corporate partners continued to work with AMH to raise publicity around mental health issues. AMH remains part of the Mental Health Policy Group and Mental Health Collective, which are working to promote the work of the sector and to tackle underlying issues in it.

More information on AMH's work and achievements during 2023/24 is in the Annual Review, which is available from the Company's Registered Office and on its website.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

ACHIEVEMENTS AND PERFORMANCE (Continued)

This was the second year of the AMH Board's Strategic Plan 2022-2025 and the scorecard reflects the fact that many objectives were achieved even with the political and funding challenges. UKSPF and Health Trust funding made a positive difference to client outcomes and AMH met the targets set. Recruitment and retention was an ongoing issue but given very public concerns about future funding after ESF AMH still managed to reach large numbers of the population with a variety of services.

During the year 1,442 clients with mental health needs and/or a learning disability attended services remotely or in person provided by AMH including New Horizons, Promote and Workable. The New Horizons services provided training and employability programmes to 1,388 clients who achieved 1,442 accredited training outcomes and 325 progressed to paid employment, voluntary work, further education/training or other government programmes.

Regarding resilience building programmes delivered by AMH MensSana and AMH Works, there were 21,449 direct beneficiaries. AMH also continued to run the Long Term Conditions Alliance (NI) project 'Managing the Challenge' in the Western Trust area and 25 programmes were successfully provided throughout the year with 250 people participating in the self-management programme; also 130 older men attended the 3 Men's Sheds and 120 clients were supported through the Workable contract.

Regarding the AMH New Life Counselling service, there were 16,825 counselling/group work sessions provided to 2964 individuals and families as follows:

Adult – 12,662 sessions to 2,200 clients
Children & Young People – 4030 sessions to 728 clients
Families – 133 sessions to 28 families

AMH staff turnover in the year 2023-2024 was 41.1%: voluntary redundancy (9.44%), end of contract (7.22%), TUPE (3.89%), the remaining (20.55%) due to retirement, returning to further education, dismissal, ill health or personal/other reasons. AMH recorded a staffing complement of 196 employees as at 31 March 2024 with 44 males and 152 females.

AMH has achieved Investors in People (IiP) 'We invest in people' PLATINUM accreditation: only 3% of IiP accredited organisations hold this level of recognition and IiP confirm Action Mental Health is within the top 20 Platinum organisations in United Kingdom.

FINANCIAL REVIEW

As with many Third Sector providers AMH had a challenging financial year with ongoing Cost of Living pressures but this was over-shadowed by the end of ESF funding. The UKSPF programme funded by Westminster failed to replace the lost ESF funding and although very creditable outcomes were achieved for AMH clients there was a sizeable deficit for the year. Despite it being a demanding year, due to the careful supervision by the Board and senior management, AMH finished it in a relatively stable financial position but with a considerable way to go before achieving a sustainable financial future.

The new UKSPF programme and the 5 Health and Social Care Trusts supported the recovery services whilst a range of PHA, VSS and various grants supported all the other counselling and wellbeing and resilience building programmes. Unrestricted income continued through corporate partnerships and there is an expectation that it will increase to pre pandemic levels soon.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RESULTS

Unrealised gains on investments were £230,070 (2023 - unrealised losses amounted to £93,118).

The overall net movement on funds for the year was a deficit of £333,006 (2023 - £726,660). The charity spends all restricted monies that it receives and makes good any deficit on restricted funds from its general unrestricted reserves.

The closing balance on unrestricted reserves at 31 March 2024 was £5,946,306 (2023 - £6,279,312). No restricted reserves were held.

RESERVES POLICY

Due to the uncertain nature of AMH's funding, it is the Board's policy to maintain a designated risk reserve equal to six months' budgeted expenditure (see note 24). The level of free reserves at the year-end (excluding designated reserves) was £1,085,235 (2023 - £206,066).

INVESTMENT POLICY AND PERFORMANCE

The Finance Committee, a Board sub-committee, oversees, monitors and advises the Board on investment decisions and they are guided by the Investment Policy.

In managing the Reserves of AMH and hence its investments, the Board's objective is to generate a return in excess of inflation over the long term whilst generating an income and capital growth which could be available to support existing group services and new projects whilst a diversified spread of investments is maintained.

Reports on performance are provided to the Board at each meeting and Directors understand they are ultimately responsible for the overall management of the investments.

The Finance Committee are content that overall investment performance was acceptable and in line with investment objectives. Performance is assessed by benchmarking against accepted industry comparators and by using two separate investment advisors.

FUTURE PLANS

As disclosed at note 1 to the financial statements, due to funding constraints and uncertainty surrounding future funding sources, AMH has undertaken a review of its service delivery across Northern Ireland. As a result of this review the Directors have put plans in place that include the reshaping of service provision and of the assets held and utilised by the charity. The directors acknowledge the uncertainty and challenges this brings but remain committed to AMH's fundamental objective of supporting people's mental health and well-being across the region.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

DIRECTORS' RESPONSIBILITIES STATEMENT

The Directors (who are also trustees of Action Mental Health for the purposes of Charity Law), are responsible for preparing the Report of the Directors and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

STATEMENT OF DISCLOSURE OF INFORMATION TO AUDITOR


In so far as the Directors, who held office at the date of approval of the financial statements, are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

In approving the Report of the Directors the Directors also approve the Strategic Report.

Registered office:
AMH Central Office
27 Jubilee Road
NEWTOWNARDS
BT23 4YH

On behalf of the Board of Directors



Mr D P McAuley
Director and Chairman



Mrs A Craigan
Director and Honorary Treasurer

Date: 26 July 2024

Registered in Northern Ireland
No. NI005568

Charity Registration No: NIC100753

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF ACTION MENTAL HEALTH

OPINION

We have audited the financial accounts of Action Mental Health (the 'charitable company') for the year ended 31 March 2024 which comprise the statement of financial activities, summary income and expenditure account, balance sheet, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024, and of the charitable company's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINIONS ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Directors' Report, which includes the trustees' report prepared for the purposes of charity law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the strategic report and the report of the directors has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF DIRECTORS

As explained more fully in the directors' responsibilities statement on page 10, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial accounts.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing potential risks of material misstatement in respect of irregularities, including fraud and non-compliances with laws and regulations, we considered the following:

- The nature of the charitable company's activities and control environment;
- Results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- Any matters we identified having obtained and reviewed the charitable company's documentation of their policies and procedures relating to:
 - Identifying, evaluating and complying with laws and regulations and whether they were aware of any instance of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
 - The internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- The matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charitable company for fraud and identified the greatest potential for fraud in unauthorised use of funds and revenue recognition such as fictitious or duplicate funding applications. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING
IRREGULARITIES, INCLUDING FRAUD (Continued)

We also obtained an understanding of the legal and regulatory frameworks that the charitable company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the Companies Act 2006, and local tax legislation. In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which may be fundamental to the charitable company's ability to operate or to avoid a material penalty.

AUDIT RESPONSE TO RISKS IDENTIFIED

Our procedures to respond to the risks identified included the following:

- Reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- Enquiring of management concerning actual and potential litigation and claims;
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- Reviewing and testing the operation of controls;
- Reading minutes of meetings of those charged with governance and reviewing correspondence with authorities; and
- In addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. In addition, as with any audit, there remains a higher risk of non-detection of irregularities, as they may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

USE OF OUR REPORT

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Gillian Johnston ACA (Senior Statutory Auditor)
For and on behalf of GMcG BELFAST

Chartered Accountants
Statutory Auditor

Alfred House
19 Alfred Street
Belfast
BT2 8EQ

Date: 31 July 2024

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES
For the Year Ended 31 March 2024

	Notes	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
INCOME AND ENDOWMENTS FROM:					
Charitable activities:					
Grants & contracted funding:	3				
- Rehabilitation programmes		4,095,012	-	4,095,012	4,877,352
- Employment services		-	-	-	119,861
- Welfare and education		765,276	89,719	854,995	1,032,508
- Therapeutic services		1,094,470	-	1,094,470	1,200,350
Other employment income	4	234,385	-	234,385	241,595
Contribution from trading activities:	4				
- Rehabilitation programmes		-	25,688	25,688	25,847
Donations and legacies	5	-	264,123	264,123	296,419
Other activities	6	-	124,374	124,374	124,073
Investments	7	-	31,143	31,143	21,594
TOTAL INCOME AND ENDOWMENT		<u>6,189,143</u>	<u>535,047</u>	<u>6,724,190</u>	<u>7,939,599</u>
EXPENDITURE ON:					
Charitable Activities					
- Rehabilitation programmes	8	4,311,484	-	4,311,484	5,159,758
- Rehabilitation exceptional costs		267,763	-	267,763	-
- Employment services		233,805	-	233,805	247,347
- Welfare and education		961,321	132,343	1,093,664	1,565,823
- Therapeutic services		1,357,243	-	1,357,243	1,371,756
Raising funds	9	-	118,934	118,934	163,117
Other	11	-	36,097	36,097	34,048
TOTAL EXPENDITURE		<u>7,131,616</u>	<u>287,374</u>	<u>7,418,990</u>	<u>8,541,849</u>
NET (EXPENDITURE)/INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES		(938,045)	243,245	(694,800)	(602,250)
NET GAINS/(LOSSES) ON INVESTMENTS					
Realised gain/(loss) on investments		-	131,724	131,724	(31,292)
Unrealised gain/(loss) on investments		-	230,070	230,070	(93,118)
NET (EXPENDITURE)/INCOME BEFORE TRANSFERS		<u>(938,045)</u>	<u>605,039</u>	<u>(333,006)</u>	<u>(726,660)</u>

The Statement of Financial Activities continues on page 17.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES (Continued)
For the Year Ended 31 March 2024

	Notes	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
NET (EXPENDITURE)/INCOME BEFORE TRANSFERS		<u>(938,045)</u>	<u>605,039</u>	<u>(333,006)</u>	<u>(726,660)</u>
TRANSFER BETWEEN FUNDS	15	<u>938,045</u>	<u>(938,045)</u>	<u>-</u>	<u>-</u>
NET MOVEMENTS IN FUNDS		<u>-</u>	<u>(333,006)</u>	<u>(333,006)</u>	<u>(726,660)</u>
		£	£	£	£
RECONCILIATION OF FUNDS:					
Funds at 1 April 2023		<u>-</u>	<u>6,279,312</u>	<u>6,279,312</u>	<u>7,005,972</u>
Funds at 31 March 2024		<u>-</u>	<u>5,946,306</u>	<u>5,946,306</u>	<u>6,279,312</u>

The Statement of Financial Activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

The notes on pages 22 to 39 form part of these financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

SUMMARY INCOME AND EXPENDITURE ACCOUNT
For the Year Ended 31 March 2024

	Notes	2024 £	2023 £
INCOME			
Charitable activities		6,250,460	7,497,513
Donations		264,123	296,419
Other activities		178,464	124,073
Investments		31,143	21,594
Realised gains on investments		131,724	-
Unrealised gain on investments		<u>230,070</u>	<u>-</u>
Gross income		<u>7,085,984</u>	<u>7,939,599</u>
EXPENDITURE			
Charitable activities		6,991,768	8,344,684
Charitable activities – exceptional costs		267,763	-
Raising funds		118,861	163,117
Other expenditure		40,598	34,048
Realised losses on investments		-	31,292
Unrealised losses on investments		<u>-</u>	<u>93,118</u>
Total expenditure		<u>7,418,990</u>	<u>8,666,259</u>
NET EXPENDITURE FOR THE YEAR	1	<u>(333,006)</u>	<u>(726,660)</u>

Income and expenditure relates to continuing activities.

NOTE TO THE SUMMARY INCOME AND EXPENDITURE ACCOUNT
For the Year Ended 31 March 2024

1. ANALYSIS OF NET EXPENDITURE:

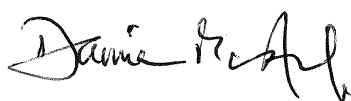
	2024 £	2023 £
Net expenditure for the year excluding gains/losses on investment portfolio held	(563,076)	(633,542)
Unrealised gain/(loss) on investment portfolio held	<u>230,070</u>	<u>(93,118)</u>
	<u>(333,006)</u>	<u>(726,660)</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

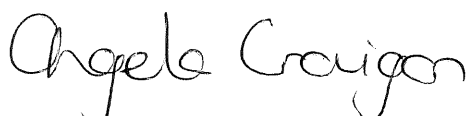
BALANCE SHEET
At 31 March 2024

	Notes	2024 £	2023 £
FIXED ASSETS			
Tangible assets	16	1,712,150	1,834,860
Investments	17	<u>4,417,630</u>	<u>4,434,544</u>
		<u>6,129,780</u>	<u>6,269,404</u>
CURRENT ASSETS			
Stocks	18	17,065	15,716
Debtors	19	571,080	1,343,394
Cash at bank and in hand		<u>68,007</u>	<u>26,008</u>
		656,152	1,385,118
CREDITORS: Amounts falling due within one year	20	<u>(839,626)</u>	<u>(1,375,210)</u>
NET CURRENT (LIABILITIES)/ASSETS		<u>(183,474)</u>	<u>9,908</u>
NET ASSETS		<u>5,946,306</u>	<u>6,279,312</u>
CAPITAL AND RESERVES			
Unrestricted funds:			
General fund	24	1,085,235	206,066
Revaluation reserve	23	871,191	1,461,772
Designated funds	24	<u>3,989,880</u>	<u>4,611,474</u>
		<u>5,946,306</u>	<u>6,279,312</u>

The financial statements were approved and authorised for issue by the Board of Directors on ~~26 July 2024~~ and were signed on its behalf by:



Mr D P McAuley
 Director and Chairman



Mrs A Craigan
 Director and Honorary Treasurer

Company Registration Number – NI005568

The notes on pages 22 to 39 form part of these financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF CASH FLOWS
For the Year Ended 31 March 2024

	Notes	2024 £	2023 £
NET CASH FROM OPERATING ACTIVITIES	1	<u>52,211</u>	<u>(1,251,346)</u>
Interest received		23,100	23
Dividends received		8,042	21,571
Purchase of tangible fixed assets		-	(19,397)
Purchase of fixed asset investments		(11,777)	(39,740)
Receipts from sale of fixed asset investments		2,817,360	219,063
(Increase)/decrease in cash held in investment portfolio		<u>(2,426,875)</u>	<u>6,772</u>
NET CASH FROM INVESTING ACTIVITIES		<u>409,850</u>	<u>188,292</u>
INCREASE/(DECREASE) IN CASH AND CASH EQUIVALENTS		<u>462,061</u>	<u>(1,063,054)</u>
CASH AT 1 APRIL 2023		<u>(394,054)</u>	<u>669,000</u>
CASH AT 31 MARCH 2024		<u><u>68,007</u></u>	<u><u>(394,054)</u></u>
CASH CONSISTS OF:			
Cash at bank and on hand		68,007	26,008
Bank overdraft		<u>-</u>	<u>(420,062)</u>
		<u><u>68,007</u></u>	<u><u>(394,054)</u></u>
CASH EQUIVALENTS			
Inflow from transfers between investment portfolios		<u>2,434,532</u>	<u>-</u>
INVESTMENTS HELD ON DEPOSIT AT 31 MARCH 2024		<u><u>2,434,532</u></u>	<u><u>-</u></u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE STATEMENT OF CASH FLOWS
For the Year Ended 31 March 2024

**1. RECONCILIATION OF NET MOVEMENT IN FUNDS
TO NET CASHFLOW FROM OPERATING ACTIVITIES**

	2024	2023
	£	£
Net expenditure before other recognised gains and losses	(694,800)	(602,250)
Interest received	(23,100)	(23)
Dividends received	(8,042)	(21,571)
Depreciation and amortisation	122,710	132,989
(Increase)/decrease in stocks	(1,349)	618
Decrease/(increase) in debtors	772,314	(411,957)
Decrease in creditors	<u>(115,522)</u>	<u>(349,152)</u>
Net cash from operating activities	<u>52,211</u>	<u>(1,251,346)</u>

2. ANALYSIS OF CHANGES IN NET (DEBT)/FUNDS

	At 1 April 2023	Cashflows	At 31 March 2024
	£	£	£
Bank overdraft	(420,062)	420,062	-
Cash at bank	<u>26,008</u>	<u>41,999</u>	<u>68,007</u>
Net balances at bank	<u>(394,054)</u>	<u>462,061</u>	<u>68,007</u>
Investments on deposit	<u>-</u>	<u>2,434,532</u>	<u>2,434,532</u>
Net (debt)/funds at 31 March 2024	<u>(394,054)</u>	<u>2,896,593</u>	<u>2,502,539</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS
For the Year Ended 31 March 2024

1. ACCOUNTING POLICIES

- (a) Action Mental Health (AMH) is a private company limited by guarantee and registered in Northern Ireland. The registered office of AMH is at AMH Central Office, 27 Jubilee Road, Newtownards.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006, Charity Law and UK Generally Accepted Practice.

The financial statements are prepared under the historical cost convention, as modified by the inclusion of fixed asset investments at market value. The financial statements are prepared in sterling, which is the functional currency of the entity, and are recorded to the nearest £.

- (b) The financial statements have been prepared on a going concern basis. As with other organisations operating in the third sector, AMH faces uncertainty regarding the availability of future funding. In previous years funding provided by the European Union was a significant source of income for the charity, with £2.1m being received in the year to 31 March 2023.

In the current year, the UK's Shared Prosperity Fund (UKSPF) within Northern Ireland has been established, and AMH was successful in being awarded a share of this fund. The fund covers the period from April 2023 to March 2025. In the year to 31 March 2024 income from the UKSPF was £1.4m with a further £1.4m being budgeted for in the year to 31 March 2025. More recently, further funding has been secured through the Peace Plus programme in which AMH successfully bid as lead partner.

In addition to seeking new sources of funding, in recognition of the impact of the cessation of European funding AMH undertook a review of its operations and has taken steps to reshape the charity's service provision. This included implementing a voluntary redundancy process, liquidising several investments and taking steps to realise a number of property assets held.

In addition to this, the Directors note that the charity has built up a designated risk reserve (see note 24) which stands at £3.7m. Investments are held on deposit of £2.4m together with other available investments of £1.9m at 31 March 2024, giving much needed support to the charity's operations in these challenging times.

While the Directors acknowledge the uncertainty around the future of funding within Northern Ireland, they are confident that AMH has adequate resources to enable the charity to continue in operation for the foreseeable future and furthermore can operate sustainably in the future.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

1. ACCOUNTING POLICIES (Continued)

- (b) (Continued)
Therefore, the Directors continue to adopt the going concern basis of accounting in preparing the financial statements and furthermore do not believe the above mentioned situation to constitute a material uncertainty.
- (c) Revenue grants are credited to incoming resources on the earlier of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.
- (d) Donations, contracted funding, income for services provided and other income are included in full in the Statement of Financial Activities when receivable.
- (e) Income from other activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.
- (f) All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Costs are categorised under the following headings:
- Costs of raising funds includes direct costs of fundraising and investment management fees;
 - Expenditure on charitable activities includes direct costs of the rehabilitative services, the employment service and the welfare & education programme; and
 - Other expenditure represents those items not falling into the categories above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

- (g) Support costs allocation

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the charity's main premises. Support costs are allocated on a basis consistent with the use of resources.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities.

- (h) Restricted funds are to be used for specified purposes by reference to the donor. Expenditure which meets the criteria is identified and allocated to the fund, either directly or by allocating a fair proportion of overheads and other costs.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

1. ACCOUNTING POLICIES (Continued)

(i) Unrestricted funds represent other incoming resources received or generated for charitable purposes, to be used at the charity's discretion. Designated funds comprise unrestricted funds that have been set aside by the Directors for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

(j) The cost of tangible fixed assets is their purchase cost, together with any incidental costs of acquisition. Depreciation is calculated to write off the cost of fixed assets less residual value, in equal annual instalments on the following bases:-

Land	None
Buildings	4% and 2%
Plant and machinery	20% and 16.66%
Fixtures, fittings, tools & other equipment	20% and 33.33%

(k) Grants received against capital expenditure are included in full in the Statement of Financial Activities as restricted income. Once the capital expenditure has taken place and the conditions of the grant are fulfilled, they are transferred to a designated unrestricted fund which is then reduced over the useful economic life of the asset in line with depreciation.

(l) Stocks are stated at the lower of cost and net realisable value. Cost is determined on a first in first out basis. Net realisable value is the price at which the stock can be realised in the normal course of business. Provision is made for obsolescent, slow moving and defective stocks.

(m) Employee benefits

When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

The charity operates a defined contribution pension scheme, the assets of which are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable to the scheme in the accounting period.

(n) Investments, excluding subsidiary undertakings, are stated on the balance sheet at fair value and all movements, including realised and unrealised gains and losses, are shown in the Statement of Financial Activities. Fair value reflects the published market value of investments held. Realised gains and losses are the aggregate of the difference between sales proceeds and opening fair value (or on addition if purchased during the year). Unrealised gains and losses represent the movement in market value during the year.

(o) As a registered charity, Action Mental Health is not liable to either Income Tax or Corporation Tax.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

1. ACCOUNTING POLICIES (Continued)

- (p) Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.
- (q) Rentals payable and receivable under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.
- (r) Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.
- (s) Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for income and expenditure during the year. However, the nature of estimation means that actual outcomes could differ from those estimates. The following are the company's key sources of estimation uncertainty:

Tangible fixed assets - the annual depreciation charge on fixed assets depends primarily on the estimated lives of each type of asset and estimates of residual values. The Directors regularly review these asset lives and change them as necessary to reflect current thinking on remaining lives in light of prospective economic utilisation and physical condition of the assets concerned. Changes in asset lives can have a significant impact on depreciation and amortisation charges for the period. Detail of the useful lives is included in the accounting policies.

Debtors - short term debtors are measured at transaction price, less any impairment. Impairment of such debtors involves some estimation uncertainty.

- (t) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

2. MEMBERS LIABILITY

The charity is a company limited by guarantee. Every member undertakes to contribute such amounts, not exceeding £10, to the charity's assets if it should be wound up whilst being a member, or within one year of ceasing to be a member.

3. GRANTS AND CONTRACTED FUNDING

	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Amounts received and receivable				
<i>Rehabilitation programmes</i>				
Contracted funding				
Health & Social Care Trusts:				
Northern	280,426	-	280,426	277,080
Southern	363,608	-	363,608	357,763
Belfast	295,871	-	295,871	283,371
South Eastern	1,089,281	-	1,089,281	1,052,320
Western	465,115	-	465,115	442,978
Grants				
European Social Fund	-	-	-	2,117,083
UKSPF	1,490,738	-	1,490,738	-
PHA	73,600	-	73,600	53,898
CLEAR Project				
- PHA Making Life Better	6,365	-	6,365	5,960
DoH Core grant	31,804	-	31,804	63,608
PHA Distribution fund	1,051	-	1,051	2,412
ChatPal	(13,015)	-	(13,015)	31,854
DFC grant	-	-	-	2,668
BCPP grant	2,400	-	2,400	9,600
Sundry grants	11,148	-	11,148	3,884
Covid related grants	-	-	-	<u>98,872</u>
	4,098,392	-	4,098,392	4,863,351
Amounts deferred b/forward	51,807	-	51,807	65,808
Amounts deferred c/forward	<u>(55,187)</u>	<u>-</u>	<u>(55,187)</u>	<u>(51,807)</u>
Funding utilised	<u>4,095,012</u>	<u>-</u>	<u>4,095,012</u>	<u>4,877,352</u>

ACTION MENTAL HEALTH,
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

3. GRANTS AND CONTRACTED FUNDING (continued)

	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Amounts received and receivable				
<i>Employment Services</i>				
Grants				
Dept. for Communities	-	-	-	119,861
Amounts deferred b/forward	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
				119,861
Amounts deferred c/forward	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Funding utilised	<u>-</u>	<u>-</u>	<u>-</u>	<u>119,861</u>
<i>Welfare and Education Services</i>				
Grants –				
Southern H&SC Trust	56,522	-	56,522	62,387
Western H&SC Trust	61,075	-	61,075	56,511
SEUPB – Peace IV	211,125	-	211,125	263,293
PHA	113,592	-	113,592	149,448
AMH Works	-	124,449	124,449	106,640
Dept. of Justice	2,160	-	2,160	20,265
Dept. for Communities	48,478	-	48,478	52,524
Mindful Carers				
- Community Fund	36,378	-	36,378	36,378
Yew Project				
- Community Fund	8,580	-	8,580	-
Private Trust	100,000	-	100,000	100,000
MNDA	7,102	-	7,102	-
ANBC	2,140	-	2,140	-
Sundry	(270)	-	(270)	2,055
ACNI – Lottery	115,720	-	115,720	4,069
Clear Project PHA	-	-	-	4,614
Groundworks	-	-	-	2,000
Schools Programme	-	-	-	(4,890)
Arts Council	<u>-</u>	<u>-</u>	<u>-</u>	<u>1,799</u>
	762,602	124,449	887,051	857,093
Amounts deferred b/forward	79,913	-	79,913	255,328
Amounts deferred c/forward	<u>(77,239)</u>	<u>(34,730)</u>	<u>(111,969)</u>	<u>(79,913)</u>
Funding utilised	<u>765,276</u>	<u>89,719</u>	<u>854,995</u>	<u>1,032,508</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

3. GRANTS AND CONTRACTED FUNDING (continued)

	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Therapeutic Services				
DfC Neighbourhood Renewal	68,872	-	68,872	39,705
VSS	73,928	-	73,928	52,367
BH&SCT	165,018	-	165,018	69,379
SEH&SCT	197,113	-	197,113	187,123
PHA	388,252	-	388,252	399,491
Schools Programme	29,045	-	29,045	163,730
MNDA	20,700	-	20,700	-
Community Foundation	25,299	-	25,299	-
Yew Project				
- Community Fund	152,475	-	152,475	103,147
Saturday Hospital Fund				
- Community Fund	10,000	-	10,000	-
Mencap	2,691	-	2,691	3,177
NIHE	-	-	-	(12,450)
MS Society	-	-	-	(193)
BCC Revenue	-	-	-	9,500
Urban Villages	-	-	-	9,746
Other	<u>199</u>	<u>-</u>	<u>199</u>	<u>-</u>
	1,133,592	-	1,133,592	1,024,722
Amounts deferred b/forward	117,221	-	117,221	292,849
Amounts deferred c/forward	<u>(156,343)</u>	<u>-</u>	<u>(156,343)</u>	<u>(117,221)</u>
Funding utilised	<u>1,094,470</u>	<u>-</u>	<u>1,094,470</u>	<u>1,200,350</u>
Total grants and contracted funding utilised	<u>5,954,758</u>	<u>89,719</u>	<u>6,044,447</u>	<u>7,230,071</u>

In the prior year income from grants and contract funding was attributable to restricted funds with the exception of £106,640 which was unrestricted.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

**4. OTHER EMPLOYMENT INCOME & CONTRIBUTION
FROM TRADING ACTIVITIES FROM REHABILITATION PROGRAMMES**

	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Other Employment income	234,385	-	234,385	241,595
Contribution from trading activities:				
- Rehabilitation programmes	<u>-</u>	<u>25,688</u>	<u>25,688</u>	<u>25,847</u>

In the prior year £241,595 was attributable to restricted funds and £25,847 was attributable to unrestricted funds.

5. DONATIONS AND LEGACIES

	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
General				
- Community		82,455	83,455	78,059
- Corporate	4,000	40,362	47,362	58,747
- Individual	-	40,019	40,019	33,070
- Schools		9,895	9,895	17,642
- Other	-	49,885	49,885	47,487
Hendersons	-	37,507	37,507	28,414
Charles Hayward	-	-	-	23,000
Progressive	<u>-</u>	<u>-</u>	<u>-</u>	<u>10,000</u>
	<u>4,000</u>	<u>260,123</u>	<u>264,123</u>	<u>296,419</u>

Amounts included as general above represent all donations received of less than £10,000.

In the prior year all income from donations and legacies was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

6. OTHER ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Administration fees	-	35,941	35,941	42,098
Rents and room hire	-	44,963	44,963	46,167
External training fees	-	11,544	11,544	11,840
Sundry income	-	16,614	16,614	9,060
Client contribution	-	4,392	4,392	4,216
ROC income	<u>-</u>	<u>10,920</u>	<u>10,920</u>	<u>10,692</u>
	<u>-</u>	<u>124,374</u>	<u>124,374</u>	<u>124,073</u>

In the prior year all income from other activities was attributable to unrestricted funds.

7. INVESTMENTS

	Restricted Funds £	Unrestricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Interest	-	23,100	23,100	23
Dividends	<u>-</u>	<u>8,043</u>	<u>8,043</u>	<u>21,571</u>
	<u>-</u>	<u>31,143</u>	<u>31,143</u>	<u>21,594</u>

In the prior year all income from investments was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

8. EXPENDITURE ON CHARITABLE ACTIVITIES

Summary by activity

	Direct Costs £	Support Costs £	Total 2024 £	Total 2023 £
Rehabilitation programmes	3,727,329	584,155	4,311,484	5,159,758
Rehabilitation exceptional costs	267,763	-	267,763	-
Employment services	203,979	29,826	233,805	247,347
Welfare and education services	954,150	139,514	1,093,664	1,565,823
Therapeutic services	<u>1,184,105</u>	<u>173,138</u>	<u>1,357,243</u>	<u>1,371,756</u>
	<u>6,337,326</u>	<u>926,633</u>	<u>7,263,959</u>	<u>8,344,684</u>

In the current year £132,343 expenditure on charitable activities was attributable to unrestricted funds (2023 - £118,880). All other expenditure on charitable activities was attributable to restricted funds in both years.

As a result of AMH restructuring its service provision, a voluntary redundancy process was undertaken during the year resulting in the loss of 17 staff members. Redundancy costs of £267,763 have been included as exceptional costs in connection with rehabilitation programmes.

9. RAISING FUNDS

Summary by activity

	Direct Costs £	Support Costs £	Total 2024 £	Total 2023 £
Fundraising and awareness costs	<u>103,762</u>	<u>15,172</u>	<u>118,934</u>	<u>163,117</u>

In the current and prior year all expenditure on raising funds was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

10. SUPPORT COSTS BY CATEGORY

	2024	2023
	£	£
Support Costs		
Administration and Finance	<u>941,805</u>	<u>1,144,333</u>

Support costs are made up of the following:

	2024	2023
	£	£
Staff costs	736,935	924,227
Office costs	11,927	20,497
Premises	15,702	26,510
Other costs	<u>177,240</u>	<u>173,099</u>
	<u>941,805</u>	<u>1,144,333</u>

11. OTHER

	Restricted Funds	Unrestricted Funds	Total 2024	Total 2023
	£	£	£	£
Investment management fees	-	3,887	3,887	7,698
Governance costs	<u>-</u>	<u>32,210</u>	<u>32,210</u>	<u>26,350</u>
	<u>-</u>	<u>36,097</u>	<u>36,097</u>	<u>34,048</u>

In the prior year all other expenditure was attributable to unrestricted funds.

12. GOVERNANCE COSTS

	2024	2023
	£	£
Auditor's remuneration		
- Statutory audit	9,480	5,169
- Other assurance services	8,028	-
Other professional fees	3,745	19,676
Board, Committee costs	<u>10,957</u>	<u>1,505</u>
	<u>32,210</u>	<u>26,350</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

13. NET INCOME BEFORE TRANSFERS

	2024	2023
	£	£
This is stated after charging:		
Depreciation:		
- owned tangible fixed assets	122,710	132,989
Auditor's remuneration - statutory audit	9,480	5,169
- other financial services	8,028	-
Gain/(loss) on disposal of investments	131,724	(31,292)
Gain/(loss) on fair value movement of investments	230,070	(93,118)
Operating leases rentals	<u>137,564</u>	<u>151,578</u>

14. STAFF COSTS

	2024	2023
	£	£
(a) Staff costs		
Wages and salaries	4,553,282	5,502,741
Social security costs	407,224	499,999
Agency and seconded staff	34,431	60,836
Pension costs – defined contribution schemes	238,945	269,541
Redundancy	<u>267,763</u>	<u>-</u>
	<u>5,501,645</u>	<u>6,333,117</u>
(b) One staff member earned between £80,000 and £90,000 (2023 – one staff member earned between £70,000 and £80,000).		
	2024	2023
	No.	No.
(c) Average number of persons directly employed:		
Office and management	28	29
Supervision and instruction	146	179
Support staff	<u>30</u>	<u>34</u>
	<u>204</u>	<u>242</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

14. STAFF COSTS (Continued)

- (d) Directors' and key management personnel remuneration and expenses

No fees were paid to any director for their services as Board members. No travel expenses were reimbursed to Directors in the current year (2023 – £Nil). No amounts were paid directly to third parties.

The total amount of employee benefits received by key management personnel is £229,401 (2023 - £227,592). The charity considers its key management personnel to comprise the Chief Executive Officer, Director of Business Support and Director of Operations.

15. TRANSFERS BETWEEN FUNDS

An amount of £938,045 (2023 - £860,778) was transferred from unrestricted funds to restricted funds as a contribution from general funds which the Directors wish to apply towards the shortfall between restricted funds received and expended in the year.

16. TANGIBLE FIXED ASSETS

	Land and buildings (long leasehold) £	Plant and machinery £	Fixtures, fittings, tools & other equipment £	Total £
Cost:				
At 1 April 2023	6,322,722	359,381	75,418	6,757,521
Additions	-	-	-	-
Disposals	-	-	-	-
At 31 March 2024	<u>6,322,722</u>	<u>359,381</u>	<u>75,418</u>	<u>6,757,521</u>
Depreciation:				
At 1 April 2023	4,517,051	340,632	64,978	4,922,661
Charges for the year	<u>108,767</u>	<u>4,635</u>	<u>9,308</u>	<u>122,710</u>
At 31 March 2024	<u>4,625,818</u>	<u>345,267</u>	<u>74,286</u>	<u>5,045,371</u>
Net book value:				
At 31 March 2024	<u>1,696,904</u>	<u>14,114</u>	<u>1,132</u>	<u>1,712,150</u>
At 31 March 2023	<u>1,805,671</u>	<u>18,749</u>	<u>10,440</u>	<u>1,834,860</u>

Included in long leasehold land and buildings is land costing £86,330 (2023 - £86,330). Land is not depreciated.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

17. FIXED ASSET INVESTMENTS

	Quoted Investments £
As at 1 April 2023	4,434,544
Additions, at cost	11,777
Realised gain on disposals	131,724
Disposals, at valuation	(2,817,360)
Increase/(decrease) in cash holding	2,426,875
Unrealised gain on revaluation	<u>230,070</u>
At 31 March 2024, at market value	<u>4,417,630</u>
At 31 March 2024, at historical cost	<u>3,546,439</u>

The charity's investments are managed on a discretionary basis by two independent investment brokers. Included in investments are cash deposit balances of £2,434,532 (2023 - £7,657) held as part of the investment portfolio.

18. STOCKS

	2024 £	2023 £
Raw materials and consumables	<u>17,065</u>	<u>15,716</u>

19. DEBTORS

	2024 £	2023 £
Trade debtors	211,571	302,358
Grants due - ESF	-	375,057
Grants due - UKSPF	79,056	-
Grants due - Peace IV	53,042	384,400
Grants due - Other	31,087	67,886
Prepayments and accrued income	194,527	209,667
Other debtors	<u>1,797</u>	<u>4,026</u>
	<u>571,080</u>	<u>1,343,394</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

20. CREDITORS: Amounts falling due within one year

	2024	2023
	£	£
Bank overdraft	-	420,062
Trade creditors	202,873	356,186
Other taxation and social security	95,463	108,693
Deferred income	331,914	264,546
Accruals and other creditors	<u>209,376</u>	<u>225,723</u>
	<u>839,626</u>	<u>1,375,210</u>

21. DEFERRED INCOME

	Under 1	Over 1	Total
	year	year	£
	£	£	
At 1 April 2023	264,546	-	264,546
Amounts released to income	(264,546)	-	(264,546)
Amounts deferred from income	<u>331,914</u>	<u>-</u>	<u>331,914</u>
At 31 March 2024	<u>331,914</u>	<u>-</u>	<u>331,914</u>

22. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	£	£	£
Tangible fixed assets	1,712,150	-	1,712,150
Investments	4,417,630	-	4,417,630
Net current liabilities	<u>(183,474)</u>	<u>-</u>	<u>(183,474)</u>
	<u>5,946,306</u>	<u>-</u>	<u>5,946,306</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

23. REVALUATION RESERVE

	£
At 1 April 2023	1,461,772
Net transfer to general fund	<u>(590,581)</u>
At 31 March 2024	<u>871,191</u>

This represents the unrealised gains accumulated on the revaluation of fixed asset investments.

24. OTHER UNRESTRICTED FUNDS

	General Fund £	Designated Capital Utilised Fund £	Designated Risk Reserve Fund £	Total £
Unrestricted				
At 1 April 2023	206,066	340,550	4,270,924	4,817,540
Deficit for the year	(333,006)	-	-	(333,006)
Transfer to/from general fund	561,429	-	(561,429)	-
Net transfer from revaluation Reserve	590,581	-	-	590,581
Amortisation of capital grants	<u>60,165</u>	<u>(60,165)</u>	<u>-</u>	<u>-</u>
At 31 March 2024	<u>1,085,235</u>	<u>280,385</u>	<u>3,709,495</u>	<u>5,075,115</u>

Capital utilised fund:

This represents grants and donations originally received for restricted capital purposes. Having been fully utilised for those purposes they become unrestricted funds and are released to the General Fund at the same rates that depreciation is charged on the assets to which they relate.

Risk reserve fund:

The risk reserve fund represents an amount equivalent to six months of budgeted operational expenditure which the Board feel is prudent to set aside in line with the charity's risk and reserve policies.

25. TAXATION

The company has been accepted by HM Revenue & Customs as a charity (reference no. XN 47959).

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

26. CONTINGENT ASSETS AND LIABILITIES

A portion of grants received may become repayable if the charity fails to comply with the terms of the relevant letters of offer.

27. CONDUIT FUNDING

AMH acts as lead partner on a number of projects. At the balance sheet date AMH held the following balances on behalf of partner organisations.

	CAUSE	PIPS	ORCHARDVILLE
	£	£	£
Debtor	-	-	20
Cash at Bank	5,850	17,376	-
Creditor	5,850	17,376	20

In accordance with SORP (FRS 102) these balances have not been included in the Balance Sheet.

28. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

The charity operates a defined contribution pension plan for its employees. The amount recognised as an expense in the period was £238,945 (2023 - £269,541).

29. RELATED PARTY TRANSACTIONS

No transactions with related parties were undertaken such as are required to be disclosed.

30. EVENTS AFTER THE REPORTING DATE

As noted in the Report of the Directors, and note 1 to these financial statements, due to funding constraints and uncertainty surrounding funding sources, AMH undertook a review of its service delivery across Northern Ireland. As a result of this review the Directors put plans in place that included the reshaping of the assets held and utilised by the charity. As a result of this reshaping, properties owned by the charity in Downpatrick and Foyle were marketed for sale in the year to 31 March 2024, and have now been sold, subject to final completion, after the year end. A further property in Antrim has been marketed for sale after the year end. These transactions will be reflected in the financial statements of the next period.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2024

31. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2024	2023
	£	£
Not later than one year	117,189	61,581
Later than one and not later than five years	-	96,000
Later than five years	<u>230,000</u>	<u>180,000</u>

Action Mental Health

Northern Ireland - Charity number 100753

Annual report

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS

The Directors present their report and the financial statements for the year ended 31 March 2024. The Directors 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) in preparing these accounts.

CONSTITUTION

Action Mental Health (AMH) is a charitable company limited by guarantee, registered under NI005568, governed by the Articles of Association. The company is recognised as a charity and is registered under NIC100753 and is recognised as a charity by HM Revenue & Customs under reference number XN 47959.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The AMH board is comprised of up to 15 Directors as set out in the charity's Articles of Association. Directors may serve for a maximum of three terms of 4 years, save for Serving Directors who, having served 15 years, must be re-appointed on an annual basis. The Governance Manual guides the work of the Board, which includes an induction programme for Directors, Terms of Reference for Committees and roles and responsibilities of office bearers. Directors are recruited to the Board through an open recruitment and selection process, although four Directors may be co-opted annually; in this reporting period there was a significant renewal process with three long serving Directors resigning and five new Directors recruited.

AMH decisions on strategy, policy and material capital expenditure are taken by the full Board and it ensures the Strategic Plan guides the Executive, usually over a three year time span. Day to day decision making is under the supervision of the Chief Executive Officer, Mr D Babington, with regular reporting to the Board. Over the year, the effectiveness of the Committees was reviewed and it was agreed to reduce them from five to four and they are now the Finance, Audit and Risk, Nominations and Remuneration and Service Delivery and Development Committees (the latter committee was mainly an amalgamation of the Therapeutic Services and Innovation and Strategy Committees). The Chief Executive Officer of AMH manages the Senior Management Team and together they ensure targets in the annual Operational Plan are achieved.

In line with corporate good practice AMH has an Audit and Risk Committee with two independent and three Board members and it meets at least three times a year; the Chief Executive Officer and Director of Business Support also attend, with the external auditors present when appropriate. Usually, each year a Directors' Conference is held in October to enable the Board and all managers to assess progress and consider the future, although this did not happen in this reporting period due to significant challenges posed by the loss of ESF funding and exceptional pressures on public sector funding bodies.

The Board and Finance Committee met six times, the Audit and Risk Committee, Nominations and Remuneration Committee, Therapeutic Services Committee and the Innovation and Strategy Committee each met on four occasions. Experience from Covid resulted in Board and Committee meetings being conducted in a variety of ways: in person, hybrid or remotely and this has continued to facilitate attendance and engagement. Due to significant uncertainties about the future of ESF funding ending on 31 March 2023 the Board did not hold a Directors' Conference until there was greater clarity about the future and Directors were reassured that that there was a Strategy already in place for the period 2022-2025.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT (Continued)

In order to support the response to the loss of ESF funding and subsequent uncertainties the Board established a Property Sub Committee and a Digital Transformation Committee to work closely with the SMT on plans for the future.

The Nominations and Remuneration Committee consider pay levels for all staff, and possible Cost of Living increases on an annual basis and the annual accounts are available on the website; the Committee seeks approval from the full Board for any increases in staff salaries. In 2013 the Committee commissioned an extensive independent review of all staff salaries which benchmarked them against locally based charities, sectors and National Joint Council (NJC) scales and the recommendations were implemented in full. A further independent salary review to ensure rates properly reflected market trends due to the impact of Covid was implemented in January 2022. The Pay Policy Statement sets out the Board's approach to salaries and is on the AMH website. In respect of the Chief Executive Officer and SMT the Committee commissions independent advice which includes benchmarking against comparable roles in the sector.

In order to provide effective services AMH is involved in a number of partnerships with other charities in Northern Ireland such as the Supported Employment Services (SES) consortium, co-led by AMH and the Cedar Foundation delivering the Workable employment programme commissioned by the Department for Communities. AMH also leads the SkillSET partnership in delivering a UKSPF programme with six other partners, which ends on 31 March 2025. AMH contributed to a range of other committees and partnerships such as the Mental Health Strategic Reform Board, Belfast City Council VCSE Advisory Panel, with the Chief Executive Officer holding appointments on these Committees. AMH also provides the secretariat for the All Party Group on Suicide at the Assembly.

DIRECTORS

The Directors of AMH are its trustees for the purposes of charity law. The Directors who served the charity during the year are as noted on Page 1.

Mrs A Craigan, Ms S E Cooke, Ms L V Fleck, Ms R Kelly, Ms N Kerr and Messrs. E Fee, H W R Kohner, D P McAuley, W A McKeown, J L C Thompson DL, D M McKeown, S W Robinson, J McAdams and Prof G Lynch, P F Corr, K M McParland, R J Pannell and J M F O'Brien all served.

A register of Directors' interests is maintained, with regular review and update, in order for the Board to be aware of any potential conflicts of interest; the issue of potential conflicts is a standing agenda item at the start of all Board and Committee meetings. None of the Directors had any material interest in contracts with the charity during the year.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

Directors' Attendance at Board Meetings over the period up to 31st March 2024 was:

AMH Directors	Meetings Attended	Out of a Possible
Susan Cooke	0	6
Angela Craigan	6	6
Eugene Fee (resigned Dec 23)	5	5
Roisin Kelly	6	6
Nuala Kerr (resigned Jun 23)	1	1
Billy Kohner	5	6
Gerry Lynch	4	6
Jonathan McAdams	5	6
Damian McAuley	5	6
Billy Mckeown	6	6
Diarmuid McKeown	6	6
Stephen Robinson	2	6
Courtenay Thompson (resigned Dec 23)	3	3
Paul Corr (joined Dec 23)	2	2
Leeanne Fleck (joined Dec 23)	2	2
Roger Pannell (joined Dec 23)	2	2
Kevin McParland (joined Dec 23)	2	2
Jonny O'Brien (joined Dec 23)	2	2

RISK STRATEGY

A risk register is maintained in relation to all material risks posing a threat to AMH. The register is reviewed regularly by the Audit and Risk Committee and at all Board meetings to ensure systems and procedures are established to mitigate those risks identified and to minimise any potential impact on the charity.

In managing the reserves, the Board is guided by their Investment Policy and its objective is to generate a return in excess of inflation over the long term whilst generating an income which could be available to support existing services and new projects. The Reserves Policy of AMH is to hold six months of planned expenditure to ensure continued financial security and to provide for contingencies. A diversified spread of investments is maintained and the Board agreed this year to consolidate the portfolios held by two separate providers into one and the investment provider is required to meet with the Finance Committee once a year to discuss performance, risk and adherence to the Investment Policy's ethical criteria.

PRINCIPAL RISKS AND UNCERTAINTIES

Key risks and uncertainties currently affecting AMH are set out below:

- **Resources**

Last year the exceptional financial pressures across the region coincided with the loss of ESF funding on 31 March 2023 and whilst new UKSPF funding helped to offset some of the lost EU funding there was still a significant deficit so that clients and providers such as AMH were substantially impacted. Also the Department of Health's Core Grant ended, annual enhancements from the Public Health Agency were not passed on and the Education Authority's Healthy Happy Minds pilot programme for counselling in primary schools was not extended, all against the backdrop of political uncertainty without an NI Executive in place.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

PRINCIPAL RISKS AND UNCERTAINTIES (Continued)

As a result, AMH has implemented contingency plans to put AMH on a more financially sustainable footing which has resulted in fewer clients being supported and growing waiting lists, including a redundancy process with the loss of 17 staff as a result of the loss of ESF funding. Regrettably AMH's only Learning Disability service was handed back to the commissioner to be delivered by another provider and another 9 staff left AMH as part of the transfer. AMH's owned properties were also reviewed and the Board agreed to sell three sites. Alongside steps to consolidate or reduce existing services there is a shift to new funding models, use new digital technologies and fundraise more to generate income.

- **Delivery of Services**

As the year progressed it became increasingly clear that funding for the sector would become more difficult, despite a new NI Executive in place. Funding for the Mental Health Strategy fell well short of agreed plans and the same is likely to happen in coming years yet this is against a backdrop of rising demand for mental health support due to the legacy of Covid, high economic inactivity rates and the Cost of Living crisis.

The Board continues to be concerned about AMH's ability to deliver agreed outcomes with the pace and scale of recent reductions required in services with increasing demand combined with difficult recruitment and retention. The required changes require a shift away from the old Industrial Therapy Organisation buildings based delivery model and will take some time to bed in. Although AMH responded swiftly and effectively to the Covid pandemic the current situation is arguably more serious. The Board has been monitoring progress closely and is pleased that client needs and funders' requirements have been met although numbers of clients receiving support has reduced. In response to the challenging outlook, the Board is focussed on considering different and more creative ways to support clients and will persevere with digital transformation by building on existing experience and collaborative working to embed digital expertise in AMH.

The Board recognises these key risks and uncertainties and operates so as to minimise the threat posed to the charity by adhering to the highest procedures and standards and working closely with independent experts as required to mitigate the risks.

OBJECTIVES AND ACTIVITIES

Action Mental Health

AMH's vision is for *a society which actively values and supports people on their journey to positive mental health* and the mission is *to make a positive difference to people's mental health and wellbeing*. The mission is delivered by living and working to our values of *Passion, Empowerment, Excellence and Respect*.

AMH is a voluntary organisation which continues to support people's mental health and well-being across the region through vocational training, supported employment options, personal development, therapeutic interventions, health and well-being programmes and resilience building. The Directors have given due regard to the Charity Commission for Northern Ireland's guidance on public benefit in respect of its objectives and activities. AMH's Objects and activities undertaken in relation to them are below:

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

- *To provide assistance for persons affected by mental ill health, learning disability, substance abuse and/or other disabilities including without limitation vocational rehabilitation and training, personal development and guidance and other support services with a view to maintaining and improving the wellbeing of such persons to assist their return to fitness for purposeful activity.*

Training and support programmes for people recovering from mental ill-health has been delivered through UKSPF funding and the 5 Health Trusts by 8 New Horizons services. They provide person-centred well-being programmes to support soft skills development and supports clients to move on to employment and/or more independent lives. There are also three services which cater specifically for younger people and they are delivered along similar lines to the existing New Horizons services. The Promote Learning Disability in Conlig supported clients since 2008 and the service transferred to another provider at the end of March.

The NLC service provides counselling for children, young people, adults and families. A range of therapeutic services are offered depending on need, including counselling, psychotherapy, music, art and play therapies. The diversity of staff skills and the range of modalities available enhances the experience for clients as NLC matches the orientation of the client to an appropriate counsellor; this now includes Psychological Wellbeing Practitioners. There are a variety of modes of therapy offered - telephone, online or face-to-face. Counselling is provided for a range of issues such as stress, anxiety, depression, relationship difficulties, drug/alcohol misuse, self-harming and suicidal ideation. Interpreters are also provided for clients for whom English is not their first language.

- *To assist such persons whether or not they have completed training programmes on the Company's premises to secure employment in jobs appropriate to their capabilities and to provide, if required, follow-up guidance and support.*

As well as the focus on employment through the New Horizons services AMH delivers the Workable Government employment programme for people with mental health issues, which is focussed on getting people into the workplace and keeping them there. The programme is delivered with six other charity partners as part of Supported Employment Solutions which AMH co-leads. AMH is still also the only provider of the Individual Placement Support service in the Belfast Trust area, which focuses on placing people with mental health issues in the workplace as quickly as possible and then training them.

- *To carry on for the benefit of such persons activities in which the skills of such persons can be developed, which activities shall be carried on wholly or largely by means of the efforts of such persons.*

In line with the Mental Health Strategy's preventative priorities, a growing aspect of AMH's focus has been to build personal resilience within communities including young people in primary/secondary education, further education and higher education. The MensSana project continued to deliver the PHA funded Mindset programme and the Protect Life service which delivers suicide/self harm prevention services. Aside from funding from the Southern Trust, the PHA and corporate donors/foundations a sizeable proportion of this work was funded through grants and AMH's own funds but future resourcing such as this is likely to reduce.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

The three Men's Sheds continue to maintain support to older men to help them learn new skills, socialise and connect. The long-term conditions project, Managing the Challenge, in the Western Trust continued to provide people with the tools to self-manage their conditions; AMH Works also continued to provide employers with wellbeing and resilience building support.

AMH also runs a number of specialist projects to support clients to develop their own skills, such as the Vision project (Autistic Spectrum Disorder) in the Southern Trust, and the everyBODY Eating Disorder project in the Southern Trust. The Promote Learning Disability project in the South Eastern Trust supported clients throughout the year but it transferred to another provider at the end of the year.

- *To provide outreach services in support of people recovering from mental ill health and/or other disabilities.*

AMH operates from 14 sites and many programmes and services are also delivered in the community, in local facilities such as partner organisations' offices, theatres/cinemas, health centres, sports clubs or schools.

- *To provide mental health and wellbeing support to military veterans, victims and survivors, prisoners/people in the criminal justice system and minority groups e.g. Ethnic Minorities, Travellers, LGBT, Asylum seekers/refugees and other minority groups.*

AMH provides a diverse range of services, mainly funded through public contracts but also self-funded when resources allow and all those services are focussed on identified needs within communities and particular groups are identified through regular engagement. It is AMH policy to ensure all clients, whatever their background, are treated fairly and without any discrimination and as a result there is always a diverse range of clients being supported irrespective of sex, gender reassignment, marital / civil partnership status, pregnancy or maternity, religious or similar philosophical belief, political opinion, disability, racial group, sexual orientation or age.

- *To promote awareness of the issues of mental health and other related issues to the public at large.*

AMH engaged intensively with politicians, particularly about the end of ESF funding in March 2023 and after that date regarding the need for full funding of the Mental Health Strategy, although with no NI Executive or Assembly in place little was achieved. AMH also held numerous client events and appeared on various media to promote mental health issues; the AMH Client Forum committed to co-production by discussing and promoting client issues and corporate partners continued to work with AMH to raise publicity around mental health issues. AMH remains part of the Mental Health Policy Group and Mental Health Collective, which are working to promote the work of the sector and to tackle underlying issues in it.

More information on AMH's work and achievements during 2023/24 is in the Annual Review, which is available from the Company's Registered Office and on its website.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

ACHIEVEMENTS AND PERFORMANCE (Continued)

This was the second year of the AMH Board's Strategic Plan 2022-2025 and the scorecard reflects the fact that many objectives were achieved even with the political and funding challenges. UKSPF and Health Trust funding made a positive difference to client outcomes and AMH met the targets set. Recruitment and retention was an ongoing issue but given very public concerns about future funding after ESF AMH still managed to reach large numbers of the population with a variety of services.

During the year 1,442 clients with mental health needs and/or a learning disability attended services remotely or in person provided by AMH including New Horizons, Promote and Workable. The New Horizons services provided training and employability programmes to 1,388 clients who achieved 1,442 accredited training outcomes and 325 progressed to paid employment, voluntary work, further education/training or other government programmes.

Regarding resilience building programmes delivered by AMH MensSana and AMH Works, there were 21,449 direct beneficiaries. AMH also continued to run the Long Term Conditions Alliance (NI) project 'Managing the Challenge' in the Western Trust area and 25 programmes were successfully provided throughout the year with 250 people participating in the self-management programme; also 130 older men attended the 3 Men's Sheds and 120 clients were supported through the Workable contract.

Regarding the AMH New Life Counselling service, there were 16,825 counselling/group work sessions provided to 2964 individuals and families as follows:

Adult – 12,662 sessions to 2,200 clients
Children & Young People – 4030 sessions to 728 clients
Families – 133 sessions to 28 families

AMH staff turnover in the year 2023-2024 was 41.1%: voluntary redundancy (9.44%), end of contract (7.22%), TUPE (3.89%), the remaining (20.55%) due to retirement, returning to further education, dismissal, ill health or personal/other reasons. AMH recorded a staffing complement of 196 employees as at 31 March 2024 with 44 males and 152 females.

AMH has achieved Investors in People (IiP) 'We invest in people' PLATINUM accreditation: only 3% of IiP accredited organisations hold this level of recognition and IiP confirm Action Mental Health is within the top 20 Platinum organisations in United Kingdom.

FINANCIAL REVIEW

As with many Third Sector providers AMH had a challenging financial year with ongoing Cost of Living pressures but this was over-shadowed by the end of ESF funding. The UKSPF programme funded by Westminster failed to replace the lost ESF funding and although very creditable outcomes were achieved for AMH clients there was a sizeable deficit for the year. Despite it being a demanding year, due to the careful supervision by the Board and senior management, AMH finished it in a relatively stable financial position but with a considerable way to go before achieving a sustainable financial future.

The new UKSPF programme and the 5 Health and Social Care Trusts supported the recovery services whilst a range of PHA, VSS and various grants supported all the other counselling and wellbeing and resilience building programmes. Unrestricted income continued through corporate partnerships and there is an expectation that it will increase to pre pandemic levels soon.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RESULTS

Unrealised gains on investments were £230,070 (2023 - unrealised losses amounted to £93,118).

The overall net movement on funds for the year was a deficit of £333,006 (2023 - £726,660). The charity spends all restricted monies that it receives and makes good any deficit on restricted funds from its general unrestricted reserves.

The closing balance on unrestricted reserves at 31 March 2024 was £5,946,306 (2023 - £6,279,312). No restricted reserves were held.

RESERVES POLICY

Due to the uncertain nature of AMH's funding, it is the Board's policy to maintain a designated risk reserve equal to six months' budgeted expenditure (see note 24). The level of free reserves at the year-end (excluding designated reserves) was £1,085,235 (2023 - £206,066).

INVESTMENT POLICY AND PERFORMANCE

The Finance Committee, a Board sub-committee, oversees, monitors and advises the Board on investment decisions and they are guided by the Investment Policy.

In managing the Reserves of AMH and hence its investments, the Board's objective is to generate a return in excess of inflation over the long term whilst generating an income and capital growth which could be available to support existing group services and new projects whilst a diversified spread of investments is maintained.

Reports on performance are provided to the Board at each meeting and Directors understand they are ultimately responsible for the overall management of the investments.

The Finance Committee are content that overall investment performance was acceptable and in line with investment objectives. Performance is assessed by benchmarking against accepted industry comparators and by using two separate investment advisors.

FUTURE PLANS

As disclosed at note 1 to the financial statements, due to funding constraints and uncertainty surrounding future funding sources, AMH has undertaken a review of its service delivery across Northern Ireland. As a result of this review the Directors have put plans in place that include the reshaping of service provision and of the assets held and utilised by the charity. The directors acknowledge the uncertainty and challenges this brings but remain committed to AMH's fundamental objective of supporting people's mental health and well-being across the region.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

DIRECTORS' RESPONSIBILITIES STATEMENT

The Directors (who are also trustees of Action Mental Health for the purposes of Charity Law), are responsible for preparing the Report of the Directors and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

STATEMENT OF DISCLOSURE OF INFORMATION TO AUDITOR

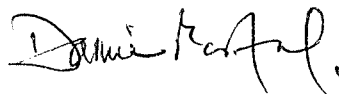
In so far as the Directors, who held office at the date of approval of the financial statements, are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

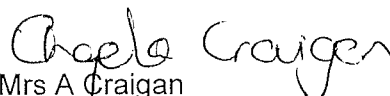
In approving the Report of the Directors the Directors also approve the Strategic Report.

Registered office:
AMH Central Office
27 Jubilee Road
NEWTOWNARDS
BT23 4YH

On behalf of the Board of Directors



Mr D P McAuley
Director and Chairman



Mrs A Craigan
Director and Honorary Treasurer

Date: 26 July 2024

Registered in Northern Ireland
No. NI005568

Charity Registration No: NIC100753

Action Mental Health

Northern Ireland - Charity number 100753

Annual return

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF ACTION MENTAL HEALTH

OPINION

We have audited the financial accounts of Action Mental Health (the 'charitable company') for the year ended 31 March 2024 which comprise the statement of financial activities, summary income and expenditure account, balance sheet, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024, and of the charitable company's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

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BT62 3PB

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BELFAST BT2 8EQ
DX3910 NR Belfast 50

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Fax: +44 (0)28 9031 0777

Century House
40 Crescent Business Park
LISBURN
BT28 2GN

Tel: +44 (0)28 9260 7355
Fax: +44 (0)28 9260 1656



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINIONS ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Directors' Report, which includes the trustees' report prepared for the purposes of charity law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the strategic report and the report of the directors has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

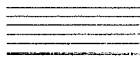
We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF DIRECTORS

As explained more fully in the directors' responsibilities statement on page 10, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial accounts.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing potential risks of material misstatement in respect of irregularities, including fraud and non-compliances with laws and regulations, we considered the following:

- The nature of the charitable company's activities and control environment;
- Results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- Any matters we identified having obtained and reviewed the charitable company's documentation of their policies and procedures relating to:
 - Identifying, evaluating and complying with laws and regulations and whether they were aware of any instance of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
 - The internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- The matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charitable company for fraud and identified the greatest potential for fraud in unauthorised use of funds and revenue recognition such as fictitious or duplicate funding applications. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING
IRREGULARITIES, INCLUDING FRAUD (Continued)

We also obtained an understanding of the legal and regulatory frameworks that the charitable company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the Companies Act 2006, and local tax legislation. In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which may be fundamental to the charitable company's ability to operate or to avoid a material penalty.

AUDIT RESPONSE TO RISKS IDENTIFIED

Our procedures to respond to the risks identified included the following:

- Reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- Enquiring of management concerning actual and potential litigation and claims;
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- Reviewing and testing the operation of controls;
- Reading minutes of meetings of those charged with governance and reviewing correspondence with authorities; and
- In addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. In addition, as with any audit, there remains a higher risk of non-detection of irregularities, as they may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF ACTION MENTAL HEALTH

USE OF OUR REPORT

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Gillian Johnston ACA (Senior Statutory Auditor)
For and on behalf of GMcG BELFAST

Chartered Accountants
Statutory Auditor

Alfred House
19 Alfred Street
Belfast
BT2 8EQ

Date: 31 July 2024

Action Mental Health

Northern Ireland - Charity number 100753

Accounts

COMPANY REGISTRATION NUMBER NI005568

CHARITY REGISTRATION NUMBER NIC100753

ACTION MENTAL HEALTH

(CHARITABLE COMPANY - LIMITED BY GUARANTEE)

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 MARCH 2023

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

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For the Year Ended 31 March 2023

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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

GENERAL INFORMATION

DIRECTORS – MAIN BOARD

Mr P Fitzsimmons - Chairman (resigned 22 February 2023)
Mr W A McKeown - Vice Chairman (Interim Chairman 23 February 2023 to 30 August 2023)
Mrs A Craigan - Treasurer
Mr H W R Kohner
J L C Thompson DL
Mr E F Fee
Mr D P McAuley - Chairman (30 August 2023)
Mr D M McKeown
Ms N Kerr - (resigned 28 June 2023)
Mr S Robinson
Mrs S Cooke
Mr J McAdams
Prof G Lynch
Mrs R Kelly

INDEPENDENT BOARD MEMBERS

Mr D Morrissey
Mr B McDonald
Ms G Mornhinweg

SECRETARY

Mrs I Gallen

CHIEF EXECUTIVE OFFICER

Mr D Babington

REGISTERED OFFICE

AMH Central Office
27 Jubilee Road
NEWTOWNARDS BT23 4YH

AUDITOR

GMcG BELFAST
Chartered Accountants &
Statutory Auditor
Alfred House
19 Alfred Street
BELFAST BT2 8EQ

INVESTMENT BROKERS

Evelyn Partners
The Linenhall
32-38 Linenhall Street
BELFAST BT2 8BG

CCLA

Senator House
85 Queen Victoria Street
London EC4V 4ET

COMPANY REGISTRATION NUMBER

NI005568

CHARITY REGISTRATION NUMBER

NIC100753

BANKERS

Danske Bank
Business Banking Centre, PO Box 183
Donegall Square West, BELFAST BT1 6JS

SOLICITORS

Tughans
Marlborough House
30 Victoria Street
BELFAST BT1 3GG

Edwards & Co

28 Hill Street
BELFAST BT1 2LA

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS

The Directors present their report and the financial statements for the year ended 31 March 2023. The Directors 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) in preparing these accounts.

CONSTITUTION

Action Mental Health (AMH) is a charitable company limited by guarantee, registered under NI005568, governed by the Articles of Association. The company is recognised as a charity and is registered under NIC100753 and is recognised as a charity by HM Revenue & Customs under reference number XN 47959.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The AMH board is comprised of up to 15 Directors as set out in the charity's Articles of Association. Directors may serve for a maximum of 3 terms of 4 years, save for Serving Directors who, having served 15 years, must be re-appointed on an annual basis. Directors are recruited to the Board through an open recruitment and selection process, although 4 Directors may be co-opted annually. The Governance Manual guides the work of the Board, which includes an induction programme for Directors, Terms of Reference for Committees and roles and responsibilities of office bearers.

AMH decisions on strategy, policy and material capital expenditure are taken by the full Board and it ensures the Strategic Plan guides the Executive over a three year time span. Day to day decision making is under the supervision of the Chief Executive Officer, Mr D Babington, with regular reporting to the Board, Finance Committee, Audit and Risk Committee, Nominations and Remuneration Committee, Therapeutic Services Committee, Innovation and Strategy Committee. The Chief Executive Officer of AMH directly manages the Senior Management Team and they ensure targets in the annual Operational Plan are achieved.

In line with corporate good practice AMH has an Audit and Risk Committee comprising of two independent and three Board members and it meets at least three times a year; the Chief Executive Officer and Director of Business Support also attend, with the external auditors present when appropriate. Usually each year a Directors' Conference is held to enable the Board and all managers to assess progress and consider the future.

During the year the Board worked through a number of actions resulting from the Governance Health Check started in late 2021 including revising the Governance Manual; the Charity Commission Northern Ireland provided consent for the revised Articles on 27 November 2022 and they were subsequently lodged with Companies House. Experience from Covid resulted in many Board and Committee meetings being conducted remotely and this has continued to facilitate attendance and engagement. The Board and Finance Committee met 6 times, the Audit and Risk Committee, Nominations and Remuneration Committee, Therapeutic Services Committee and the Innovation and Strategy Committee each met on 4 occasions. Due to significant uncertainties about the future of ESF funding ending on 31 March 2023 the Board decided not to hold a Directors' Conference until there was greater clarity about the future and Directors were reassured that there was a Strategy already in place for the period 2022-2025. Throughout the year a number of audits from DfE and others such as the ETI provided reassurance to the Board.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT (Continued)

In order to support the response to the loss of ESF funding and subsequent uncertainties the Board established a Transition Steering Group of 4 Directors to work closely with the SMT on contingency planning for the future. This included providing oversight of a bid to the new UK Shared Prosperity Fund (UKSPF), which was being commissioned by the Department of Levelling Up Housing and Communities at Westminster.

The Nominations and Remuneration Committee consider pay levels for all staff, and possible Cost of Living increases on an annual basis and the annual accounts are available on the website; the Committee seeks approval from the full Board for any increases in staff salaries. In 2013 the Committee commissioned an extensive independent review of all staff salaries which benchmarked them against other locally based charities, sectors and National Joint Council (NJC) scales and the recommendations were implemented in full. The only adjustment to this was in response to the Covid pandemic and the Board commissioned a further independent salary review to ensure the rates properly reflected market trends and this led to uplifts for most staff in January 2022. The Pay Policy Statement sets out the Board's approach to salaries and is on the AMH website. In respect of the Chief Executive Officer the Committee commissions independent advice which includes benchmarking against comparable roles in the sector.

In order to provide effective services AMH is involved in a number of partnerships with other charities in Northern Ireland such as the Supported Employment Services (SES) consortium, co-led by AMH and the Cedar Foundation delivering the Workable employment programme commissioned by the Department for Communities; the SES consortium also submitted a successful bid for the new UKSPF for 2023-2025. AMH contributed to a range of other committees and partnerships such as the Mental Health Strategic Reform Board, Belfast City Council VCSE Advisory Panel, the Department for Economy Investment for Growth and Jobs Programmes Monitoring Committee for EU Infrastructure Funds, with the Chief Executive Officer holding appointments on all these Committees. AMH also provides the secretariat for the All Party Group on Suicide at the Assembly.

DIRECTORS

The Directors of AMH are its trustees for the purposes of charity law. The Directors who served the charity during the year are as noted on Page 1.

Mrs A Craigan, Ms N Kerr, Ms S Cooke, Ms R Kelly and Messrs. E Fee, HWR Kohner, D P McAuley, W A McKeown, J L C Thompson DL, P Fitzsimmons (resigned with effect from 22 February 2023), D M McKeown, S W Robinson, J McAdams and Prof G Lynch all served.

A register of Directors' interests is maintained, with regular review and update, in order for the Board to be aware of any potential conflicts of interest; the issue of potential conflicts is a standing agenda item at the start of all Board and Committee meetings. None of the Directors had any material interest in contracts with the charity during the year.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RISK STRATEGY

A risk register is maintained in relation to all material risks posing a threat to AMH. The register is reviewed regularly by the Audit and Risk Committee and at all Board meetings to ensure systems and procedures are established to mitigate those risks identified and to minimise any potential impact on the charity.

In managing the reserves, the Board is guided by their Investment Policy and its objective is to generate a return in excess of inflation over the long term whilst generating an income which could be available to support existing services and new projects. The Reserves Policy of AMH is to hold six months of planned expenditure to ensure continued financial security and to provide for contingencies. A diversified spread of investments is maintained and the two investment providers are required to meet with the Finance Committee once a year to discuss performance, risk and adherence to the Investment Policy's ethical criteria.

PRINCIPAL RISKS AND UNCERTAINTIES

Key risks and uncertainties currently affecting AMH are set out below:

- **Funding**

The ESF 'Working it Out' programme ended on 31 March without any equivalent or follow-on programme available. AMH had lobbied intensively for many months for resources but this was made difficult by political uncertainty and no NI Executive in place; there was only the prospect of some Department of Health transition funding which failed to materialise. Whilst AMH did secure some funding through the UKSPF with a successful bid with SES partners it provided significantly reduced funds for a different group of clients and only a small number of AMH's current clients were eligible to transfer across to the new programme and this new funding is only available until 2025. Existing match funding from the 5 Health and Social Care Trusts was retained and that at least will enable some support to be provided to a reduced number of the most needy existing clients.

As a result, AMH has been implementing contingency plans due to the loss of ESF funding and introduction of the UKSPF programme, all of which is having significant impacts for clients, staff, service delivery and facilities. The aim is to ensure AMH is put on a sustainable financial footing as quickly as possible and this includes considering new funding models and more new collaborative funding opportunities.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

PRINCIPAL RISKS AND UNCERTAINTIES (Continued)

- **Delivery of Services**

Throughout the year there has been a prevailing uncertainty about support for the mental health sector and the Third Sector and this is likely to continue for the foreseeable future; this is additional to concerns about the loss of ESF funding. Evidence of this is the fact that plans to fund the Mental Health Strategy for the first year have fallen very short of what was agreed and the same is likely to happen in coming years yet this is against a backdrop of rising demands for mental health support due to Covid and the Cost of Living crisis.

The Board continues to be concerned about AMH's ability to deliver agreed outcomes with the pace and scale of recent reductions and adjustments required in services with increasing demand combined with difficult recruitment and retention. Although AMH responded swiftly and effectively to the Covid pandemic the current situation is arguably more serious. The Board has been monitoring progress closely and is delighted that all client needs and funders' requirements have been met so far but will continue to work closely to support the SMT to deliver in these difficult circumstances. In response to the bleak outlook the Board is focussed on considering different and more creative ways to support clients and will persevere with digital transformation by building on existing experience with apps/chatbots and collaborative working to embed digital expertise in AMH.

The Board recognises these key risks and uncertainties and operates so as to minimise the threat posed to the charity by adhering to the highest procedures and standards and working closely with independent experts as required to mitigate the risks.

OBJECTIVES AND ACTIVITIES

Action Mental Health

AMH's vision is for a society which actively values and supports people on their journey to positive mental health and the mission is to make a positive difference to people's mental health and wellbeing. The mission is delivered by living and working to our values of Passion, Empowerment, Excellence and Respect.

AMH is a voluntary organisation which continues to support people's mental health and well-being across the region through vocational training, supported employment options, personal development, therapeutic interventions, health and well-being programmes and resilience building. The Directors have given due regard to the Charity Commission for Northern Ireland's guidance on public benefit in respect of its objectives and activities. AMH's Objects and activities undertaken in relation to them are below:

To provide assistance for persons affected by mental ill health, learning disability, substance abuse and/or other disabilities including without limitation vocational rehabilitation and training, personal development and guidance and other support services with a view to maintaining and improving the wellbeing of such persons to assist their return to fitness for purposeful activity.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

Training & support programmes for people recovering from mental ill-health has been delivered through ESF funding by nine New Horizons services, they also provide person-centred well-being programmes to support soft skills development. The five Health and Social Care Trusts are the primary referral source for clients and AMH supports clients to move on to employment and/or more independent lives. There are also three services which cater specifically for young people and they are delivered along similar lines to the adult New Horizons services. As ESF funding has ended it is planned that these services will adjust to reduced resources by supporting fewer clients but continuing to support clients from the existing 10 service delivery locations.

The NLC service provides counselling for children, young people, adults and families. A range of therapeutic services are offered depending on need, including counselling, psychotherapy, music, art and play therapies. The diversity of staff skills and the range of modalities available enhances the experience for clients as NLC matches the orientation of the client to an appropriate counsellor; this now includes Psychological Wellbeing Practitioners. There are a variety of modes of therapy offered - telephone, online or face-to-face. Counselling is provided for a range of issues – stress, anxiety, depression, relationship difficulties, drug/alcohol misuse, self-harming, suicidal ideation – amongst others and counselling is provided for clients who are deaf or hard of hearing. Interpreters will also be provided for clients for whom English is not their first language.

To assist such persons whether or not they have completed training programmes on the Company's premises to secure employment in jobs appropriate to their capabilities and to provide, if required, follow-up guidance and support.

As well as the focus on employment through the New Horizons services AMH delivers the Workable Government employment programme for people with mental health issues, which is focused on getting people into the workplace and keeping them there. The programme is delivered with 6 other charity partners as part of SES. AMH is still also the only provider of the Individual Placement Support service in the Belfast Trust area, which focuses on placing people with mental health issues in the workplace as quickly as possible and then training them.

To carry on for the benefit of such persons activities in which the skills of such persons can be developed, which activities shall be carried on wholly or largely by means of the efforts of such persons.

In line with the Mental Health Strategy's preventative priorities, a growing aspect of AMH's focus has been to build personal resilience within communities including young people in primary/secondary education, further education, higher education and HMP Hydebank. The MensSana project continued to deliver the PHA funded Mindset programme and the Protect Life service which delivers suicide/self harm prevention services. Aside from funding from the Southern Trust, the PHA and corporate donors/foundations a sizeable proportion of this work has continued to be funded through AMH's own funds but future resourcing like this is unlikely to continue.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

The three Men's Sheds continue to maintain support to older men to help them learn new skills, socialise and connect. The long-term conditions project, Managing the Challenge, in the Western Trust continued to provide people with the tools to self-manage their conditions; AMH Works also continued to provide employers with wellbeing and resilience building support. AMH continues to lead an EU funded Peace 4 contract until September 2023 with 6 other partners to deliver a cross border and cross community programme called 'Our Generation' to develop an integrated approach for building peace through emotional resilience.

AMH also runs a number of specialist projects to support clients to develop their own skills, such as the Vision project (Autistic Spectrum Disorder) in the Southern Trust, the Promote Learning Disability project in the South Eastern Trust and the everyBODY Eating Disorder project in the Southern Trust.

To provide outreach services in support of people recovering from mental ill health and/or other disabilities.

AMH operates from 14 sites and many programmes and services are also delivered in the community, in local facilities such as partner organisations' offices, theatres/cinemas, health centres, sports clubs or schools.

To promote awareness of the issues of mental health and other related issues to the public at large.

AMH engaged intensively with politicians, particularly about the end of ESF funding and funding of the Mental Health Strategy, although with no NI Executive or Assembly in place little was achieved. AMH also held numerous client events and appeared on various media to promote mental health issues; the AMH Client Forum committed to co-production by discussing and promoting client issues and corporate partners continued to work with AMH to raise publicity around mental health issues. AMH remains part of the Mental Health Policy Group which is working to promote the work of the sector and to tackle underlying issues in it.

More information on AMH's work and achievements during 2022/23 is in the Annual Review, which is available from the Company's Registered Office and on its website.

ACHIEVEMENTS AND PERFORMANCE

This was the first year of the AMH Board's Strategic Plan 2022-2025 and the scorecard reflects the fact that many objectives were achieved even with the political and funding challenges. ESF funding, with its associated match funding, made a positive difference to client outcomes and indeed outperformed the targets set. Recruitment and retention was an ongoing issue but given very public concerns about future funding after ESF AMH still managed to reach large numbers of the population with a variety of services.

During the year 1,601 clients with mental health needs and/or a learning disability attended services remotely or in person provided by AMH including New Horizons, Promote and Workable. The New Horizons services provided training and employability programmes to 1,406 clients who achieved 2,457 accredited training outcomes and 211 progressed to paid employment, voluntary work, further education/training or other government programmes.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

ACHIEVEMENTS AND PERFORMANCE (Continued)

Regarding resilience building programmes delivered by AMH MensSana and AMH Works, there were 39,981 direct beneficiaries. AMH also continued to run the Long Term Conditions Alliance (NI) project 'Managing the Challenge' in the Western Trust area and 25 programmes were successfully provided throughout the year with 200 people participating in the self-management programme; also 113 older men attended the 3 Men's Sheds and 139 clients were supported through the Workable contract.

Regarding the New Life Counselling service, there were 17,785 counselling sessions provided to 2,548 individuals and families as follows:

Adult – 11,214 sessions to 1,614 clients
Children & Young People – 6,349 sessions to 899 clients
Families – 177 sessions to 35 families

AMH staff turnover in the year 2022-2023 was 24.54%; 5.09% due to end of contract, retirement, moving to further education, ill health or personal/other reasons. AMH records a staffing complement of 233 employees as at 31/03/2023: 49 males and 184 females.

AMH has achieved Investors in People (IIP) 'We invest in people' PLATINUM accreditation: only 3% of IIP accredited organisations hold this level of recognition and IIP confirm Action Mental Health is within the top 20 Platinum organisations in United Kingdom.

FINANCIAL REVIEW

As with many similar organisations in the sector AMH had a particularly challenging financial year with the end of the Covid-19 pandemic and Cost of Living pressures which have contributed to associated staff recruitment and retention issues. Whilst remarkable outcomes were achieved for clients AMH shows a sizeable deficit for the year. This was further exacerbated by AMH's continuing commitment to underwrite other wellbeing support programmes, such as for school age children, alongside a key initiative to better retain staff. Despite it being a demanding year due to the careful supervision by the Board and senior management AMH finished it in a relatively stable financial position.

ESF funding continued to support the recovery services whilst a range of PHA, VSS, Health and Social Care Trust funding and various grants supported all the other counselling and resilience building programmes. Unrestricted income continued through corporate partnerships and although it reduced this year due to the Covid pandemic and the Cost of Living crisis, there is an expectation that it will increase to pre pandemic levels soon.

RESULTS

Unrealised losses on investments were £93,118 (2022 - unrealised gains amounted to £411,354).

The overall net movement on funds for the year was a deficit of £726,660 (2022 - £83,083). The charity spends all restricted monies that it receives and makes good any deficit on restricted funds from its general unrestricted reserves.

The closing balance on unrestricted reserves at 31 March 2023 was £6,279,312 (2022 - £7,005,972). No restricted reserves were held.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RESERVES POLICY

Due to the uncertain nature of AMH's funding, it is the Board's policy to maintain a designated risk reserve equal to six months' budgeted expenditure (see note 24). The level of free reserves at the year-end (excluding designated reserves) was £206,066 (2022 - £1,169,693).

INVESTMENT POLICY AND PERFORMANCE

The Finance Committee, a Board sub-committee, oversees, monitors and advises the Board on investment decisions and they are guided by the Investment Policy.

In managing the Reserves of AMH and hence its investments, the Board's objective is to generate a return in excess of inflation over the long term whilst generating an income and capital growth which could be available to support existing group services and new projects whilst a diversified spread of investments is maintained.

Reports on performance are provided to the Board at each meeting and Directors understand they are ultimately responsible for the overall management of the investments.

The Finance Committee are content that overall investment performance was acceptable and in line with investment objectives. Performance is assessed by benchmarking against accepted industry comparators and by using two separate investment advisors.

FUTURE PLANS

As disclosed at note 1 to the financial statements, due to funding constraints and uncertainty surrounding future funding sources, AMH has undertaken a review of its service delivery across Northern Ireland. As a result of this review the Directors have put plans in place that include the reshaping of service provision and of the assets held and utilised by the charity. The directors acknowledge the uncertainty and challenges this brings but remain committed to AMH's fundamental objective of supporting people's mental health and well-being across the region.

DIRECTORS' RESPONSIBILITIES STATEMENT

The Directors (who are also trustees of Action Mental Health for the purposes of Charity Law), are responsible for preparing the Report of the Directors and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

DIRECTORS' RESPONSIBILITIES STATEMENT (Continued)

The Directors are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

STATEMENT OF DISCLOSURE OF INFORMATION TO AUDITOR

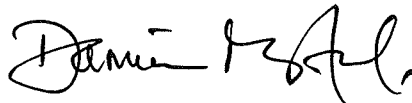
In so far as the Directors, who held office at the date of approval of the financial statements, are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

In approving the Report of the Directors the Directors also approve the Strategic Report.

Registered office:
AMH Central Office
27 Jubilee Road
NEWTOWNARDS
BT23 4YH

On behalf of the Board of Directors



Mr D P McAuley
Director and Chairman



Mrs A Craigan
Director and Honorary Treasurer

Date: 4th October 2023

Registered in Northern Ireland
No. NI005568
Charity Registration No: NIC100753

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT
TO THE DIRECTORS OF ACTION MENTAL HEALTH

OPINION

We have audited the financial accounts of Action Mental Health (the 'charitable company') for the year ended 31 March 2023 which comprise the statement of financial activities, summary income and expenditure account, balance sheet, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023, and of the charitable company's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

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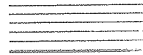
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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE DIRECTORS OF ACTION MENTAL HEALTH

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINIONS ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Directors' Report, which includes the trustees' report prepared for the purposes of charity law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF DIRECTORS

As explained more fully in the directors' responsibilities statement on page 9, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE DIRECTORS OF ACTION MENTAL HEALTH

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial accounts.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing potential risks of material misstatement in respect of irregularities, including fraud and non-compliances with laws and regulations, we considered the following:

- The nature of the charitable company's activities and control environment;
- Results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- Any matters we identified having obtained and reviewed the charitable company's documentation of their policies and procedures relating to:
 - Identifying, evaluating and complying with laws and regulations and whether they were aware of any instance of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
 - The internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- The matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charitable company for fraud and identified the greatest potential for fraud in unauthorised use of funds and revenue recognition such as fictitious or duplicate funding applications. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE DIRECTORS OF ACTION MENTAL HEALTH

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING
IRREGULARITIES, INCLUDING FRAUD (Continued)

We also obtained an understanding of the legal and regulatory frameworks that the charitable company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the Companies Act 2006, and local tax legislation. In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which may be fundamental to the charitable company's ability to operate or to avoid a material penalty.

AUDIT RESPONSE TO RISKS IDENTIFIED

Our procedures to respond to the risks identified included the following:

- Reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- Enquiring of management concerning actual and potential litigation and claims;
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- Reviewing and testing the operation of controls;
- Reading minutes of meetings of those charged with governance and reviewing correspondence with authorities; and
- In addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. In addition, as with any audit, there remains a higher risk of non-detection of irregularities, as they may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE DIRECTORS OF ACTION MENTAL HEALTH

USE OF OUR REPORT

This report is made solely to the charitable company's directors, as a body, in accordance with the terms of our engagement. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Gillian Johnston ACA (Senior Statutory Auditor)
For and on behalf of GMcG BELFAST

Chartered Accountants
Statutory Auditor

Alfred House
19 Alfred Street
Belfast
BT2 8EQ

Date: 23 OCTOBER 2023

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES
For the Year Ended 31 March 2023

	Notes	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
INCOME AND ENDOWMENTS FROM:					
Charitable activities:					
Grants & contracted funding:	3				
- Rehabilitation programmes		4,877,352	-	4,877,352	4,611,038
- Employment services		119,861	-	119,861	119,443
- Welfare and education		925,868	106,640	1,032,508	749,091
- Therapeutic services		1,200,350	-	1,200,350	877,103
Other employment income	4	241,595	-	241,595	247,420
Contribution from trading activities:	4				
- Rehabilitation programmes		-	25,847	25,847	15,073
Donations and legacies	5	-	296,419	296,419	336,917
Other activities	6	-	124,073	124,073	132,329
Investments	7	-	21,594	21,594	24,588
TOTAL INCOME AND ENDOWMENT		<u>7,365,026</u>	<u>574,573</u>	<u>7,939,599</u>	<u>7,113,002</u>
EXPENDITURE ON:					
Charitable Activities					
- Rehabilitation programmes	8	5,159,758		5,159,758	4,962,009
- Employment services		247,347		247,347	204,756
- Welfare and education		1,446,943	118,880	1,565,823	1,249,997
- Therapeutic services		1,371,756		1,371,756	1,000,716
Raising funds	9		163,117	163,117	157,493
Other	11		34,048	34,048	48,363
TOTAL EXPENDITURE		<u>8,225,804</u>	<u>316,045</u>	<u>8,541,849</u>	<u>7,623,334</u>
NET (EXPENDITURE)/INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES		(860,778)	258,528	(602,250)	(510,332)
NET (LOSSES)/GAINS ON INVESTMENTS					
Realised (loss)/gain on investments		-	(31,292)	(31,292)	15,895
Unrealised (loss)/gain on investments		-	(93,118)	(93,118)	411,354
NET (EXPENDITURE)/INCOME BEFORE TRANSFERS		<u>(860,778)</u>	<u>134,118</u>	<u>(726,660)</u>	<u>(83,083)</u>

The Statement of Financial Activities continues on page 17.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES (Continued)
For the Year Ended 31 March 2023

	Notes	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
NET (EXPENDITURE)/INCOME BEFORE TRANSFERS		(860,778)	134,118	(726,660)	(83,083)
TRANSFER BETWEEN FUNDS	15	<u>860,778</u>	<u>(860,778)</u>	-	-
NET MOVEMENTS IN FUNDS		<u>-</u>	<u>(726,660)</u>	<u>(726,660)</u>	<u>(83,083)</u>
		£	£	£	£
RECONCILIATION OF FUNDS:					
Funds at 1 April 2022		<u>-</u>	<u>7,005,972</u>	<u>7,005,972</u>	<u>7,089,055</u>
Funds at 31 March 2023		<u>-</u>	<u>6,279,312</u>	<u>6,279,312</u>	<u>7,005,972</u>

The Statement of Financial Activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

The notes on pages 22 to 39 form part of these financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

SUMMARY INCOME AND EXPENDITURE ACCOUNT
For the Year Ended 31 March 2023

	Notes	2023 £	2022 £
INCOME			
Charitable activities		7,497,513	6,619,168
Donations		296,419	336,917
Other activities		124,073	132,329
Investments		21,594	24,588
Realised gains on investments		-	15,895
Unrealised gain on investments		<u>-</u>	<u>411,354</u>
Gross income		<u>7,939,599</u>	<u>7,540,251</u>
EXPENDITURE			
Charitable activities		8,344,684	7,417,478
Raising funds		163,117	157,493
Other expenditure		34,048	48,363
Realised losses on investments		31,292	-
Unrealised losses on investments		<u>93,118</u>	<u>-</u>
Total expenditure		<u>8,666,259</u>	<u>7,623,334</u>
NET EXPENDITURE FOR THE YEAR	1	<u>(726,660)</u>	<u>(83,083)</u>

Income and expenditure relates to continuing activities.

NOTE TO THE SUMMARY INCOME AND EXPENDITURE ACCOUNT
For the Year Ended 31 March 2023

1. ANALYSIS OF NET EXPENDITURE:

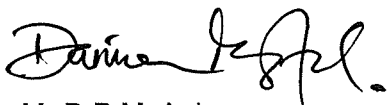
	2023 £	2022 £
Net expenditure for the year excluding losses / gains on investment portfolio held	(633,542)	(494,437)
Unrealised (loss)/gain on investment portfolio held	<u>(93,118)</u>	<u>411,354</u>
	<u>(726,660)</u>	<u>(83,083)</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

BALANCE SHEET
At 31 March 2023

	Notes	2023 £	2022 £
FIXED ASSETS			
Tangible assets	16	1,834,860	1,948,452
Investments	17	<u>4,434,544</u>	<u>4,745,049</u>
		<u>6,269,404</u>	<u>6,693,501</u>
CURRENT ASSETS			
Stocks	18	15,716	16,334
Debtors	19	1,343,394	931,437
Cash at bank and in hand		<u>26,008</u>	<u>669,000</u>
		1,385,118	1,616,771
CREDITORS: Amounts falling due within one year	20	<u>(1,375,210)</u>	<u>(1,304,300)</u>
NET CURRENT ASSETS		<u>9,908</u>	<u>312,471</u>
NET ASSETS		<u>6,279,312</u>	<u>7,005,972</u>
CAPITAL AND RESERVES			
Unrestricted funds:			
General fund	24	206,066	1,169,693
Revaluation reserve	23	1,461,772	1,608,548
Designated funds	24	<u>4,611,474</u>	<u>4,227,731</u>
		<u>6,279,312</u>	<u>7,005,972</u>

The financial statements were approved and authorised for issue by the Board of Directors on 11.10.23 and were signed on its behalf by:



Mr D P McAuley
Director and Chairman



Mrs A Craigan
Director and Honorary Treasurer

Company Registration Number – NI005568

The notes on pages 22 to 39 form part of these financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF CASH FLOWS
For the Year Ended 31 March 2023

	Notes	2023 £	2022 £
NET CASH FROM OPERATING ACTIVITIES	1	<u>(1,251,346)</u>	<u>(19,021)</u>
Interest received		23	173
Dividends received		21,571	24,415
Purchase of tangible fixed assets		(19,397)	(32,096)
Purchase of fixed asset investments		(39,740)	(152,212)
Receipts from sale of fixed asset investments		219,063	147,608
Decrease/(increase) in cash held in investment portfolio		<u>6,772</u>	<u>(11,182)</u>
NET CASH FROM INVESTING ACTIVITIES		<u>188,292</u>	<u>(23,294)</u>
DECREASE IN CASH AND CASH EQUIVALENTS		<u>(1,063,054)</u>	<u>(42,315)</u>
CASH AND CASH EQUIVALENTS AT 1 APRIL 2022		<u>669,000</u>	<u>711,315</u>
CASH AND CASH EQUIVALENTS AT 31 MARCH 2023		<u>(394,054)</u>	<u>669,000</u>
CASH AND CASH EQUIVALENTS CONSISTS OF:			
Cash at bank and on hand		26,008	669,000
Bank overdraft		<u>(420,062)</u>	<u>-</u>
		<u>(394,054)</u>	<u>669,000</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE STATEMENT OF CASH FLOWS
For the Year Ended 31 March 2023

**1. RECONCILIATION OF NET MOVEMENT IN FUNDS
TO NET CASHFLOW FROM OPERATING ACTIVITIES**

	2023	2022
	£	£
Net expenditure before other recognised gains and losses	(602,250)	(510,332)
Interest received	(23)	(173)
Dividends received	(21,571)	(24,415)
Depreciation and amortisation	132,989	173,640
Decrease/(increase) in stocks	618	(6,415)
(Increase)/decrease in debtors	(411,957)	155,824
(Decrease)/increase in creditors	<u>(349,152)</u>	<u>192,850</u>
Net cash from operating activities	<u>(1,251,346)</u>	<u>(19,021)</u>

2. ANALYSIS OF CHANGES IN NET DEBT

	At 1 April	Cashflows	At 31 March
	2022	£	2023
	£		£
Bank overdraft	-	(420,062)	(420,062)
Cash at bank	<u>669,000</u>	<u>(642,992)</u>	<u>26,008</u>
Net debt	<u>669,000</u>	<u>(1,063,054)</u>	<u>(394,054)</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS
For the Year Ended 31 March 2023

1. ACCOUNTING POLICIES

- (a) Action Mental Health (AMH) is a private company limited by guarantee and registered in Northern Ireland. The registered office of AMH is at AMH Central Office, 27 Jubilee Road, Newtownards.

The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with 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), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006, Charity Law and UK Generally Accepted Practice.

The financial statements are prepared under the historical cost convention, as modified by the inclusion of fixed asset investments at market value. The financial statements are prepared in sterling, which is the functional currency of the entity, and are recorded to the nearest £.

- (b) The financial statements have been prepared on a going concern basis. As with other organisations operating in the third sector, AMH face much uncertainty regarding the availability of future funding. As a result of the UK leaving the European Union, funds from the European Social Fund (ESF) ended as a source of funding for AMH from 3rd April 2023. ESF funding has been a significant source of funding for the charity, with £2.1m being received in the year to 31 March 2023.

In anticipation of the cessation of ESF funding, the Directors assessed the impact this loss of funding may have on AMH's ability to continue to deliver its services across Northern Ireland. The Directors have prepared projections for the incoming period and beyond and have also reviewed how AMH delivers services. As a result of this review, the Directors have put plans in place to mitigate the level of operational deficit that otherwise could arise. These plans include the reshaping of service provision and the utilisation of assets held by the charity.

As regards future funding, the UK's Shared Prosperity Fund within Northern Ireland is now in its early stages, and AMH has been successful in being awarded a share of this fund which covers the period from April 2023 to March 2025. In addition to this, the Directors note that the charity has built up a designated risk reserve (see note 24) which stands at £4.2m and has readily realisable investments of £4.4m at 31 March 2023, both of which give much needed support to the charity's operations in these challenging times.

While the Directors acknowledge the uncertainty around the future of funding within Northern Ireland, they are confident that current funding pressures will be overcome and that AMH will continue in operation for the foreseeable future and can operate sustainably in future.

Therefore, the Directors continue to adopt the going concern basis of accounting in preparing the financial statements and furthermore do not believe the above mentioned situation to constitute a material uncertainty.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

1. ACCOUNTING POLICIES (Continued)

- (c) Revenue grants are credited to incoming resources on the earlier of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.
- (d) Donations, contracted funding, income for services provided and other income are included in full in the Statement of Financial Activities when receivable.
- (e) Income from other activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.
- (f) All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Costs are categorised under the following headings:
- Costs of raising funds includes direct costs of fundraising and investment management fees;
 - Expenditure on charitable activities includes direct costs of the rehabilitative services, the employment service and the welfare & education programme; and
 - Other expenditure represents those items not falling into the categories above.
- Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.
- (g) Support costs allocation
- Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the charity's main premises. Support costs are allocated on a basis consistent with the use of resources.
- Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities.
- (h) Restricted funds are to be used for specified purposes by reference to the donor. Expenditure which meets the criteria is identified and allocated to the fund, either directly or by allocating a fair proportion of overheads and other costs.
- (i) Unrestricted funds represent other incoming resources received or generated for charitable purposes, to be used at the charity's discretion. Designated funds comprise unrestricted funds that have been set aside by the Directors for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

1. ACCOUNTING POLICIES (Continued)

- (j) The cost of tangible fixed assets is their purchase cost, together with any incidental costs of acquisition. Depreciation is calculated to write off the cost of fixed assets less residual value, in equal annual instalments on the following bases:-

Land	None
Buildings	4% and 2%
Plant and machinery	20% and 16.66%
Fixtures, fittings, tools and other equipment	20% and 33.33%

- (k) Grants received against capital expenditure are included in full in the Statement of Financial Activities as restricted income. Once the capital expenditure has taken place and the conditions of the grant are fulfilled, they are transferred to a designated unrestricted fund which is then reduced over the useful economic life of the asset in line with depreciation.

- (l) Stocks are stated at the lower of cost and net realisable value. Cost is determined on a first in first out basis. Net realisable value is the price at which the stock can be realised in the normal course of business. Provision is made for obsolescent, slow moving and defective stocks.

- (m) Employee benefits

When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.

The charity operates a defined contribution pension scheme, the assets of which are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable to the scheme in the accounting period.

- (n) Investments, excluding subsidiary undertakings, are stated on the balance sheet at fair value and all movements, including realised and unrealised gains and losses, are shown in the Statement of Financial Activities. Fair value reflects the published market value of investments held. Realised gains and losses are the aggregate of the difference between sales proceeds and opening fair value (or on addition if purchased during the year). Unrealised gains and losses represent the movement in market value during the year.

- (o) As a registered charity, Action Mental Health is not liable to either Income Tax or Corporation Tax.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

1. ACCOUNTING POLICIES (Continued)

- (p) Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.
- (q) Rentals payable and receivable under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.
- (r) Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.
- (s) Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for income and expenditure during the year. However, the nature of estimation means that actual outcomes could differ from those estimates. The following are the company's key sources of estimation uncertainty:

Tangible fixed assets - the annual depreciation charge on fixed assets depends primarily on the estimated lives of each type of asset and estimates of residual values. The Directors regularly review these asset lives and change them as necessary to reflect current thinking on remaining lives in light of prospective economic utilisation and physical condition of the assets concerned. Changes in asset lives can have a significant impact on depreciation and amortisation charges for the period. Detail of the useful lives is included in the accounting policies.

Debtors - short term debtors are measured at transaction price, less any impairment. Impairment of such debtors involves some estimation uncertainty.

- (t) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

2. MEMBERS LIABILITY

The charity is a company limited by guarantee. Every member undertakes to contribute such amounts, not exceeding £10, to the charity's assets if it should be wound up whilst being a member, or within one year of ceasing to be a member.

3. GRANTS AND CONTRACTED FUNDING

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Amounts received and receivable				
<i>Rehabilitation programmes</i>				
Contracted funding				
Health & Social Care Trusts:				
Northern	277,080	-	277,080	266,956
Southern	357,763	-	357,763	343,397
Belfast	283,371	-	283,371	271,771
South Eastern	1,052,320	-	1,052,320	1,012,430
Western	442,978	-	442,978	426,187
Grants –				
European Social Fund	2,177,083	-	2,117,083	2,072,595
Local Health & Soc. Care Groups	53,898	-	53,898	85,575
Clear Project DOH	5,960	-	5,960	4,950
Core grant	63,608	-	63,608	63,728
PHA Distribution fund	2,412	-	2,412	-
ChatPal	31,854	-	31,854	12,963
ANDBC Arts	-	-	-	4,733
DFC grant	2,668	-	2,668	-
BCPP grant	9,600	-	9,600	-
You Matter	-	-	-	12,500
Outreach	-	-	-	7,504
University of Grenada Menhir Project	-	-	-	10,612
Sundry grants	3,884	-	3,884	(1,123)
Covid related grants	<u>98,872</u>	<u>-</u>	<u>98,872</u>	<u>32,298</u>
	4,863,351	-	4,863,351	4,627,076
Amounts deferred b/forward	<u>65,808</u>	<u>-</u>	<u>65,808</u>	<u>49,770</u>
	4,929,159	-	4,929,159	4,676,846
Amounts deferred c/forward	<u>(51,807)</u>	<u>-</u>	<u>(51,807)</u>	<u>(65,808)</u>
Funding utilised	<u><u>4,877,352</u></u>	<u><u>-</u></u>	<u><u>4,877,352</u></u>	<u><u>4,611,038</u></u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

3. GRANTS AND CONTRACTED FUNDING (continued)

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Amounts received and receivable				
<i>Employment Services</i>				
Grants				
Dept. for Communities	119,861	-	119,861	119,443
Amounts deferred b/forward	-	-	-	-
	119,861	-	119,861	119,443
Amounts deferred c/forward	-	-	-	-
Funding utilised	<u>119,861</u>	<u>-</u>	<u>119,861</u>	<u>119,443</u>
<i>Welfare and Education Services</i>				
Grants –				
Southern H&SC Trust	62,387	-	62,387	52,520
Western H&SC Trust	56,511	-	56,511	54,368
South Eastern H&SC Trust	-	-	-	5,000
SEUPB – Peace IV	263,293	-	263,293	305,512
PHA	149,448	-	149,448	117,837
AMH Works	-	106,640	106,640	83,019
Dept. of Justice	20,265	-	20,265	16,756
Dept. for Communities	52,524	-	52,524	38,025
Greystone	100,000	-	100,000	-
Community Foundation	36,378	-	36,378	-
Big Lottery – NI Families	-	-	-	8,882
Dalriadan	-	-	-	(2,305)
LEAR Pharmacy	4,614	-	4,614	-
Groundworks	2,000	-	2,000	-
Arts Council	1,799	-	1,799	-
NM&DDC	-	-	-	900
Sundry	2,055	-	2,055	-
Schools programme	(4,890)	-	(4,890)	6,455
ACNI – Lottery	4,069	-	4,069	3,868
	750,453	106,640	857,093	690,837
Amounts deferred b/forward	<u>255,328</u>	<u>-</u>	<u>255,328</u>	<u>313,582</u>
	1,005,781	106,640	1,112,421	1,004,419
Amounts deferred c/forward	<u>(79,913)</u>	<u>-</u>	<u>(79,913)</u>	<u>(255,328)</u>
Funding utilised	<u>925,868</u>	<u>106,640</u>	<u>1,032,508</u>	<u>749,091</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

3. GRANTS AND CONTRACTED FUNDING (continued)

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Therapeutic Services				
DfC Neighbourhood Renewal	39,705	-	39,705	62,200
VSS	52,367	-	52,367	100,070
BH&SCT	69,379	-	69,379	68,694
SEH&SCT	187,123	-	187,123	134,172
PHA	399,491	-	399,491	321,060
Big Lottery Fund ACES	-	-	-	28,966
NIHE	(12,450)	-	(12,450)	21,555
MS Society	(193)	-	(193)	17,095
BCC Revenue	9,500	-	9,500	9,000
Urban Villages	9,746	-	9,746	7,031
Schools programme	163,730	-	163,730	66,970
Barclays	-	-	-	100,000
Yew Project	103,147	-	103,147	91,825
Mencap	3,177	-	3,177	-
Other	-	-	-	380
	<u>1,024,722</u>	-	<u>1,024,722</u>	<u>1,029,018</u>
Amounts deferred b/forward	<u>292,849</u>	-	<u>292,849</u>	<u>140,934</u>
	1,317,571	-	1,317,571	1,169,952
Amounts deferred c/forward	<u>(117,221)</u>	-	<u>(117,221)</u>	<u>(292,849)</u>
Funding utilised	<u>1,200,350</u>	<u>-</u>	<u>1,200,350</u>	<u>877,103</u>
Total grants and contracted funding utilised	<u>7,123,431</u>	<u>106,640</u>	<u>7,230,071</u>	<u>6,356,675</u>

In the prior year income from grants and contract funding was attributable to restricted funds with the exception of £83,019 which was unrestricted.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

**4. OTHER EMPLOYMENT INCOME & CONTRIBUTION
FROM TRADING ACTIVITIES FROM REHABILITATION PROGRAMMES**

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Other Employment income	241,595	-	241,595	247,420
Contribution from trading activities:				
- Rehabilitation programmes	<u>-</u>	<u>25,847</u>	<u>25,847</u>	<u>15,073</u>

In the prior year £247,420 was attributable to restricted funds and £15,073 was attributable to unrestricted funds.

5. DONATIONS AND LEGACIES

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
General	-	235,005	235,005	236,418
Association of Loyal Orangewomen	-	-	-	10,000
Coca Cola	-	-	-	10,000
Gordons Chemist	-	-	-	10,000
Henderson Challenge	-	28,414	28,414	11,534
John Atcheson	-	-	-	26,000
SDC	-	-	-	12,482
Terry Bradley Guitar Fundraiser Just Giving	-	-	-	20,483
Charles Hayward	-	23,000	23,000	-
Progressive	<u>-</u>	<u>10,000</u>	<u>10,000</u>	<u>-</u>
	<u>-</u>	<u>296,419</u>	<u>296,419</u>	<u>336,917</u>

Amounts included as general above represent all donations received of less than £10,000.

In the prior year all income from donations and legacies was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

6. OTHER ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Administration fees	-	42,098	42,098	42,348
Rents and room hire	-	46,167	46,167	45,767
Counselling	-	-	-	3,850
External training fees	-	11,840	11,840	22,618
Sundry income	-	9,060	9,060	7,176
Client contribution	-	4,216	4,216	1,467
ROC income	-	<u>10,692</u>	<u>10,692</u>	<u>9,103</u>
	<u>-</u>	<u>124,073</u>	<u>124,073</u>	<u>132,329</u>

In the prior year all income from other activities was attributable to unrestricted funds.

7. INVESTMENTS

	Restricted Funds £	Unrestricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Interest	-	23	23	173
Dividends	-	<u>21,571</u>	<u>21,571</u>	<u>24,415</u>
	<u>-</u>	<u>21,594</u>	<u>21,594</u>	<u>24,588</u>

In the prior year all income from investments was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

8. EXPENDITURE ON CHARITABLE ACTIVITIES

Summary by activity

	Direct Costs £	Support Costs £	Total 2023 £	Total 2022 £
Rehabilitation programmes	4,465,750	694,008	5,159,758	4,962,009
Employment services	214,078	33,269	247,347	204,756
Welfare and education services	1,355,214	210,609	1,565,823	1,249,997
Therapeutic services	<u>1,187,249</u>	<u>184,507</u>	<u>1,371,756</u>	<u>1,000,716</u>
	<u>7,222,291</u>	<u>1,122,393</u>	<u>8,344,684</u>	<u>7,417,478</u>

In the current year £118,880 expenditure on charitable activities was attributable to unrestricted funds (2022 - £105,237). All other expenditure on charitable activities was attributable to restricted funds in both years.

9. RAISING FUNDS

Summary by activity

	Direct Costs £	Support Costs £	Total 2023 £	Total 2022 £
Fundraising and awareness costs	<u>141,177</u>	<u>21,940</u>	<u>163,117</u>	<u>157,493</u>

In the current and prior year all expenditure on raising funds was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

10. SUPPORT COSTS BY CATEGORY

	2023	2022
	£	£
Support Costs		
Administration and Finance	<u>1,144,333</u>	<u>1,131,684</u>

Support costs are made up of the following:

	2023	2022
	£	£
Staff costs	924,227	812,571
Office costs	20,497	26,171
Premises	26,510	10,129
Other costs	<u>173,099</u>	<u>282,813</u>
	<u>1,144,333</u>	<u>1,131,684</u>

11. OTHER

	Restricted Funds £	Unrestricted Funds £	Total 2023 £	Total 2022 £
Investment management fees	-	7,698	7,698	8,629
Governance costs	<u>-</u>	<u>26,350</u>	<u>26,350</u>	<u>39,734</u>
	<u>-</u>	<u>34,048</u>	<u>34,048</u>	<u>48,363</u>

In the prior year all other expenditure was attributable to unrestricted funds.

12. GOVERNANCE COSTS

	2023	2022
	£	£
Auditor's remuneration	5,169	11,500
Other professional fees	19,676	25,618
Board, Committee costs	<u>1,505</u>	<u>2,616</u>
	<u>26,350</u>	<u>39,734</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

13. NET INCOME BEFORE TRANSFERS

	2023	2022
	£	£
This is stated after charging:		
Depreciation:		
- owned tangible fixed assets	132,989	173,640
Auditor's remuneration - statutory audit	5,169	6,960
- other financial services	-	4,540
(Loss)/gain on disposal of investments	(31,292)	15,895
(Loss)/gain on fair value movement of investments	(93,118)	411,354
Operating leases rentals	<u>151,578</u>	<u>161,120</u>

14. STAFF COSTS

	2023	2022
	£	£
(a) Staff costs		
Wages and salaries	5,502,741	4,881,544
Social security costs	499,999	399,630
Agency and seconded staff	60,836	26,553
Pension costs – defined contribution schemes	<u>269,541</u>	<u>240,898</u>
	<u>6,333,117</u>	<u>5,548,625</u>
(b) One staff member earned between £70,000 and £80,000 (2022 – one in same band).		
	2023	2022
	No.	No.
(c) Average number of persons directly employed:		
Office and management	29	31
Supervision and instruction	179	164
Support staff	<u>34</u>	<u>38</u>
	<u>242</u>	<u>233</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

14. STAFF COSTS (Continued)

- (d) Directors' and key management personnel remuneration and expenses

No fees were paid to any director for their services as Board members. No travel expenses were reimbursed to Directors in the current year (2022 – £Nil). No amounts were paid directly to third parties.

The total amount of employee benefits received by key management personnel is £227,592 (2022 - £201,453). The charity considers its key management personnel to comprise the Chief Executive Officer, Director of Business Support and Director of Operations.

15. TRANSFERS BETWEEN FUNDS

An amount of £860,778 (2022 - £786,606) was transferred from unrestricted funds to restricted funds as a contribution from general funds which the Directors wish to apply towards the shortfall between restricted funds received and expended in the year.

16. TANGIBLE FIXED ASSETS

	Land and buildings (long leasehold) £	Plant and machinery £	Fixtures, fittings, tools & other equipment £	Total £
Cost:				
At 1 April 2022	6,322,722	341,423	81,876	6,746,021
Additions	-	17,958	1,439	19,397
Disposals	<u>-</u>	<u>-</u>	<u>(7,897)</u>	<u>(7,897)</u>
At 31 March 2023	<u>6,322,722</u>	<u>359,381</u>	<u>75,418</u>	<u>6,757,521</u>
Depreciation:				
At 1 April 2022	4,406,833	335,631	55,105	4,797,569
Charges for the year	110,218	5,001	17,770	132,989
Eliminated on disposals	<u>-</u>	<u>-</u>	<u>(7,897)</u>	<u>(7,897)</u>
At 31 March 2023	<u>4,517,051</u>	<u>340,632</u>	<u>64,978</u>	<u>4,922,661</u>
Net book value:				
At 31 March 2023	<u>1,805,671</u>	<u>18,749</u>	<u>10,440</u>	<u>1,834,860</u>
At 31 March 2022	<u>1,915,889</u>	<u>5,792</u>	<u>26,771</u>	<u>1,948,452</u>

Included in long leasehold land and buildings is land costing £86,330 (2022 - £86,330). Land is not depreciated.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

17. FIXED ASSET INVESTMENTS

	Quoted Investments £
As at 1 April 2022	4,745,049
Additions, at cost	39,740
Realised loss on disposals	(31,292)
Disposals, at valuation	(219,063)
Increase/(decrease) in cash holding	(6,772)
Unrealised loss on revaluation	<u>(93,118)</u>
At 31 March 2023, at market value	<u>4,434,544</u>
At 31 March 2023, at historical cost	<u>2,972,772</u>

The charity's investments are managed on a discretionary basis by two independent investment brokers. Included in investments are cash balances of £7,657 (2022 - £14,429) held as part of the investment portfolio.

18. STOCKS

	2023 £	2022 £
Raw materials and consumables	<u>15,716</u>	<u>16,334</u>

19. DEBTORS

	2023 £	2022 £
Trade debtors	302,358	162,419
Grants due - ESF	375,057	178,177
Grants due - Peace IV	384,400	273,389
Grants due - Other	67,886	188,364
Prepayments and accrued income	209,667	128,741
Other debtors	<u>4,026</u>	<u>347</u>
	<u>1,343,394</u>	<u>931,437</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

20. CREDITORS: Amounts falling due within one year

	2023	2022
	£	£
Bank overdraft	420,062	-
Trade creditors	356,186	284,298
Other taxation and social security	108,693	106,900
Deferred income	264,546	623,397
Accruals and other creditors	<u>225,723</u>	<u>289,705</u>
	<u>1,375,210</u>	<u>1,304,300</u>

21. DEFERRED INCOME

	Under 1	Over 1	Total
	year	year	£
	£	£	
At 1 April 2022	623,397	-	623,397
Amounts released to income	(623,397)	-	(623,397)
Amounts deferred from income	<u>264,546</u>	<u>-</u>	<u>264,546</u>
At 31 March 2023	<u>264,546</u>	<u>-</u>	<u>264,546</u>

22. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	£	£	£
Tangible fixed assets	1,834,860	-	1,834,860
Investments	4,434,544	-	4,435,544
Net current assets	<u>9,908</u>	<u>-</u>	<u>9,908</u>
	<u>6,279,312</u>	<u>-</u>	<u>6,279,312</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

23. REVALUATION RESERVE

	£
At 1 April 2022	1,608,548
Net transfer to general fund	<u>(146,776)</u>
At 31 March 2023	<u>1,461,772</u>

This represents the unrealised gains accumulated on the revaluation of fixed asset investments.

24. OTHER UNRESTRICTED FUNDS

	General Fund £	Designated Capital Utilised Fund £	Designated Risk Reserve Fund £	Total £
Unrestricted				
At 1 April 2022	1,169,693	416,065	3,811,666	5,397,424
Deficit for the year	(726,660)	-	-	(726,660)
Transfer to/from general fund	(459,258)	-	459,258	-
Transfer from restricted fund	-	-	-	-
Net transfer from revaluation reserve	146,776	-	-	146,776
Amortisation of capital grants	<u>75,515</u>	<u>(75,515)</u>	<u>-</u>	<u>-</u>
At 31 March 2023	<u>206,066</u>	<u>340,550</u>	<u>4,270,924</u>	<u>4,817,540</u>

Capital utilised fund:

This represents grants and donations originally received for restricted capital purposes. Having been fully utilised for those purposes they become unrestricted funds and are released to the General Fund at the same rates that depreciation is charged on the assets to which they relate.

Risk reserve fund:

The risk reserve fund represents an amount equivalent to six months of budgeted operational expenditure which the Board feel is prudent to set aside in line with the charity's risk and reserve policies.

25. TAXATION

The company has been accepted by HM Revenue & Customs as a charity (reference no. XN 47959).

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

26. CONTINGENT ASSETS AND LIABILITIES

A portion of grants received may become repayable if the charity fails to comply with the terms of the relevant letters of offer.

27. CONDUIT FUNDING

AMH acts as lead partner for Youth Action on the ESF, Working It Out project and for PIPS, a Public Health Agency, Protect Life project.

At the balance sheet date AMH held the following balances in respect of the above:

	Youth Action	PIPS
	£	£
Debtor	4,010	-
Cash at Bank	-	21,648
Creditor	<u>4,010</u>	<u>21,648</u>

In accordance with SORP (FRS 102) these balances have not been included in the Balance Sheet.

28. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

The charity operates a defined contribution pension plan for its employees. The amount recognised as an expense in the period was £269,541 (2022 - £240,898)

29. RELATED PARTY TRANSACTIONS

No transactions with related parties were undertaken such as are required to be disclosed.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE FINANCIAL STATEMENTS (Continued)
For the Year Ended 31 March 2023

31. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2023	2022
	£	£
Not later than one year	61,581	155,323
Later than one and not later than five years	96,000	80,000
Later than five years	<u>180,000</u>	<u>170,000</u>

Action Mental Health

Northern Ireland - Charity number 100753

Annual report

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS

The Directors present their report and the financial statements for the year ended 31 March 2023. The Directors 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) in preparing these accounts.

CONSTITUTION

Action Mental Health (AMH) is a charitable company limited by guarantee, registered under NI005568, governed by the Articles of Association. The company is recognised as a charity and is registered under NIC100753 and is recognised as a charity by HM Revenue & Customs under reference number XN 47959.

STRUCTURE, GOVERNANCE AND MANAGEMENT

The AMH board is comprised of up to 15 Directors as set out in the charity's Articles of Association. Directors may serve for a maximum of 3 terms of 4 years, save for Serving Directors who, having served 15 years, must be re-appointed on an annual basis. Directors are recruited to the Board through an open recruitment and selection process, although 4 Directors may be co-opted annually. The Governance Manual guides the work of the Board, which includes an induction programme for Directors, Terms of Reference for Committees and roles and responsibilities of office bearers.

AMH decisions on strategy, policy and material capital expenditure are taken by the full Board and it ensures the Strategic Plan guides the Executive over a three year time span. Day to day decision making is under the supervision of the Chief Executive Officer, Mr D Babington, with regular reporting to the Board, Finance Committee, Audit and Risk Committee, Nominations and Remuneration Committee, Therapeutic Services Committee, Innovation and Strategy Committee. The Chief Executive Officer of AMH directly manages the Senior Management Team and they ensure targets in the annual Operational Plan are achieved.

In line with corporate good practice AMH has an Audit and Risk Committee comprising of two independent and three Board members and it meets at least three times a year; the Chief Executive Officer and Director of Business Support also attend, with the external auditors present when appropriate. Usually each year a Directors' Conference is held to enable the Board and all managers to assess progress and consider the future.

During the year the Board worked through a number of actions resulting from the Governance Health Check started in late 2021 including revising the Governance Manual; the Charity Commission Northern Ireland provided consent for the revised Articles on 27 November 2022 and they were subsequently lodged with Companies House. Experience from Covid resulted in many Board and Committee meetings being conducted remotely and this has continued to facilitate attendance and engagement. The Board and Finance Committee met 6 times, the Audit and Risk Committee, Nominations and Remuneration Committee, Therapeutic Services Committee and the Innovation and Strategy Committee each met on 4 occasions. Due to significant uncertainties about the future of ESF funding ending on 31 March 2023 the Board decided not to hold a Directors' Conference until there was greater clarity about the future and Directors were reassured that there was a Strategy already in place for the period 2022-2025. Throughout the year a number of audits from DfE and others such as the ETI provided reassurance to the Board.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT (Continued)

In order to support the response to the loss of ESF funding and subsequent uncertainties the Board established a Transition Steering Group of 4 Directors to work closely with the SMT on contingency planning for the future. This included providing oversight of a bid to the new UK Shared Prosperity Fund (UKSPF), which was being commissioned by the Department of Levelling Up Housing and Communities at Westminster.

The Nominations and Remuneration Committee consider pay levels for all staff, and possible Cost of Living increases on an annual basis and the annual accounts are available on the website; the Committee seeks approval from the full Board for any increases in staff salaries. In 2013 the Committee commissioned an extensive independent review of all staff salaries which benchmarked them against other locally based charities, sectors and National Joint Council (NJC) scales and the recommendations were implemented in full. The only adjustment to this was in response to the Covid pandemic and the Board commissioned a further independent salary review to ensure the rates properly reflected market trends and this led to uplifts for most staff in January 2022. The Pay Policy Statement sets out the Board's approach to salaries and is on the AMH website. In respect of the Chief Executive Officer the Committee commissions independent advice which includes benchmarking against comparable roles in the sector.

In order to provide effective services AMH is involved in a number of partnerships with other charities in Northern Ireland such as the Supported Employment Services (SES) consortium, co-led by AMH and the Cedar Foundation delivering the Workable employment programme commissioned by the Department for Communities; the SES consortium also submitted a successful bid for the new UKSPF for 2023-2025. AMH contributed to a range of other committees and partnerships such as the Mental Health Strategic Reform Board, Belfast City Council VCSE Advisory Panel, the Department for Economy Investment for Growth and Jobs Programmes Monitoring Committee for EU Infrastructure Funds, with the Chief Executive Officer holding appointments on all these Committees. AMH also provides the secretariat for the All Party Group on Suicide at the Assembly.

DIRECTORS

The Directors of AMH are its trustees for the purposes of charity law. The Directors who served the charity during the year are as noted on Page 1.

Mrs A Craigan, Ms N Kerr, Ms S Cooke, Ms R Kelly and Messrs. E Fee, HWR Kohner, D P McAuley, W A McKeown, J L C Thompson DL, P Fitzsimmons (resigned with effect from 22 February 2023), D M McKeown, S W Robinson, J McAdams and Prof G Lynch all served.

A register of Directors' interests is maintained, with regular review and update, in order for the Board to be aware of any potential conflicts of interest; the issue of potential conflicts is a standing agenda item at the start of all Board and Committee meetings. None of the Directors had any material interest in contracts with the charity during the year.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RISK STRATEGY

A risk register is maintained in relation to all material risks posing a threat to AMH. The register is reviewed regularly by the Audit and Risk Committee and at all Board meetings to ensure systems and procedures are established to mitigate those risks identified and to minimise any potential impact on the charity.

In managing the reserves, the Board is guided by their Investment Policy and its objective is to generate a return in excess of inflation over the long term whilst generating an income which could be available to support existing services and new projects. The Reserves Policy of AMH is to hold six months of planned expenditure to ensure continued financial security and to provide for contingencies. A diversified spread of investments is maintained and the two investment providers are required to meet with the Finance Committee once a year to discuss performance, risk and adherence to the Investment Policy's ethical criteria.

PRINCIPAL RISKS AND UNCERTAINTIES

Key risks and uncertainties currently affecting AMH are set out below:

- **Funding**

The ESF 'Working it Out' programme ended on 31 March without any equivalent or follow-on programme available. AMH had lobbied intensively for many months for resources but this was made difficult by political uncertainty and no NI Executive in place; there was only the prospect of some Department of Health transition funding which failed to materialise. Whilst AMH did secure some funding through the UKSPF with a successful bid with SES partners it provided significantly reduced funds for a different group of clients and only a small number of AMH's current clients were eligible to transfer across to the new programme and this new funding is only available until 2025. Existing match funding from the 5 Health and Social Care Trusts was retained and that at least will enable some support to be provided to a reduced number of the most needy existing clients.

As a result, AMH has been implementing contingency plans due to the loss of ESF funding and introduction of the UKSPF programme, all of which is having significant impacts for clients, staff, service delivery and facilities. The aim is to ensure AMH is put on a sustainable financial footing as quickly as possible and this includes considering new funding models and more new collaborative funding opportunities.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

PRINCIPAL RISKS AND UNCERTAINTIES (Continued)

- **Delivery of Services**

Throughout the year there has been a prevailing uncertainty about support for the mental health sector and the Third Sector and this is likely to continue for the foreseeable future; this is additional to concerns about the loss of ESF funding. Evidence of this is the fact that plans to fund the Mental Health Strategy for the first year have fallen very short of what was agreed and the same is likely to happen in coming years yet this is against a backdrop of rising demands for mental health support due to Covid and the Cost of Living crisis.

The Board continues to be concerned about AMH's ability to deliver agreed outcomes with the pace and scale of recent reductions and adjustments required in services with increasing demand combined with difficult recruitment and retention. Although AMH responded swiftly and effectively to the Covid pandemic the current situation is arguably more serious. The Board has been monitoring progress closely and is delighted that all client needs and funders' requirements have been met so far but will continue to work closely to support the SMT to deliver in these difficult circumstances. In response to the bleak outlook the Board is focussed on considering different and more creative ways to support clients and will persevere with digital transformation by building on existing experience with apps/chatbots and collaborative working to embed digital expertise in AMH.

The Board recognises these key risks and uncertainties and operates so as to minimise the threat posed to the charity by adhering to the highest procedures and standards and working closely with independent experts as required to mitigate the risks.

OBJECTIVES AND ACTIVITIES

Action Mental Health

AMH's vision is for a society which actively values and supports people on their journey to positive mental health and the mission is to make a positive difference to people's mental health and wellbeing. The mission is delivered by living and working to our values of Passion, Empowerment, Excellence and Respect.

AMH is a voluntary organisation which continues to support people's mental health and well-being across the region through vocational training, supported employment options, personal development, therapeutic interventions, health and well-being programmes and resilience building. The Directors have given due regard to the Charity Commission for Northern Ireland's guidance on public benefit in respect of its objectives and activities. AMH's Objects and activities undertaken in relation to them are below:

To provide assistance for persons affected by mental ill health, learning disability, substance abuse and/or other disabilities including without limitation vocational rehabilitation and training, personal development and guidance and other support services with a view to maintaining and improving the wellbeing of such persons to assist their return to fitness for purposeful activity.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

Training & support programmes for people recovering from mental ill-health has been delivered through ESF funding by nine New Horizons services, they also provide person-centred well-being programmes to support soft skills development. The five Health and Social Care Trusts are the primary referral source for clients and AMH supports clients to move on to employment and/or more independent lives. There are also three services which cater specifically for young people and they are delivered along similar lines to the adult New Horizons services. As ESF funding has ended it is planned that these services will adjust to reduced resources by supporting fewer clients but continuing to support clients from the existing 10 service delivery locations.

The NLC service provides counselling for children, young people, adults and families. A range of therapeutic services are offered depending on need, including counselling, psychotherapy, music, art and play therapies. The diversity of staff skills and the range of modalities available enhances the experience for clients as NLC matches the orientation of the client to an appropriate counsellor; this now includes Psychological Wellbeing Practitioners. There are a variety of modes of therapy offered - telephone, online or face-to-face. Counselling is provided for a range of issues – stress, anxiety, depression, relationship difficulties, drug/alcohol misuse, self-harming, suicidal ideation – amongst others and counselling is provided for clients who are deaf or hard of hearing. Interpreters will also be provided for clients for whom English is not their first language.

To assist such persons whether or not they have completed training programmes on the Company's premises to secure employment in jobs appropriate to their capabilities and to provide, if required, follow-up guidance and support.

As well as the focus on employment through the New Horizons services AMH delivers the Workable Government employment programme for people with mental health issues, which is focused on getting people into the workplace and keeping them there. The programme is delivered with 6 other charity partners as part of SES. AMH is still also the only provider of the Individual Placement Support service in the Belfast Trust area, which focuses on placing people with mental health issues in the workplace as quickly as possible and then training them.

To carry on for the benefit of such persons activities in which the skills of such persons can be developed, which activities shall be carried on wholly or largely by means of the efforts of such persons.

In line with the Mental Health Strategy's preventative priorities, a growing aspect of AMH's focus has been to build personal resilience within communities including young people in primary/secondary education, further education, higher education and HMP Hydebank. The MensSana project continued to deliver the PHA funded Mindset programme and the Protect Life service which delivers suicide/self harm prevention services. Aside from funding from the Southern Trust, the PHA and corporate donors/foundations a sizeable proportion of this work has continued to be funded through AMH's own funds but future resourcing like this is unlikely to continue.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

The three Men's Sheds continue to maintain support to older men to help them learn new skills, socialise and connect. The long-term conditions project, Managing the Challenge, in the Western Trust continued to provide people with the tools to self-manage their conditions; AMH Works also continued to provide employers with wellbeing and resilience building support. AMH continues to lead an EU funded Peace 4 contract until September 2023 with 6 other partners to deliver a cross border and cross community programme called 'Our Generation' to develop an integrated approach for building peace through emotional resilience.

AMH also runs a number of specialist projects to support clients to develop their own skills, such as the Vision project (Autistic Spectrum Disorder) in the Southern Trust, the Promote Learning Disability project in the South Eastern Trust and the everyBODY Eating Disorder project in the Southern Trust.

To provide outreach services in support of people recovering from mental ill health and/or other disabilities.

AMH operates from 14 sites and many programmes and services are also delivered in the community, in local facilities such as partner organisations' offices, theatres/cinemas, health centres, sports clubs or schools.

To promote awareness of the issues of mental health and other related issues to the public at large.

AMH engaged intensively with politicians, particularly about the end of ESF funding and funding of the Mental Health Strategy, although with no NI Executive or Assembly in place little was achieved. AMH also held numerous client events and appeared on various media to promote mental health issues; the AMH Client Forum committed to co-production by discussing and promoting client issues and corporate partners continued to work with AMH to raise publicity around mental health issues. AMH remains part of the Mental Health Policy Group which is working to promote the work of the sector and to tackle underlying issues in it.

More information on AMH's work and achievements during 2022/23 is in the Annual Review, which is available from the Company's Registered Office and on its website.

ACHIEVEMENTS AND PERFORMANCE

This was the first year of the AMH Board's Strategic Plan 2022-2025 and the scorecard reflects the fact that many objectives were achieved even with the political and funding challenges. ESF funding, with its associated match funding, made a positive difference to client outcomes and indeed outperformed the targets set. Recruitment and retention was an ongoing issue but given very public concerns about future funding after ESF AMH still managed to reach large numbers of the population with a variety of services.

During the year 1,601 clients with mental health needs and/or a learning disability attended services remotely or in person provided by AMH including New Horizons, Promote and Workable. The New Horizons services provided training and employability programmes to 1,406 clients who achieved 2,457 accredited training outcomes and 211 progressed to paid employment, voluntary work, further education/training or other government programmes.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

ACHIEVEMENTS AND PERFORMANCE (Continued)

Regarding resilience building programmes delivered by AMH MensSana and AMH Works, there were 39,981 direct beneficiaries. AMH also continued to run the Long Term Conditions Alliance (NI) project 'Managing the Challenge' in the Western Trust area and 25 programmes were successfully provided throughout the year with 200 people participating in the self-management programme; also 113 older men attended the 3 Men's Sheds and 139 clients were supported through the Workable contract.

Regarding the New Life Counselling service, there were 17,785 counselling sessions provided to 2,548 individuals and families as follows:

Adult – 11,214 sessions to 1,614 clients
Children & Young People – 6,349 sessions to 899 clients
Families – 177 sessions to 35 families

AMH staff turnover in the year 2022-2023 was 24.54%; 5.09% due to end of contract, retirement, moving to further education, ill health or personal/other reasons. AMH records a staffing complement of 233 employees as at 31/03/2023: 49 males and 184 females.

AMH has achieved Investors in People (IIP) 'We invest in people' PLATINUM accreditation: only 3% of IIP accredited organisations hold this level of recognition and IIP confirm Action Mental Health is within the top 20 Platinum organisations in United Kingdom.

FINANCIAL REVIEW

As with many similar organisations in the sector AMH had a particularly challenging financial year with the end of the Covid-19 pandemic and Cost of Living pressures which have contributed to associated staff recruitment and retention issues. Whilst remarkable outcomes were achieved for clients AMH shows a sizeable deficit for the year. This was further exacerbated by AMH's continuing commitment to underwrite other wellbeing support programmes, such as for school age children, alongside a key initiative to better retain staff. Despite it being a demanding year due to the careful supervision by the Board and senior management AMH finished it in a relatively stable financial position.

ESF funding continued to support the recovery services whilst a range of PHA, VSS, Health and Social Care Trust funding and various grants supported all the other counselling and resilience building programmes. Unrestricted income continued through corporate partnerships and although it reduced this year due to the Covid pandemic and the Cost of Living crisis, there is an expectation that it will increase to pre pandemic levels soon.

RESULTS

Unrealised losses on investments were £93,118 (2022 - unrealised gains amounted to £411,354).

The overall net movement on funds for the year was a deficit of £726,660 (2022 - £83,083). The charity spends all restricted monies that it receives and makes good any deficit on restricted funds from its general unrestricted reserves.

The closing balance on unrestricted reserves at 31 March 2023 was £6,279,312 (2022 - £7,005,972). No restricted reserves were held.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RESERVES POLICY

Due to the uncertain nature of AMH's funding, it is the Board's policy to maintain a designated risk reserve equal to six months' budgeted expenditure (see note 24). The level of free reserves at the year-end (excluding designated reserves) was £206,066 (2022 - £1,169,693).

INVESTMENT POLICY AND PERFORMANCE

The Finance Committee, a Board sub-committee, oversees, monitors and advises the Board on investment decisions and they are guided by the Investment Policy.

In managing the Reserves of AMH and hence its investments, the Board's objective is to generate a return in excess of inflation over the long term whilst generating an income and capital growth which could be available to support existing group services and new projects whilst a diversified spread of investments is maintained.

Reports on performance are provided to the Board at each meeting and Directors understand they are ultimately responsible for the overall management of the investments.

The Finance Committee are content that overall investment performance was acceptable and in line with investment objectives. Performance is assessed by benchmarking against accepted industry comparators and by using two separate investment advisors.

FUTURE PLANS

As disclosed at note 1 to the financial statements, due to funding constraints and uncertainty surrounding future funding sources, AMH has undertaken a review of its service delivery across Northern Ireland. As a result of this review the Directors have put plans in place that include the reshaping of service provision and of the assets held and utilised by the charity. The directors acknowledge the uncertainty and challenges this brings but remain committed to AMH's fundamental objective of supporting people's mental health and well-being across the region.

DIRECTORS' RESPONSIBILITIES STATEMENT

The Directors (who are also trustees of Action Mental Health for the purposes of Charity Law), are responsible for preparing the Report of the Directors and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Directors are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

DIRECTORS' RESPONSIBILITIES STATEMENT (Continued)

The Directors are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

STATEMENT OF DISCLOSURE OF INFORMATION TO AUDITOR

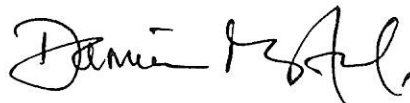
In so far as the Directors, who held office at the date of approval of the financial statements, are aware:

- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

In approving the Report of the Directors the Directors also approve the Strategic Report.

Registered office:
AMH Central Office
27 Jubilee Road
NEWTOWNARDS
BT23 4YH

On behalf of the Board of Directors



Mr D P McAuley
Director and Chairman



Mrs A Craigan
Director and Honorary Treasurer

Date: 4th October 2023

Registered in Northern Ireland
No. NI005568

Charity Registration No: NIC100753

Action Mental Health

Northern Ireland - Charity number 100753

Annual return

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT
TO THE DIRECTORS OF ACTION MENTAL HEALTH

OPINION

We have audited the financial accounts of Action Mental Health (the 'charitable company') for the year ended 31 March 2023 which comprise the statement of financial activities, summary income and expenditure account, balance sheet, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2023, and of the charitable company's incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

In auditing the financial statements, we have concluded that the Directors' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the directors with respect to going concern are described in the relevant sections of this report.

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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE DIRECTORS OF ACTION MENTAL HEALTH

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

OPINIONS ON OTHER MATTERS PRESCRIBED BY THE COMPANIES ACT 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the Directors' Report, which includes the trustees' report prepared for the purposes of charity law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

MATTERS ON WHICH WE ARE REQUIRED TO REPORT BY EXCEPTION

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 require us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

RESPONSIBILITIES OF DIRECTORS

As explained more fully in the directors' responsibilities statement on page 9, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE DIRECTORS OF ACTION MENTAL HEALTH

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE FINANCIAL STATEMENTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial accounts.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING IRREGULARITIES, INCLUDING FRAUD

We identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, and then design and perform audit procedures responsive to those risks, including obtaining audit evidence that is sufficient and appropriate to provide a basis for our opinion.

In identifying and assessing potential risks of material misstatement in respect of irregularities, including fraud and non-compliances with laws and regulations, we considered the following:

- The nature of the charitable company's activities and control environment;
- Results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- Any matters we identified having obtained and reviewed the charitable company's documentation of their policies and procedures relating to:
 - Identifying, evaluating and complying with laws and regulations and whether they were aware of any instance of non-compliance;
 - Detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud; and
 - The internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- The matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the charitable company for fraud and identified the greatest potential for fraud in unauthorised use of funds and revenue recognition such as fictitious or duplicate funding applications. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE DIRECTORS OF ACTION MENTAL HEALTH

EXTENT TO WHICH THE AUDIT WAS CONSIDERED CAPABLE OF DETECTING
IRREGULARITIES, INCLUDING FRAUD (Continued)

We also obtained an understanding of the legal and regulatory frameworks that the charitable company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. The key laws and regulations we considered in this context included the Companies Act 2006, and local tax legislation. In addition, we considered provisions of other laws and regulations that do not have a direct effect on the financial statements but compliance with which may be fundamental to the charitable company's ability to operate or to avoid a material penalty.

AUDIT RESPONSE TO RISKS IDENTIFIED

Our procedures to respond to the risks identified included the following:

- Reviewing the financial statement disclosures and testing to supporting documentation to assess compliance with provisions of relevant laws and regulations described as having a direct effect on the financial statements;
- Enquiring of management concerning actual and potential litigation and claims;
- Performing analytical procedures to identify any unusual or unexpected relationships that may indicate risks of material misstatement due to fraud;
- Reviewing and testing the operation of controls;
- Reading minutes of meetings of those charged with governance and reviewing correspondence with authorities; and
- In addressing the risk of fraud through management override of controls, testing the appropriateness of journal entries and other adjustments; assessing whether the judgements made in making accounting estimates are indicative of a potential bias; and evaluating the business rationale of any significant transactions that are unusual or outside the normal course of business.

We also communicated relevant identified laws and regulations and potential fraud risks to all engagement team members and remained alert to any indications of fraud or non-compliance with laws and regulations throughout the audit.

Owing to the inherent limitations of an audit, there is an unavoidable risk that we may not have detected some material misstatements in the financial statements, even though we have properly planned and performed our audit in accordance with auditing standards. In addition, as with any audit, there remains a higher risk of non-detection of irregularities, as they may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal controls. We are not responsible for preventing non-compliance and cannot be expected to detect non-compliance with all laws and regulations.



ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE DIRECTORS OF ACTION MENTAL HEALTH

USE OF OUR REPORT

This report is made solely to the charitable company's directors, as a body, in accordance with the terms of our engagement. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Gillian Johnston ACA (Senior Statutory Auditor)
For and on behalf of GMcG BELFAST

Chartered Accountants
Statutory Auditor

Alfred House
19 Alfred Street
Belfast
BT2 8EQ

Date: 23 OCTOBER 2023