

Mind Yourself! and Foyle Advocates

Northern Ireland · Charity number 103800

Details

Status	Received
Registered	2016-01-28
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	26-28 Bishop Street Derry/ Londonderry Bt48 6pp BT48 6PP
Phone	028 71263461
Email	mindyourself@tiscali.co.uk
Website	www.mindyourself.net

Activities

Purposes: The Organisation is established for the advancement of education and the relief of those suffering from the effects of mental illness in Northern Ireland (the 'area of benefit') by means of:- (A) acting as an Organisation for users of mental health services to enable them to share and voice their views, experiences and ideas in relation to mental health issues; (B) fostering mutual support among people suffering from the effects of mental illness; (C) promoting understanding of mental illness and discouraging prejudice against those who have experienced or are experiencing any form of mental illness; (D) advancing education, for the benefit of the general public, about the needs, experience, (and human rights entitlements) of people suffering the effects of mental illness.

What the charity does: The advancement of education, The advancement of health or the saving of lives, The advancement of citizenship or community development, 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, Education/training, Medical/health/sickness, Volunteer development

Who the charity helps: Adult training, General public, Men, Mental health, Older people, Specific areas of deprivation, Unemployed/low income, Voluntary and community sector, Volunteers, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£37,098	£41,000	£0	1

Trustees

Name	Role	Appointed
Declan Heaney		
Mr Barry Mcelhinney		
Mr John Breslin		
Mr Keith Mcelhinney		
Mrs Carmel Mcelhinney		
Mrs Gail Heaney		
Mrs Martha Mcclelland		

Accounts

Mind Yourself! And Foyle Advocates

Accounts

for the year ended 31 March 2025

Mind Yourself! And Foyle Advocates

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Mind Yourself! And Foyle Advocates

Information

Accountants

McGroarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX

Business address

26-28 Bishop Street
Derry
BT48 6PP

Bankers

Bank of Ireland
27 Culmore Rd
Derry
BT48 8JB

Committee Members

Martha McClelland
Barry McElhinney
Keith McElhinney
John Breslin
Declan Heaney
Gail Heaney
Carmel McElhinney

President/Committee Member
Chairperson
Treasurer
Secretary
Committee Member
Committee Member
Committee Member

Charity No:

XR15408
NIC103800

Mind Yourself! And Foyle Advocates

Report of The Management Committee

The Management Committee present their report and the financial statements for the year ended 31 March 2025.

Objectives and activities

Mind Yourself are a self help organisation run by and for people who have experienced mental health difficulties. Our aim is empowerment- enabling people to take control of their lives.

Our objectives are:

-to provide a voice for people using the mental health services through user involvement in the planning and delivery of these services.

-to speak up for ourselves through our special project, Foyle Advocates, a wholly user led and run independent and confidential peer advocacy service for people experiencing mental health difficulties. Foyle Advocates operate both in hospitals and in the community.

-to provide a forum for discussion on mental health issues, to educate the public and challenge the stigma of mental illness. -to share our experiences with each other in a confidential and supportive environment.

-we educate professionals and students who are training to be mental health professionals through sharing our first-hand experiences of mental ill health.

Management Committee

The members of the charity for the purposes of charity law and throughout this report are collectively referred to as the members.

The members serving during the year and since the year end were as follows:

Martha McClelland	President /Committee Member
Barry McElhinney	Chairperson
Keith McElhinney	Treasurer
John Breslin	Secretary
Declan Heaney	Committee Member
Gail Heaney	Committee Member
Carmel McElhinney	Committee Member

Public benefit

The purposes of Mind Yourself are the advancement of education and the relief of those suffering from the effects of mental illness in Northern Ireland (the 'area of benefit') by means of:

(A) acting as an Organisation for users of mental health services to enable them to share and voice their views, experiences and ideas in relation to mental health issues; The direct benefits flowing from this purpose include breaking down isolation and stigma, offering a listening ear service, enhancing the quality of life, empowerment, recovery and self help in a safe, confidential environment for those experiencing mental ill health. These benefits can be demonstrated by the increasing numbers of people using our services and feedback from our clients.

(B) fostering mutual support among people suffering from the effects of mental illness; The direct benefits flowing from this purpose include increased confidence and empowerment in a safe and confidential environment and providing both group and one to one support when needed. These benefits can be demonstrated by written and verbal feedback from our clients and also statistics detailing the number of clients who have entered into voluntary and paid work and further education after completing our Peer Advocacy Training in Mental Health.

**Report of The Management Committee
for the year year ended 31 March 2025**

(C) promoting understanding of mental illness and discouraging prejudice against those who have experienced or are experiencing any form of mental illness; The direct benefits flowing from this purpose include providing Training in Peer Advocacy for those people affected by mental ill health, increasing confidence and self esteem and increased awareness within the Community and within the Statutory Services to improve the understanding of Mental Health and ultimately reduce the prejudice. These benefits can be demonstrated by feedback from all those who attended our Training Programmes, minutes of meetings with Community Organisations and Statutory Bodies.

(D) advancing education, for the benefit of the general public, about the needs, experience, (and human rights entitlements) of people suffering the effects of mental illness. The direct benefits flowing from this purpose include promotion and understanding of mental health services by attending workshops, conferences, meetings and participation in decision – making committees in the local community and also throughout Northern Ireland. These benefits can be demonstrated by feedback from the general public and Statutory Bodies who attended the workshops, meetings etc.

The purposes of our charity will not lead to any harm. The charity's beneficiaries are members of the public who are experiencing mental ill health.

Risk Management

The members have assessed the major risks to which the association is exposed, in particular those related to the operations and finances of the association, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Financial review

The financial performance is summarised in the enclosed accounts.

Plans for Future Periods

The association plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Reserves Policy

Mind Yourself has accumulated unrestricted funds of £50,553. This reserve fund has been designated to future needs of the charity in the event of gap funding.

Members Responsibilities In Relation To The Financial Statements

The members are responsible for preparing the annual report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The law applicable to charities in Northern Ireland requires the members to prepare financial statements that give a true and fair view of the state of the affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the members are required to:

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

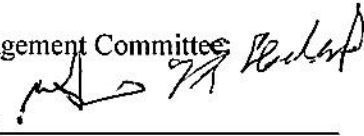
**Report of The Management Committee
for the year year ended 31 March 2025**

The members are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Charities Act (Northern Ireland) 2008. The members are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

A resolution will be prosed at the Annual General Meeting that McGroarty McCafferty & Company Ltd be re-appointed as accountants for the charity for the ensuing year.

By Order of the Management Committee

Committee Member



Committee Member



Date: 22 January 2026

Mind Yourself! And Foyle Advocates

Independent Examiner's report to the charity committee members of Mind Yourself! And Foyle Advocates

We report on the accounts of the charity for the year ended 31 March 2025, which are set out on pages 6 - 12.

Respective responsibilities of charity committee members and examiner

As the charity's members you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is our responsibility to:

- examine the accounts under Section 65 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Commission under Section 65(9) (b) of the Charities Act;
- state whether particular matters have come to our attention.

Basis of Independent examiner's report

We have examined your charity accounts as required under Section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65 (9)(b) of the Charities Act.

Our examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included considerations of any unusual items or disclosures in the accounts, and seeking explanation from you as charity members concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with Section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

We have completed our examination and have no concerns in respect of the matters 1 - 4 listed above and, in connection with the following Directions of the Charity Commission Northern Ireland; we have found no matters that require drawing to your attention.

M. Groarty M. Cafferty & Co
McGroarty McCafferty & Company Ltd
Accountants and Tax Consultants
2 Carlisle Terrace
Derry
N Ireland
BT48 6JX

DATE: 22 January 2026

Mind Yourself! And Foyle Advocates

Statement of Financial Activities for the year ended 31 March 2025

		Unrestricted Funds £	Restricted Funds £	2025 £	2024 £
Income and Expenditure					
Incoming Resources					
Grants Received		-	36,446	36,446	38,157
Sundry Income & Donations		652	-	652	363
Total Incoming Resources	4.	<u>652</u>	<u>36,446</u>	<u>37,098</u>	<u>38,520</u>
Resources Expended					
Direct Charitable Expenditure		-	18,981	18,981	20,566
Management & Administration		-	22,019	22,019	22,109
Total Resources Expended	5.	<u>-</u>	<u>41,000</u>	<u>41,000</u>	<u>42,675</u>
Net Incoming / (Outgoing) Resources	9.	652	(4,554)	(3,902)	(4,155)
Transfer		(4,228)	4,228	-	-
Balances brought forward 1 April 2024		<u>54,129</u>	<u>326</u>	<u>54,455</u>	<u>58,610</u>
Balances carried forward 31 March 2025		<u>50,553</u>	<u>-</u>	<u>50,553</u>	<u>54,455</u>

The above amounts relate to continuing operations of the association.

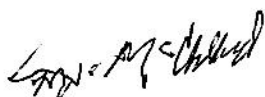
The association has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Mind Yourself! And Foyle Advocates

Balance sheet as at 31 March 2025

	Notes	2025		2024	
		£	£	£	£
Current assets					
Debtors	7	579		1,358	
Cash at bank and in hand		51,102		54,225	
		<u>51,681</u>		<u>55,583</u>	
Current liabilities					
Accruals	8	<u>1,128</u>		<u>1,128</u>	
Net current assets			<u>50,553</u>		<u>54,455</u>
Total assets less current liabilities			<u><u>50,553</u></u>		<u><u>54,455</u></u>
Capital account					
Restricted fund			-		326
Unrestricted fund			<u>50,553</u>		<u>54,129</u>
	9		<u><u>50,553</u></u>		<u><u>54,455</u></u>

We approve these accounts and confirm that we have made available all relevant records and information for their preparation.



Committee Member

Date: 22nd January 2026



Committee Member

Date: 22 January 2026

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2025

1. Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

1.1. Accounting convention

The accounts are prepared under the historical cost convention modified when necessary, and in compliance with the Charities SORP (FRS 102).

Plant and machinery	-	20% Straight Line
Equipment	-	25% Straight Line
Office Equipment	-	20% Straight Line

2. Income

(i) Grants

Grants represents all amounts received and receivable during the year.

Capital grants are released to the Statement of Financial Activities in the year in which they are received in line with the Charities SORP (FRS 102).

Revenue grants are credited to the Statement of Financial Activities in the year they are received.

(ii) Donations & administration income.

This comprises amounts received during the year.

3. Expenditure

(i) Direct Charitable Expenditure

This represents all expenditure directly attributable to charitable causes.

(ii) Management & Administration

This includes all other expenditure not directly allocated above and a portion of the overhead costs attributable to management and administration.

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2025

4. Income

	2025 £	2024 £
<u>Restricted Income</u>		
Western Health & Social Care Trust	36,446	33,981
Clear project	-	4,176
	<u>36,446</u>	<u>38,157</u>
<u>Unrestricted Income</u>		
Other income	200	-
Bank interest received	452	363
	<u>652</u>	<u>363</u>
Total Income	<u><u>37,098</u></u>	<u><u>38,520</u></u>

(i) Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii) Unrestricted Funds

Funds which are expendable at the discretion of the association in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2025

5. Resources Expended

	Unrestricted Funds £	Restricted Funds £	Total 2025 £	Total 2024 £
Direct Charitable Expenditure				
Wages & Salaries	-	11,573	11,573	11,300
Volunteer Expenses	-	7,408	7,408	9,266
	<u>-</u>	<u>18,981</u>	<u>18,981</u>	<u>20,566</u>
Management & Administration				
Postage, printing & stationery	-	167	167	99
Clear Expenses	-	-	-	2,960
Advertising	-	907	907	-
Telephone & Internet	-	2,203	2,203	1,949
Heat & Light	-	1,494	1,494	1,113
Accountancy Fees	-	1,128	1,128	1,128
Repairs & Maintenance	-	152	152	250
Bank Fees & Interest	-	126	126	142
Rent	-	13,800	13,800	12,300
Subscriptions	-	200	200	200
Catering & hospitality	-	571	571	-
Insurance	-	1,122	1,122	1,026
Travel	-	36	36	-
Sundries	-	113	113	595
Depreciation on fixt & fittings	-	-	-	347
	<u>-</u>	<u>22,019</u>	<u>22,019</u>	<u>22,109</u>
Total Resources Expended	<u>-</u>	<u>41,000</u>	<u>41,000</u>	<u>42,675</u>

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2025

6. Tangible assets

	Plant and machinery	Equipment	Office Equipment	Total
	£	£	£	£
Cost				
At 1 April 2024	2,604	5,338	8,978	16,920
At 31 March 2025	2,604	5,338	8,978	16,920
Depreciation				
At 1 April 2024	2,604	5,338	8,978	16,920
At 31 March 2025	2,604	5,338	8,978	16,920
Net book values				
At 31 March 2025	-	-	-	-

7. Debtors

	2025	2024
	£	£
Other debtors	-	835
Prepayments	579	523
	579	1,358

8. Current liabilities

	2025	2024
	£	£
Accruals	1,128	1,128

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2025

9. Movements in Funds	At 1 April 2024 £	Incoming resources £	Outgoing resources £	Transfers £	At 31 March 2025 £
Restricted funds:	326	36,446	(41,000)	4,228	-
Total restricted funds	<u>326</u>	<u>36,446</u>	<u>(41,000)</u>	<u>4,228</u>	<u>-</u>
Unrestricted funds:					
General funds	54,129	652	-	(4,228)	50,553
Total unrestricted funds	<u>54,129</u>	<u>652</u>	<u>-</u>	<u>(4,228)</u>	<u>50,553</u>
	<u>54,455</u>	<u>37,098</u>	<u>(41,000)</u>	<u>-</u>	<u>50,553</u>

Purposes of Restricted Funds

Restricted grants awarded to the charity is provided to cover the core objects as explained in the report to the management committee.

Accounts

Mind Yourself! And Foyle Advocates

Accounts

for the year ended 31 March 2024

Mind Yourself! And Foyle Advocates

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Mind Yourself! And Foyle Advocates

Information

Accountants	McGroarty McCafferty & Company Ltd Accountants & Tax Consultants 2 Carlisle Terrace Derry BT48 6JX	
Business address	26-28 Bishop Street Derry BT48 6PP	
Bankers	Bank of Ireland 27 Culmore Rd Derry BT48 8JB	
Committee Members	Claire Jasinska Martha McClelland Barry McElhinney Carmel McElhinney John Breslin Keith McElhinney	Chairperson President and Committee Member Treasurer Secretary Committee Member Committee Member
Charity No:	XR15408 NIC103800	

Mind Yourself! And Foyle Advocates

Report of The Management Committee

The Management Committee present their report and the financial statements for the year ended 31 March 2024.

Objectives and activities

Mind Yourself are a self help organisation run by and for people who have experienced mental health difficulties. Our aim is empowerment- enabling people to take control of their lives.

Our objectives are:

- to provide a voice for people using the mental health services through user involvement in the planning and delivery of these services.
- to speak up for ourselves through our special project, Foyle Advocates, a wholly user led and run independent and confidential peer advocacy service for people experiencing mental health difficulties. Foyle Advocates operate both in hospitals and in the community.
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- we educate professionals and students who are training to be mental health professionals through sharing our first-hand experiences of mental ill health.

Management Committee

The members of the charity for the purposes of charity law and throughout this report are collectively referred to as the members.

The members serving during the year and since the year end were as follows:

Claire Jasinska	Chairperson
Martha McClelland	President and Committee Member
Barry McElhinney	Treasurer
Carmel McElhinney	Secretary
John Breslin	Committee Member
Keith McElhinney	Committee Member

Public benefit

The purposes of Mind Yourself are the advancement of education and the relief of those suffering from the effects of mental illness in Northern Ireland (the 'area of benefit') by means of:

(A) acting as an Organisation for users of mental health services to enable them to share and voice their views, experiences and ideas in relation to mental health issues; The direct benefits flowing from this purpose include breaking down isolation and stigma, offering a listening ear service, enhancing the quality of life, empowerment, recovery and self help in a safe, confidential environment for those experiencing mental ill health. These benefits can be demonstrated by the increasing numbers of people using our services and feedback from our clients.

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Mind Yourself! And Foyle Advocates

Report of The Management Committee for the year year ended 31 March 2024

(C) promoting understanding of mental illness and discouraging prejudice against those who have experienced or are experiencing any form of mental illness; The direct benefits flowing from this purpose include providing Training in Peer Advocacy for those people affected by mental ill health, increasing confidence and self esteem and increased awareness within the Community and within the Statutory Services to improve the understanding of Mental Health and ultimately reduce the prejudice. These benefits can be demonstrated by feedback from all those who attended our Training Programmes, minutes of meetings with Community Organisations and Statutory Bodies.

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The purposes of our charity will not lead to any harm. The charity's beneficiaries are members of the public who are experiencing mental ill health.

Risk Management

The members have assessed the major risks to which the association is exposed, in particular those related to the operations and finances of the association, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Financial review

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Plans for Future Periods

The association plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Reserves Policy

Mind Yourself has accumulated unrestricted funds of £54,129. This reserve fund has been designated to future needs of the charity in the event of gap funding.

Members Responsibilities In Relation To The Financial Statements

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

Mind Yourself! And Foyle Advocates

**Report of The Management Committee
for the year year ended 31 March 2024**

The members are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Charities Act (Northern Ireland) 2008. The members are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

A resolution will be proposed at the Annual General Meeting that McGroarty McCafferty & Company Ltd be re-appointed as accountants for the charity for the ensuing year.

By Order of the Management Committee:

Committee Member C.A. Twiss

Committee Member J. B. B. B.

Date: 28.1.25

Mind Yourself! And Foyle Advocates

Independent Examiner's report to the charity committee members of Mind Yourself! And Foyle Advocates

We report on the accounts of the charity for the year ended 31 March 2024, which are set out on pages 6 - 12.

Respective responsibilities of charity committee members and examiner

As the charity's members you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is our responsibility to:

- examine the accounts under Section 65 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Commission under Section 65(9) (b) of the Charities Act;
- state whether particular matters have come to our attention.

Basis of Independent examiner's report

We have examined your charity accounts as required under Section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65 (9)(b) of the Charities Act.

Our examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included considerations of any unusual items or disclosures in the accounts, and seeking explanation from you as charity members concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with Section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

We have completed our examination and have no concerns in respect of the matters 1 - 4 listed above and, in connection with the following Directions of the Charity Commission Northern Ireland; we have found no matters that require drawing to your attention.

H. Groarty McCafferty & Co Ltd
McGroarty McCafferty & Company Ltd
Accountants and Tax Consultants
2 Carlisle Terrace
Derry
N Ireland
BT48 6JX

DATE:

Mind Yourself! And Foyle Advocates

**Statement of Financial Activities
for the year ended 31 March 2024**

		Unrestricted Funds £	Restricted Funds £	2024 £	2023 £
Income and Expenditure					
Incoming Resources					
Grants Received		-	38,157	38,157	37,177
Sundry Income & Donations		363	-	363	52
Total Incoming Resources	4.	<u>363</u>	<u>38,157</u>	<u>38,520</u>	<u>37,229</u>
Resources Expended					
Direct Charitable Expenditure		-	20,566	20,566	17,481
Management & Administration		-	22,109	22,109	22,025
Total Resources Expended	5.	<u>-</u>	<u>42,675</u>	<u>42,675</u>	<u>39,506</u>
Net Incoming / (Outgoing) Resources	9.	363	(4,518)	(4,155)	(2,277)
Transfer		(4,500)	4,500	-	-
Balances brought forward 1 April 2023		<u>58,266</u>	<u>344</u>	<u>58,610</u>	<u>60,887</u>
Balances carried forward 31 March 2024		<u>54,129</u>	<u>326</u>	<u>54,455</u>	<u>58,610</u>

The above amounts relate to continuing operations of the association.

The association has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Mind Yourself! And Foyle Advocates

**Balance sheet
as at 31 March 2024**

		2024		2023	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	6		-		347
Current assets					
Debtors	7	1,358		1,374	
Cash at bank and in hand		54,225		58,042	
		<u>55,583</u>		<u>59,416</u>	
Current liabilities					
Accruals	8	<u>1,128</u>		<u>1,153</u>	
Net current assets			<u>54,455</u>		<u>58,263</u>
Total assets less current liabilities			<u><u>54,455</u></u>		<u><u>58,610</u></u>
Capital account					
Restricted fund			326		344
Unrestricted fund			54,129		58,266
	9		<u><u>54,455</u></u>		<u><u>58,610</u></u>

We approve these accounts and confirm that we have made available all relevant records and information for their preparation.

Committee Member *C.A. Jasinska*

Date: 28.1.25

Committee Member *J.H. [Signature]*

Date: 28.1.25

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2024

1. Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

1.1. Accounting convention

The accounts are prepared under the historical cost convention modified when necessary, and in compliance with the Charities SORP (FRS 102).

1.2. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost or valuation less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment	- 20% Straight Line
-------------------------------------	---------------------

2. Income

(i) Grants

Grants represents all amounts received and receivable during the year.

Capital grants are released to the Statement of Financial Activities in the year in which they are received in line with the Charities SORP (FRS 102).

Revenue grants are credited to the Statement of Financial Activities in the year they are received.

(ii) Donations & administration income.

This comprises amounts received during the year.

3. Expenditure

(i) Direct Charitable Expenditure

This represents all expenditure directly attributable to charitable causes.

(ii) Management & Administration

This includes all other expenditure not directly allocated above and a portion of the overhead costs attributable to management and administration.

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2024

4. Income

	2024	2023
	£	£
<u>Restricted Income</u>		
Western Health & Social Care Trust	33,981	32,820
Clear project	4,176	4,357
	<u>38,157</u>	<u>37,177</u>
<u>Unrestricted Income</u>		
Bank interest received	363	52
	<u>363</u>	<u>52</u>
Total Income	<u><u>38,520</u></u>	<u><u>37,229</u></u>

(i) Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii) Unrestricted Funds

Funds which are expendable at the discretion of the association in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2024

5. Resources Expended

	Unrestricted Funds £	Restricted Funds £	Total 2024 £	Total 2023 £
Direct Charitable Expenditure				
Wages & Salaries	-	11,300	11,300	9,934
Volunteer Expenses	-	9,266	9,266	7,547
	<u>-</u>	<u>20,566</u>	<u>20,566</u>	<u>17,481</u>
Management & Administration				
Postage, printing & stationery	-	99	99	115
Clear Expenses	-	2,960	2,960	3,068
Advertising	-	-	-	-
Telephone & Internet	-	1,949	1,949	1,613
Heat & Light	-	1,113	1,113	1,577
Accountancy Fees	-	1,128	1,128	1,128
Repairs & Maintenance	-	250	250	505
Bank Fees & Interest	-	142	142	153
Rent	-	12,300	12,300	12,000
Subscriptions	-	200	200	200
Insurance	-	1,026	1,026	933
Travel	-	-	-	-
Sundries	-	595	595	383
Depreciation on fixt & fittings	-	347	347	350
	<u>-</u>	<u>22,109</u>	<u>22,109</u>	<u>22,025</u>
Total Resources Expended	<u>-</u>	<u>42,675</u>	<u>42,675</u>	<u>39,506</u>

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2024

6. Tangible assets

	Plant and machinery	Equipment	Office Equipment	Total
	£	£	£	£
Cost				
At 1 April 2023	2,604	5,338	8,978	16,920
At 31 March 2024	<u>2,604</u>	<u>5,338</u>	<u>8,978</u>	<u>16,920</u>
Depreciation				
At 1 April 2023	2,604	4,991	8,978	16,573
Charge for the year	-	347	-	347
At 31 March 2024	<u>2,604</u>	<u>5,338</u>	<u>8,978</u>	<u>16,920</u>
Net book values				
At 31 March 2023	<u>-</u>	<u>347</u>	<u>-</u>	<u>347</u>

7. Debtors

	2024	2023
	£	£
Other debtors	835	871
Prepayments	523	503
	<u>1,358</u>	<u>1,374</u>

8. Current liabilities

	2024	2023
	£	£
Accruals	<u>1,128</u>	<u>1,153</u>

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2024

9. Movements in Funds	At	Incoming	Outgoing	Transfers	At
	1 April 2023 £	resources £	resources £		31 March 2024 £
Restricted funds:	344	38,157	(42,675)	4,500	326
Total restricted funds	<u>344</u>	<u>38,157</u>	<u>(42,675)</u>	<u>4,500</u>	<u>326</u>
Unrestricted funds:					
General funds	58,266	363	-	(4,500)	54,129
Total unrestricted funds	<u>58,266</u>	<u>363</u>	<u>-</u>	<u>(4,500)</u>	<u>54,129</u>
	<u>58,610</u>	<u>38,520</u>	<u>(42,675)</u>	<u>-</u>	<u>54,455</u>

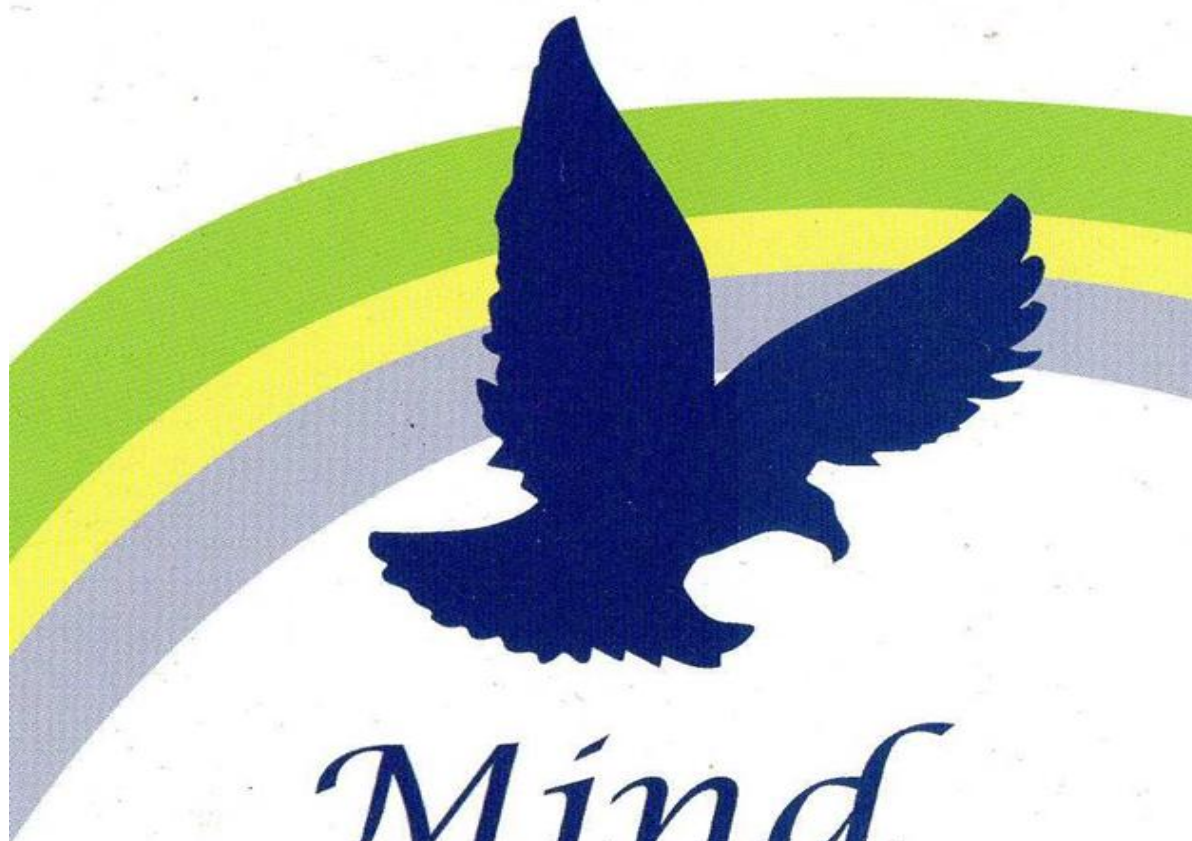
Purposes of Restricted Funds

Restricted grants awarded to the charity is provided to cover the core objects as explained in the report to the management committee.

Mind Yourself! and Foyle Advocates

Northern Ireland - Charity number 103800

Annual report



Mind Yourself!

Peer Advocacy in Mental Health

This is the Trustee's Annual Report for Mind Yourself! and Foyle Advocates as required by the Charity Commission NI.

This relates to the financial year 1st April 2023 to 31st March 2024.

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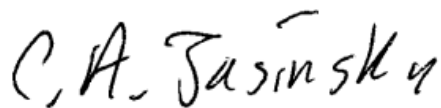
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INTRODUCTION

Mind Yourself! is a unique organisation in Northern Ireland, set up by service users to provide support and advocacy with empathy and understanding to anyone experiencing mental health difficulties, regardless of ethnicity, sexual orientation or religious affiliation.

This document has been prepared by the Trustees based on the guidance provided by the Charity Commission and having regard for the Commission's Public Benefit requirement statutory guidance.

Signed on behalf of the Trustees

A handwritten signature in black ink, reading "C. A. Jasinska". The signature is written in a cursive, flowing style.

Claire Jasinska

Chairperson

What does **Mind Yourself!** do?

We represent people with mental health issues within the North West area. We provide a voice to explore concerns and have a say in the planning and delivery of mental health services.

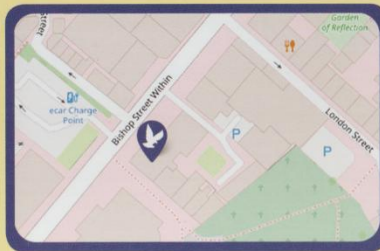
Our special project, Foyle Advocates provides a first class service in Mental Health Hospitals and in the community. Accredited Advocates help you speak up for yourself and get the care you need. It's free, independent and completely confidential.

We **challenge the stigma** surrounding mental health issues, providing information and raising these issues by speaking out in the media etc.

We provide a **safe, confidential & supportive environment in which to share** our mental health experiences, through our Listening Ear Service, support groups, classes and informal chats in our office.



How can I get in touch?



Call into our office:

26-28 Bishop St
Derry / Londonderry
BT48 6PP (next to Bishop's Gate Hotel)

Opening Hours: Monday to Friday: 12:00 - 16:00
Saturday & Sunday: Closed

Call or email to speak to an advocate:

T: 028 7126 3461
E: mindyourself@tiscali.co.uk
www.mindyourself.net

If you are in hospital:

Our members, **Foyle Advocates** attend:

Grangewood (previously Gransha)
Tuesdays and Thursdays between 11am-1pm

Tyrone and Fermanagh Hospital & Rathview House, Omagh
Tuesdays 2-4pm

We are an independent charity funded by
Western Health & Social Care Trust



"Helping you to get through"
You are not alone

T: 028 7126 3461

mindyourself@tiscali.co.uk

www.mindyourself.net

What's Special About Us?

All of us, Volunteer Advocates and Employees **have survived mental ill health**. We all know what it's like: "Been there, done that". We may have long term conditions but are in charge of our lives. We speak up for ourselves, support each other, and share positive coping strategies for living. We share this expertise with the public and mental health professionals through awareness-raising.

Mind Yourself! provides **accredited** Peer Advocacy Training (First such course in Britain or Ireland), as well as **consultancy and training to the statutory sector**. (For example, we train social workers and other professionals.)

The Western Health and Social Care Trust has selected Foyle Advocates as its Mental Health Advocacy service throughout the area.



Special Activities



Listening Ear

Often people just need to talk things over with someone outside the professional services, or their family or friends. Our listening ear service is very popular and is usually available without appointment, just call in or phone.

It's safe, confidential, non-judgmental



Training for Advocacy

We offer an accredited 10 week course in Peer Advocacy in Mental Health and further support sessions. All our Advocates work within our code of practice with regular support and guidance.



Recovery

Mind Yourself! is a recovery oriented organisation.



Volunteering Opportunities

Our Volunteers are central to the provision of our range of services. Our training is in Advocacy. Our development includes opportunities in many skills as well as outreach work.



Our aim is to promote empowerment - to help people experiencing mental health problems regain power over their own lives and futures.

We do this through:

- Self Help
- Mutual Support
- Information
- Advocacy

What is advocacy?

An Advocate is someone who speaks up for you, if you need that on your road to recovery. If you have mental health problems, it is sometimes difficult to make your needs heard. This can make it hard to get the right treatment and care.

A Peer Advocate is a volunteer who has also experienced mental health difficulties as has everyone within the organisation.

Support from a Peer advocate helps you build a good partnership for your recovery.



LEGALITIES

Mind Yourself! (also known as Mind Yourself! and Foyle Advocates) is registered with the Charity Commission NI under the number NIC103800 and is located at:

26-28 Bishop Street,
Derry/Londonderry BT48 6PP

Mind Yourself! office is open from 12 noon to 4 pm, Monday to Friday.

No appointment necessary

CONSTITUTION AND PURPOSE

Article 4 of Mind Yourself! Constitution:

4.1.1 The organisation is established for the advancement and education and the relief of those suffering from the effects of mental illness in Northern Ireland (the area of benefit) by means of:

- a) acting as an organisation for users of mental health services to enable them to share their voice and their views, experiences and ideas, in relation to mental health issues;
- b) fostering mutual support among people suffering from the effects of mental illness;
- c) promoting understanding of mental illness and discouraging prejudice against those who experienced or are experiencing any form of mental illness;
- d) advancing education, for the benefit of the general public, about the needs, experiences (and human rights entitlements) of people suffering the effects of mental illness.

TRUSTEES

Claire Jasinska.....	Chairperson
Barry McElhinney.....	Treasurer
Carmel McElhinney.....	Secretary
Martha McClelland.....	President and Committee Member
John Breslin.....	Committee Member
Keith McElhinney.....	Committee Member

TRUSTEE APPOINTMENTS

Trustees are appointed by ballot at the Annual General Meeting (AGM). Those who are interested in the position of Trustee put their name forward to be considered. Every volunteer has a vote and those who have served with Mind Yourself! for six months or more have the opportunity to be voted in as a member of the Management Committee. Office bearers are selected by proposal and seconded by another member of the Management Committee.

ABOUT MIND YOURSELF! and FOYLE ADVOCATES

Mind Yourself! and Foyle Advocates is a mental health charity, set up 29 years ago by a small group of people with mental health difficulties (service users). At the time, they felt their experience of the mental health services was largely negative and this had a relatively negative impact on their mental health. Therefore, they decided to set up a support group for themselves to support each other. Later, funding from North Western Trust provided for a small premises which they were able to open to the general public to provide a listening ear, information and sign-posting service and any other help that could be given.

The following year a “Peer Advocacy in Mental Health” course was developed, which was assigned 12 credits by the Open College Network (OCN). From this “Foyle Advocates” was developed to provide a voice for those who find it difficult to speak up for themselves. This can be at Tribunals, the Psychiatrist, their G.P.s, Social Security assessments or any other situation where a client would feel vulnerable.

The course is facilitated by two qualified peer advocate tutors. The maximum number of participants is six.

VOLUNTEERS

Potential volunteers are recruited through advertising our Peer Advocacy Course in the “Derry Journal” and “Londonderry Sentinel”. Applicants for the course submit an application form and are invited to a face-to-face interview. It is essential that all applicants have experienced or are currently experiencing mental health issues. Applicants are then notified of the decision of the interview panel. Applicants who complete the course successfully will be presented with a certificate of attendance from Mind Yourself! and will also gain a Level 2 in Peer Advocacy in Mental Health certificate from the Open College Network. Those who complete the course successfully may then put their name forward to become a volunteer. It is not a necessary requirement to become a volunteer (although it is a desirable outcome), as the main emphasis is on the individual’s own recovery.

Those who wish to become Volunteers are required to submit an Access (Northern Ireland) Check before commencing voluntary work in our organisation.

During the period 1st April 2023 until 31st March 2024, Volunteer hours totalled 2324 hours p.a.

Our organisation could not exist without our loyal Volunteers who give up their free time on a daily basis to help others and we thank them for their hard work and commitment to the organisation.

MAIN ACTIVITIES TO FURTHER PUBLIC BENEFIT

Mind Yourself! provides a listening ear, information, signposting, help with form completion, advocacy and support services to anyone experiencing depression, anxiety or any other form of mental ill health, as well as any other help we can provide at our office in Bishop Street.

These services are also provided at Grangewood Hospital, Gransha Park, Derry/Londonderry from 11am until 1pm Tuesdays and Thursdays and from 2pm to 4pm every Tuesday at the Tyrone and Fermanagh (T&F) Hospital, Omagh, under contract with the Western Health and Social Care Trust (WHSCT).

The following is a record of the number of clients that Mind Yourself! has provided assistance to during the period 1st April 2023 to 31 March 2024:

.

Telephone calls and visits to office..... 472 clients

Grangewood Hospital 337 clients

Tyrone/Fermanagh (T&F)..... 358 clients

The Trustees of Mind Yourself! are committed to continue these services and are currently looking for funding to expand on them.

PEER ADVOCACY TRAINING

Mind Yourself! was fortunate this year to secure funding for another year, supported by the Public Health Agency through the CLEAR Project. This enabled us to deliver our unique training programme, Peer Advocacy in Mental Health.

Our model of Peer Advocacy Training has been successful for the past 28 years. The duration of the course was ten weeks, one day per week, which covered many aspects of Mental Health including communication, stigma and empowerment, mental health law, housing and the social welfare system. We welcomed Guest speakers who gave talks on mental health and Mental Health Law. The course was followed by a further 4 support sessions of 4 hours per session where the candidates participated in activities to improve their mental well - being. These activities included Mindfulness, Getting a good night's sleep and Meditation and were successfully delivered by Cabhrach. Potala delivered a session on Meditation and we also included Music Therapy sessions. All activities proved to be a great success.

Four candidates successfully completed the Programme and all candidates agreed that the training and support sessions had a significant positive effect on their mental well-being, self-esteem and confidence and made them all more hopeful for the future.

OCN

We are currently updating our existing OCN Peer Advocacy in Mental Health Training to include modules such as Autism, ADHD and Dyslexia and their correlation to mental ill health. This will be sent to OCN for re-accreditation

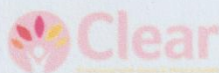


PEER ADVOCACY in MENTAL HEALTH

COURSE TIMETABLE

Wednesday 3rd January – Wednesday 28th February 2024

Day 1	3 rd January	Introduction What is Advocacy and the Role of the Advocate?
Day 2	10 th January	Communication.
Day 3	17 th January	Mental Health Difficulties: Many Perspectives. Communication Problems. Evaluation Period.
Day 4	24 th January	Mental Illness, Treatments and Therapies. Stigma and Empowerment.
Day 5	31 st January	Mental Health: The Law and the Person Treatment: Alternate Views
Day 6	7 th February	Mental Health Resources available locally. Keeping Safe. Evaluation Period
Day 7	14 th February	Housing and Mental Health: Issues and Resources Foyle Advocates, Code of Practice. Confidentiality.
Day 8	21 st February	Welfare Rights and Benefits. Difficulties and Treatments: Alternate Views.
Day 9	TBA	Mental health - Autism, Dyslexia and ADHD Getting Started as an Advocate. Revision: Questions for Quiz. Evaluation Period.
Day 10	28 th February	Quiz (in Teams): Full Course Evaluation. Presentation of Certificates. Celebration Lunch.



Charity Reg No NIC103800



Supported by the Public Health Agency through the CLEAR Project

A TYPICAL DAY IN THE OFFICE

1. Ensure that advocacy room is warm, neat and tidy and that there is a supply of pens and paper in each room
2. There must be two Advocates on duty at all times. The Advocates will decide among themselves before the first client enters the office, which one will deal with the client.
3. Check telephone and message book for appointments for the day.
4. If an Advocate has called in sick, the Advocate on duty informs the Volunteer Co-ordinator who will secure adequate cover for that day.
5. The Advocates prepares to meet their clients and will offer them tea or coffee on arrival.
6. As the day progresses, Advocates deal with telephone clients as well as those coming into the office. This typically involves listening ear, providing mental health support, form completion, housing and Social Security information.
7. On other occasions Advocates may be involved in networking, distributing posters and leaflets to other organisations, such as Doctors' surgeries, health centres, pharmacies etc to inform the public about our work.
8. At the end of the day, the Advocate in charge ensures that the heating, computers, lighting and all electric appliances are turned off and locks up.

EMPOWERMENT OF THE CLIENT

Foyle Advocates promote empowerment and provide choices to our clients.

This is done in many aspects of our work:

We are a listening ear service, and we are non-judgemental. We ourselves have had similar experiences to our clients. This empowers the client to know that they can discuss their issues in a private and confidential place and to be listened to by someone who can and does empathise with them.

We also signpost to other organisations that can help with specific issues, if need be. Our role is not to give advice or counsel, but to use our experiences of depression, anxiety and other forms of mental health issues to provide a listening ear, support and advocacy service and to give information on other services.

REVIEW OF FINANCIAL POSITION AT THE END OF YEAR

Mind yourself! accounts for the year ended 31st March 2024 were prepared in accordance with The Charities Act (Northern Ireland) 2008 and were approved by the Treasurer and Trustees.

The accounts were consequently examined by an Independent Examiner under Section 65 of the Charities Act.

Financial performance has been consistent with projected budgets and forecasts for the year.

Income

Income receipts for the year totalled £38,520, an increase of £1,320 from the previous year. We received funding from WHSCT and also CLEAR funding to facilitate our Peer Advocacy Training Programme.

Expenditure

Expenditure for the year totalled £42,675, an increase of £3,175 from the previous financial year.

Wages and salaries increased to £11,300, an increase of £1,366. However, some of this amount was apportioned to the CLEAR project and no duplicate funding occurred.

There was an increase of £1,719 in Volunteers Expenses from the previous year.

Rent increased by £300 from the previous year as our landlord increased our rent by £100 from January 2024.

CLEAR expenses amounted to £4176, including a contribution towards travel costs for our Facilitators and Administration Costs. Other costs included Advertising, Stationery, lunches for the Facilitators and Participants, travel expenses for Participants and general sundries.

There was an increase in Telephone and Internet Costs of £336.

There was a decrease in Heating and Lighting Costs of £464.

There was also a decrease in Bank Fees and Postage and Stationery of £11 and £16 respectively. Sundries increased by £212. There was a reduction in Repairs and Maintenance and Depreciation. Subscriptions and Accountancy Fees remained the same as of 2022-2023.

Reserve Account

Our Reserve Account stands at £26,937 as of 31st March 2024.

At 31st March 2024 we had accumulated restricted and unrestricted funds of £54,455. However, this cash reserve has been assigned to our future needs in the event of a reduction in funding or any future gap in funding.

Mind Yourself! and Foyle Advocates

Northern Ireland - Charity number 103800

Annual return

Mind Yourself! And Foyle Advocates

Independent Examiner's report to the charity committee members of Mind Yourself! And Foyle Advocates

We report on the accounts of the charity for the year ended 31 March 2024, which are set out on pages 6 - 12.

Respective responsibilities of charity committee members and examiner

As the charity's members you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is our responsibility to:

- examine the accounts under Section 65 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Commission under Section 65(9) (b) of the Charities Act;
- state whether particular matters have come to our attention.

Basis of Independent examiner's report

We have examined your charity accounts as required under Section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65 (9)(b) of the Charities Act.

Our examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included considerations of any unusual items or disclosures in the accounts, and seeking explanation from you as charity members concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with Section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

We have completed our examination and have no concerns in respect of the matters 1 - 4 listed above and, in connection with the following Directions of the Charity Commission Northern Ireland; we have found no matters that require drawing to your attention.

H. Grogan M. McCafferty & Co Ltd
McGroarty McCafferty & Company Ltd
Accountants and Tax Consultants
2 Carlisle Terrace
Derry
N Ireland
BT48 6JX

DATE:

Accounts

Mind Yourself! And Foyle Advocates

Accounts

for the year ended 31 March 2023

Mind Yourself! And Foyle Advocates

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Mind Yourself! And Foyle Advocates

Information

Accountants

McGroarty McCafferty & Company Ltd
Accountants & Tax Consultants
2 Carlisle Terrace
Derry
BT48 6JX

Business address

26-28 Bishop Street
Derry
BT48 6PP

Bankers

Bank of Ireland
27 Culmore Rd
Derry
BT48 8JB

Committee Members

Claire Jasinska
Martha McClelland
Barry McElhinney
Carmel McElhinney
Daniel Farren

Chairperson
President and Committee Member
Treasurer
Secretary
Committee Member

Charity No:

XR15408
NIC103800

Mind Yourself! And Foyle Advocates

Report of The Management Committee

The Management Committee present their report and the financial statements for the year ended 31 March 2023.

Objectives and activities

Mind Yourself are a self help organisation run by and for people who have experienced mental health difficulties. Our aim is empowerment- enabling people to take control of their lives.

Our objectives are:

- to provide a voice for people using the mental health services through user involvement in the planning and delivery of these services.
- to speak up for ourselves through our special project, Foyle Advocates, a wholly user led and run independent and confidential peer advocacy service for people experiencing mental health difficulties. Foyle Advocates operate both in hospitals and in the community.
- to provide a forum for discussion on mental health issues, to educate the public and challenge the stigma of mental illness. -to share our experiences with each other in a confidential and supportive environment.
- we educate professionals and students who are training to be mental health professionals through sharing our first-hand experiences of mental ill health.

Management Committee

The members of the charity for the purposes of charity law and throughout this report are collectively referred to as the members.

The members serving during the year and since the year end were as follows:

Claire Jasinska	Chairperson
Martha McClelland	President and Committee Member
Barry McElhinney	Treasurer
Carmel McElhinney	Secretary
Daniel Farren	Committee Member

Public benefit

The purposes of Mind Yourself are the advancement of education and the relief of those suffering from the effects of mental illness in Northern Ireland (the 'area of benefit') by means of:

(A) acting as an Organisation for users of mental health services to enable them to share and voice their views, experiences and ideas in relation to mental health issues; The direct benefits flowing from this purpose include breaking down isolation and stigma, offering a listening ear service, enhancing the quality of life, empowerment, recovery and self help in a safe, confidential environment for those experiencing mental ill health. These benefits can be demonstrated by the increasing numbers of people using our services and feedback from our clients.

(B) fostering mutual support among people suffering from the effects of mental illness; The direct benefits flowing from this purpose include increased confidence and empowerment in a safe and confidential environment and providing both group and one to one support when needed. These benefits can be demonstrated by written and verbal feedback from our clients and also statistics detailing the number of clients who have entered into voluntary and paid work and further education after completing our Peer Advocacy Training in Mental Health.

Mind Yourself! And Foyle Advocates

Report of The Management Committee for the year year ended 31 March 2023

(C) promoting understanding of mental illness and discouraging prejudice against those who have experienced or are experiencing any form of mental illness; The direct benefits flowing from this purpose include providing Training in Peer Advocacy for those people affected by mental ill health, increasing confidence and self esteem and increased awareness within the Community and within the Statutory Services to improve the understanding of Mental Health and ultimately reduce the prejudice. These benefits can be demonstrated by feedback from all those who attended our Training Programmes, minutes of meetings with Community Organisations and Statutory Bodies.

(D) advancing education, for the benefit of the general public, about the needs, experience, (and human rights entitlements) of people suffering the effects of mental illness. The direct benefits flowing from this purpose include promotion and understanding of mental health services by attending workshops, conferences, meetings and participation in decision – making committees in the local community and also throughout Northern Ireland. These benefits can be demonstrated by feedback from the general public and Statutory Bodies who attended the workshops, meetings etc.

The purposes of our charity will not lead to any harm. The charity's beneficiaries are members of the public who are experiencing mental ill health.

Risk Management

The members have assessed the major risks to which the association is exposed, in particular those related to the operations and finances of the association, and are satisfied that systems are in place to mitigate the exposure to the major risks.

Financial review

The financial performance is summarised in the enclosed accounts.

Plans for Future Periods

The association plans to continue the activities as outlined above in the forthcoming years subject to satisfactory funding arrangements.

Reserves Policy

Mind Yourself has accumulated unrestricted funds of £58,266. This reserve fund has been designated to future needs of the charity in the event of gap funding.

Members Responsibilities In Relation To The Financial Statements

The members are responsible for preparing the annual report and the financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice.

The law applicable to charities in Northern Ireland requires the members to prepare financial statements that give a true and fair view of the state of the affairs of the charity at the end of the financial year and of its surplus or deficit for the financial year. In doing so the members are required to:

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

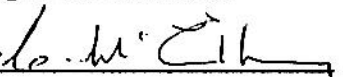
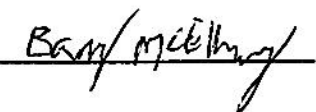
Mind Yourself! And Foyle Advocates

**Report of The Management Committee
for the year ended 31 March 2023**

The members are responsible for maintaining proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and enables them to ensure that the financial statements comply with the Charities Act (Northern Ireland) 2008. The members are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

A resolution will be proposed at the Annual General Meeting that McGroarty McCafferty & Company Ltd be re-appointed as accountants for the charity for the ensuing year.

By Order of the Management Committee:

Committee Member  Committee Member 

Date: 17 January 2024

Mind Yourself! And Foyle Advocates

Independent Examiner's report to the charity committee members of Mind Yourself! And Foyle Advocates

We report on the accounts of the charity for the year ended 31 March 2023, which are set out on pages 6 - 12.

Respective responsibilities of charity committee members and examiner

As the charity's members you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is our responsibility to:

- examine the accounts under Section 65 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Commission under Section 65(9) (b) of the Charities Act;
- state whether particular matters have come to our attention.

Basis of Independent examiner's report

We have examined your charity accounts as required under Section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65 (9)(b) of the Charities Act.

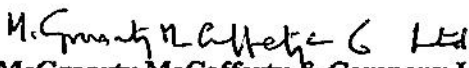
Our examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included considerations of any unusual items or disclosures in the accounts, and seeking explanation from you as charity members concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with Section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

We have completed our examination and have no concerns in respect of the matters 1 - 4 listed above and, in connection with the following Directions of the Charity Commission Northern Ireland; we have found no matters that require drawing to your attention.


McGroarty McCafferty & Company Ltd
Accountants and Tax Consultants
2 Carlisle Terrace
Derry
N Ireland
BT48 6JX

DATE: 17 January 2024

Mind Yourself! And Foyle Advocates

Statement of Financial Activities for the year ended 31 March 2023

		Unrestricted Funds £	Restricted Funds £	2023 £	2022 £
Income and Expenditure					
Incoming Resources					
Grants Received		-	37,177	37,177	32,788
Sundry Income & Donations		52	-	52	13
Total Incoming Resources	4.	<u>52</u>	<u>37,177</u>	<u>37,229</u>	<u>32,801</u>
Resources Expended					
Direct Charitable Expenditure		-	17,481	17,481	13,540
Management & Administration		-	22,025	22,025	21,310
Total Resources Expended	5.	<u>-</u>	<u>39,506</u>	<u>39,506</u>	<u>34,850</u>
Net Incoming / (Outgoing) Resources	9.	52	(2,329)	(2,277)	(2,049)
Transfer		(2,215)	2,215	-	-
Balances brought forward 1 April 2022		<u>60,429</u>	<u>458</u>	<u>60,887</u>	<u>62,936</u>
Balances carried forward 31 March 2023		<u>58,266</u>	<u>344</u>	<u>58,610</u>	<u>60,887</u>

The above amounts relate to continuing operations of the association.

The association has no recognised gains and losses other than those included in the results above and therefore no separate statement of total recognised gains and losses has been presented. There is no difference between the net incoming resources for the year stated above and their historical cost equivalents.

Mind Yourself! And Foyle Advocates

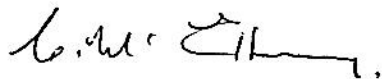
**Balance sheet
as at 31 March 2023**

		2023		2022	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	6		347		697
Current assets					
Debtors	7	1,374		430	
Cash at bank and in hand		58,042		60,888	
		<u>59,416</u>		<u>61,318</u>	
Current liabilities					
Accruals	8	<u>1,153</u>		<u>1,128</u>	
Net current assets			<u>58,263</u>		<u>60,190</u>
Total assets less current liabilities			<u><u>58,610</u></u>		<u><u>60,887</u></u>
Capital account					
Restricted fund			344		458
Unrestricted fund			<u>58,266</u>		<u>60,429</u>
	9		<u><u>58,610</u></u>		<u><u>60,887</u></u>

We approve these accounts and confirm that we have made available all relevant records and information for their preparation.

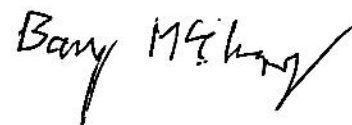
Committee Member

Date: 17th January 2024



Committee Member

Date: 17 January 2024



Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2023

1. Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

1.1. Accounting convention

The accounts are prepared under the historical cost convention modified when necessary, and in compliance with the Charities SORP (FRS 102).

1.2. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost or valuation less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings and equipment	- 20% Straight Line
-------------------------------------	---------------------

2. Income

(i) Grants

Grants represents all amounts received and receivable during the year.

Capital grants are released to the Statement of Financial Activities in the year in which they are received in line with the Charities SORP (FRS 102).

Revenue grants are credited to the Statement of Financial Activities in the year they are received.

(ii) Donations & administration income.

This comprises amounts received during the year.

3. Expenditure

(i) Direct Charitable Expenditure

This represents all expenditure directly attributable to charitable causes.

(ii) Management & Administration

This includes all other expenditure not directly allocated above and a portion of the overhead costs attributable to management and administration.

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2023

4. Income

	2023	2022
	£	£
<u>Restricted Income</u>		
Western Health & Social Care Trust	32,820	31,576
Clear project	4,357	1,212
	<u>37,177</u>	<u>32,788</u>
<u>Unrestricted Income</u>		
Bank interest received	52	13
	<u>52</u>	<u>13</u>
Total Income	<u><u>37,229</u></u>	<u><u>32,801</u></u>

(i) Restricted Funds

Funds received which are earmarked by the Funder for specific purposes. Such purposes are within the overall aims of the organisation.

(ii) Unrestricted Funds

Funds which are expendable at the discretion of the association in furtherance of the aims of the charity. In addition funds may be held in order to finance capital investment and working capital.

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2023

5. Resources Expended

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Direct Charitable Expenditure				
Wages & Salaries	-	9,934	9,934	9,934
Volunteer Expenses	-	7,547	7,547	3,606
	<u>-</u>	<u>17,481</u>	<u>17,481</u>	<u>13,540</u>
Management & Administration				
Postage, printing & stationery	-	115	115	692
Clear Expenses	-	3,068	3,068	-
Advertising	-	-	-	943
Telephone & Internet	-	1,613	1,613	1,453
Heat & Light	-	1,577	1,577	686
Accountancy Fees	-	1,128	1,128	1,128
Repairs & Maintenance	-	505	505	638
Bank Fees & Interest	-	153	153	120
Rent	-	12,000	12,000	12,000
Subscriptions	-	200	200	400
Insurance	-	933	933	931
Travel	-	-	-	1,856
Sundries	-	383	383	113
Depreciation on fixt & fittings	-	350	350	350
	<u>-</u>	<u>22,025</u>	<u>22,025</u>	<u>21,310</u>
Total Resources Expended	<u>-</u>	<u>39,506</u>	<u>39,506</u>	<u>34,850</u>

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2023

6. Tangible assets

	Plant and machinery	Equipment	Office Equipment	Total
	£	£	£	£
Cost				
At 1 April 2022	2,604	5,338	8,978	16,920
At 31 March 2023	2,604	5,338	8,978	16,920
Depreciation				
At 1 April 2022	2,604	4,641	8,978	16,223
Charge for the year	-	350	-	350
At 31 March 2023	2,604	4,991	8,978	16,573
Net book values				
At 31 March 2023	-	347	-	347
At 31 March 2022	-	697	-	697

7. Debtors

	2023	2022
	£	£
Other debtors	871	-
Prepayments	503	430
	<u>1,374</u>	<u>430</u>

8. Current liabilities

	2023	2022
	£	£
Accruals	<u>1,153</u>	<u>1,128</u>

Mind Yourself! And Foyle Advocates
Notes to the accounts
for the year ended 31 March 2023

9. Movements in Funds	At 1 April 2,022 £	Incoming resources £	Outgoing resources £	Transfers £	At 31 March 2,023 £
Restricted funds:	458	37,177	(39,506)	2215	344
Total restricted funds	<u>458</u>	<u>37,177</u>	<u>(39,506)</u>	<u>2,215</u>	<u>344</u>
Unrestricted funds:					
General funds	60,429	52	-	(2,215)	58,266
Total unrestricted funds	<u>60,429</u>	<u>52</u>	<u>-</u>	<u>(2,215)</u>	<u>58,266</u>
	<u>60,887</u>	<u>37,229</u>	<u>(39,506)</u>	<u>-</u>	<u>58,610</u>

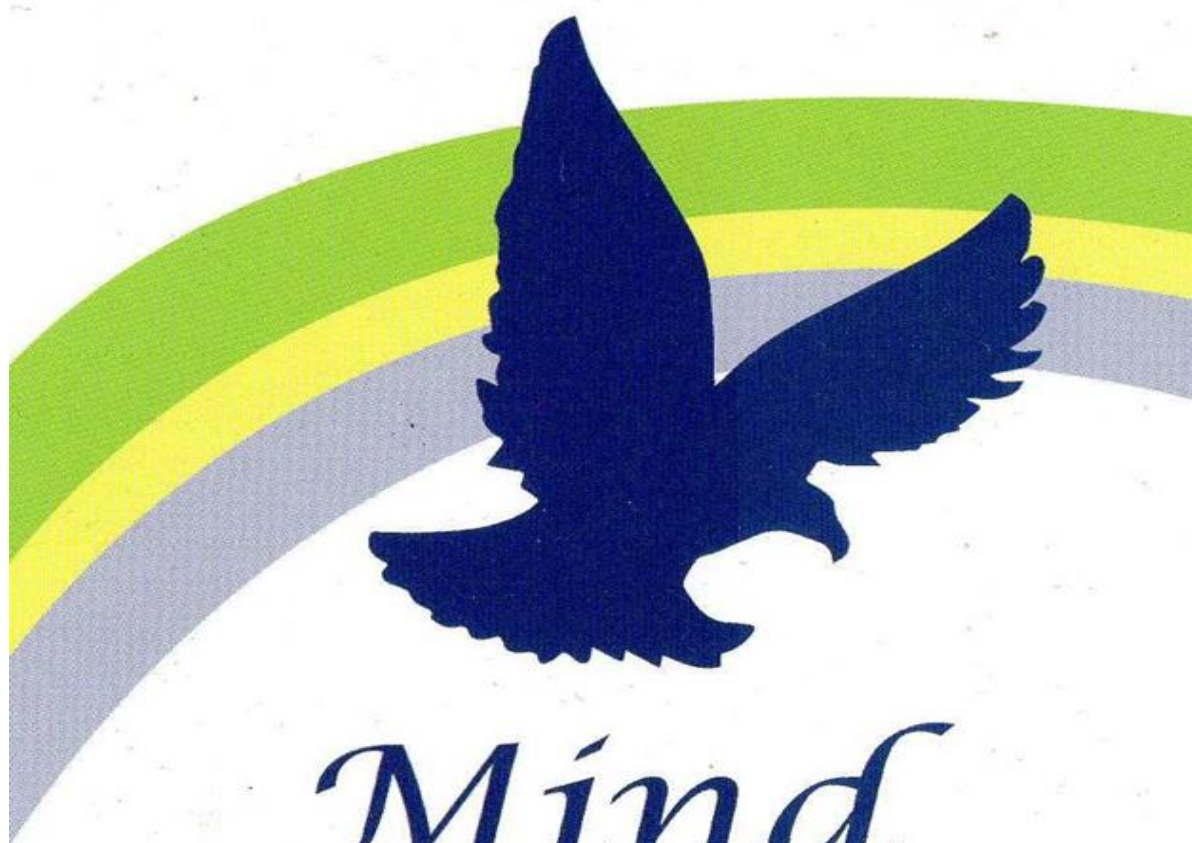
Purposes of Restricted Funds

Restricted grants awarded to the charity is provided to cover the core objects as explained in the report to the management committee.

Mind Yourself! and Foyle Advocates

Northern Ireland - Charity number 103800

Annual report



Mind Yourself!

Peer Advocacy in Mental Health

This is the Trustee's Annual Report for Mind Yourself! and Foyle Advocates as required by the Charity Commission NI.

This relates to the financial year 1st April 2022 to 31st March 2023.

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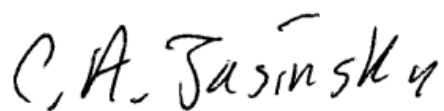
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INTRODUCTION

Mind Yourself! is a unique organisation in Northern Ireland, set up by service users to provide support and advocacy with empathy and understanding to anyone experiencing mental health difficulties, regardless of ethnicity, sexual orientation or religious affiliation.

This document has been prepared by the Trustees based on the guidance provided by the Charity Commission and having regard for the Commission's Public Benefit requirement statutory guidance.

Signed on behalf of the Trustees

A handwritten signature in black ink, reading 'C. A. Jasinska'.

Claire Jasinska

Chairperson



Some People We Have Helped

John

"When I first came to Mind Yourself! office, I didn't know what to expect. I met caring down - to - earth people who knew what it was like to go through what I went through. They helped me to regain my confidence after coming out of hospital."

Louise

"It's great to drop in and have a cup of tea with people who really know what it's like. I became a volunteer there. Working in such a supportive atmosphere helped me back on my feet again."

Madge

"They helped me to get my D. L. A."

Tony

"They were really helpful and easy to talk to."

What's Special About Us?

All of us, Volunteer Advocates and Employees have survived mental ill health. We all know what it's like: "Been there, done that". We may have long term conditions but are in charge of our lives. We speak up for ourselves, support each other, and share positively coping strategies for living. We share this expertise with the public and mental health professionals through awareness-raising.

Mind Yourself! provides **accredited Peer Advocacy Training** (First such course in Britain or Ireland), as well as **consultancy and training to the statutory sector.** (For example, social workers and other health professionals.)

Mind Yourself! provides the WHSCT Peer Advocacy in Mental Health Service and is recognised as the mental health service users' forum for this area. We participate in Conferences, Trainings and Campaigns to end discrimination and stigma.

Mind Yourself! is a Registered Charity
No. NIC103800

supported by

HSC Western Health and Social Care Trust

CreatePrint - (028) 71353504



Peer Advocacy in Mental Health

26 - 28 Bishop Street,
Derry - Londonderry
BT48 6PP

Tel: 02871 263 461

Email: mindyourself@tiscali.co.uk

Open
Monday to Friday
12 - 4pm

Mind Yourself!

Because we've been there and you needn't go through this alone

We are a unique, innovative **self-help** organisation for people experiencing mental ill-health. Our aim is recovery, through empowerment - enabling people to take control of their lives.

What Does Mind Yourself! do

We represent people with mental health issues within the local mental health services. We provide a voice to air concerns and have a say in the planning and delivery of mental health services.

Our special project, Foyle Advocates, provides a first class service in hospital and in the community. Accredited Advocates help you to speak up for yourself and get the care you need. It's free, independent and completely confidential.

We **challenge the stigma** surrounding mental health issues, providing information and raising these issues by speaking out in the media etc.

We provide a **safe, confidential & supportive environment in which to share** our mental health experiences, through our Listening Ear Service, support groups, classes and informal chats in our office.

Special Activities

Listening Ear

Often people just need to talk things over with someone outside the professional services, or their family or friends. Our Listening Ear Service is usually available without appointment, just call in or phone.

It's safe, confidential, non-judgmental.

Training for Advocacy

We offer an accredited 10 week course in Peer Advocacy and 10 weeks Development. All our Advocates work within a Code of Practice and Support and Guidance.

Recovery

Mind Yourself! has been a recovery oriented organization since it started in 1996. We seek person-centered services in which we have as much control of our condition as possible and an opportunity to have a meaningful life.

Volunteering Opportunities

Our Volunteers are central to provision of our range of services. Our training is in Advocacy. Our development includes opportunities in many skills and outreach work, as we take control of our lives.

How can you contact us?

- Call in to our Office
- Telephone to arrange an appointment

Tel: 02871 263 461

Email: mindyourself@tiscali.co.uk

If you are in hospital

Our members, Foyle Advocates, attend Grangewood (Previously Gransha) Mondays and Thursdays between 11am - 1pm.

Tyrone and Fermanagh Hospital, Omagh, Mondays 2 - 4pm

See our posters and ask staff on your ward let us know if you would like to meet us.

Where Are We?

26-28 Bishop St BT48 6PP



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LEGALITIES

Mind Yourself! (also known as Mind Yourself! and Foyle Advocates) is registered with the Charity Commission NI under the number NIC103800 and is located at:

26-28 Bishop Street,
Derry/Londonderry BT48 6PP

Mind Yourself! office is open from 12 noon to 4 pm, Monday to Friday.

No appointment necessary

CONSTITUTION AND PURPOSE

Article 4 of Mind Yourself! Constitution:

4.1.1 The organisation is established for the advancement and education and the relief of those suffering from the effects of mental illness in Northern Ireland (the area of benefit) by means of:

- a) acting as an organisation for users of mental health services to enable them to share their voice and their views, experiences and ideas, in relation to mental health issues;
- b) fostering mutual support among people suffering from the effects of mental illness;
- c) promoting understanding of mental illness and discouraging prejudice against those who experienced or are experiencing any form of mental illness;
- d) advancing education, for the benefit of the general public, about the needs, experiences, (and human rights entitlements) of people suffering the effects of mental illness.

TRUSTEES

Claire Jasinska.....Chairperson.

Barry McElhinney.....Treasurer.

Carmel McElhinney.....Secretary

Martha McClelland.....President and Committee Member

Daniel Farren.....Committee Member

TRUSTEE APPOINTMENTS

Trustees are appointed by ballot at the Annual General Meeting (AGM). Those who are interested in the position of Trustee put their name forward to be considered. Every volunteer has a vote and those who have served with Mind Yourself! for six months or more have the opportunity to be voted in as a member of the Management Committee. Office bearers are selected by proposal and seconded by another member of the Management Committee.

ABOUT MIND YOURSELF! and FOYLE ADVOCATES

Mind Yourself! and Foyle Advocates is a mental health charity, set up 25 years ago by a small group of people with mental health difficulties (service users). At the time, they felt their experiences of the mental health services was largely negative and this had a relatively negative impact on their mental health. Therefore, they decided to set up a support group for themselves to support each other. Later, funding from North Western Trust provided for a small premises which they were able to open to the general public to provide a listening ear, information and sign-posting service and any other help that could be given.

The following year a “Peer Advocacy in Mental Health” course was developed, which was assigned 12 credits by the Open College Network (OCN). From this “Foyle Advocates” was developed to provide a voice for those who find it difficult to speak up for themselves. This can be at Tribunals, the Psychiatrist, their G.P.s’, Social Security assessments or any other situation where a client would feel vulnerable.

The course is facilitated by two qualified peer advocate tutors. The maximum number of participants is six.

VOLUNTEERS

Potential volunteers are recruited through advertising our Peer Advocacy Course in the “Derry Journal” and “Londonderry Sentinel”. Applicants for the course submit an application form and are invited to a face-to-face interview. It is essential that all applicants have experienced or are currently experiencing mental health issues. Applicants are then notified of the decision of the interview panel. Applicants who complete the course successfully will be presented with a certificate of attendance from Mind Yourself! and will also gain a Level 2 in Peer Advocacy in Mental Health certificate from the Open College Network. Those who complete the course successfully may then put their name forward to become a volunteer. It is not a necessary requirement to become a volunteer (although it is a desirable outcome), as the main emphasis is on the individual’s own recovery.

Those who wish to become Volunteers are required to submit an Access (Northern Ireland) Check before commencing voluntary work in our organisation.

During the period 1st April 2022 until 31st March 2023, Volunteer hours totalled 1,520.

Our organisation could not exist without our loyal Volunteers who give up their free time on a daily basis to help others and we thank them for their hard work and commitment to the organisation.

MAIN ACTIVITIES TO FURTHER PUBLIC BENEFIT

Mind Yourself! provides a listening ear, information, signposting, help with form completion, advocacy and support services to anyone experiencing depression, anxiety or any other form of mental ill health, as well as any other help we can provide at our office in Bishop Street.

These services are also provided at Grangewood Hospital, Gransha Park, Derry/Londonderry from 11am until 1pm Tuesdays and Thursdays and from 2pm to 4pm every Tuesday at the Tyrone and Fermanagh (T&F) Hospital, Omagh, under contract with the Western Health and Social Care Trust (WHSCT).

The following is a record of the number of clients that Mind Yourself! has provided assistance to during the period 1st April 2022 to 31 March 2023:

.

Telephone calls and visits to office.....	531 clients
Grangewood Hospital	245 clients.
Tyrone/Fermanagh (T&F).....	298 clients.

The Trustees of Mind Yourself! are committed to continue these services and are currently looking for funding to expand on them.

MIND YOUSELF! AND HYGIENE REQUIREMENTS

Since the lifting of Covid requirements, Mind Yourself! has reverted back to its original method of operating. Instead of clients having to access our services by telephone only (as was the case during Covid), they are now able to avail of our walk - in service once again, usually without the need for a prior appointment.

Although Covid 19 restrictions have been lifted, Mind Yourself! continues to adhere to strict hygiene requirements.

Social distancing has been relaxed, but Mind Yourself! provides face masks available on request for our volunteers, staff and clients. Hand cleanser is provided for clients and our volunteers and staff are encouraged to use it on a regular basis throughout the day.

The office is thoroughly cleaned at the end of each working day.

Health and safety procedures are observed and monitored closely with daily records kept of general cleaning throughout the premises.

Should further restrictions occur, Mind Yourself! is fully equipped to deal with the issues which may present.

Contact
Foyle advocates
by calling at our office

foyle advocates

26-28 Bishop Street
Derry/Londonderry BT48 6PP
Telephone: (028) 7126 3461
Telephone: (028) 7126 3318

Open

12 Noon - 4.00pm
Monday - Friday

email: mindyourself@tiscali.co.uk



foyle
advocates

Supported by The Western Health and Social Care Trust

If you are in hospital:

We hold regular sessions at:

Grangewood Hospital
(Previously Gransha Hospital)
Monday and Thursday 11am-1pm
(Next to Banagher Day Centre)

and
Tyrone and Fermanagh Hospital
Omagh.
Monday 2pm - 4pm

You can also ring our office from hospital
and ask for an advocate to come
and see you.



foyle
advocates

"Helping you to get through"

Printed by CreatePrint - (028) 71 353504

foyle
advocates



26-28 Bishop Street
Derry/Londonderry BT48 6PP
Telephone: (028) 7126 3461
Telephone: (028) 7126 3318

"Helping You
To Get Through"

A PROJECT OF mind yourself!
AN INDEPENDENT MENTAL HEALTH GROUP
CHARITY REG. NO. NIC103800

Who are Foyle Advocates?

foyle advocates

is a unique project - the first of its kind
anywhere in this country. We are free,
confidential, trained and independent of
the mental health services.

Our aim is to promote empowerment - to
help people experiencing mental health
problems regain power over their own lives
and futures.

We seek to do this through:

- ♦ self help
- ♦ mutual support
- ♦ information
- ♦ advocacy

What is advocacy?

An Advocate is someone who speaks up for
you, if you need that on your road to recovery.

If you have mental health problems, it is
sometimes difficult to make your needs heard.

This can make it hard to get the right
treatment and care.

A Peer Advocate is a volunteer who has also
experienced mental health difficulties as
has everyone within the organisation.

Support from a Peer Advocate helps us
towards a good partnership for recovery.

I Keep feeling
people are
ignoring me!

Quite so!



When this happens,
you might want to
see an advocate

Your advocate can



Provide a listening ear to
help identify your needs



Make your needs and
wishes clear to those
who care for you



Get you information
about what is available
and how to get it



Provide support and
encouragement as you
learn to become your
own advocate, if that is
what you wish

PEER ADVOCACY TRAINING

Mind Yourself! was fortunate this year to secure funding for another year, supported by the Public Health Agency through the CLEAR Project. This enabled us to deliver our unique training programme, OCN Level 2 in Peer Advocacy in Mental Health.

Our model of Peer Advocacy Training has been successful for the past 24 years. The duration of the course was ten weeks, one day per week which covered many aspects of Mental Health including communication, stigma and empowerment, mental health law, housing and the social welfare system. We welcomed Guest speakers who gave talks on mental health, CBT and also mental health law. The course was followed by a further 6 support sessions of 4 hours per session where the candidates participated in activities to improve their mental well - being. These activities included Mindfulness, Meditation, Aromatherapy and Laughter Yoga and all proved to be a great success.

Four candidates successfully completed the Programme and all candidates agreed that the training and support sessions had a significant positive effect on their mental well-being, self-esteem and confidence and made them all more hopeful for the future.

PEER ADVOCACY in MENTAL HEALTH**October 2022 - January 2023****COURSE TIMETABLE**

Day 1	26 th October	Introduction What is Advocacy and the Role of the Advocate?
Day 2	2nd November	Communication.
Day 3	9 th November	Mental Health Difficulties: Many Perspectives. Communication Problems. Evaluation Period.
Day 4	16 th November	Mental Illness, Treatments and Therapies. Stigma and Empowerment.
Day 5	23rd November	Mental Health: The Law and the Person. Treatment: Alternative Views.
Day 6	30 th November	Mental Health Resources Available Locally. Keeping Safe. Evaluation Period.
Day 7	7 th December	Housing and Mental Health: Issues and Resources. Foyle Advocates, Code of Practice, Confidentiality.
Day 8	14 th December	Welfare Rights and Benefits. Difficulties and Treatments: Alternative Views.
Day 9	4 th January	Getting Started as an Advocate. Revision: Creating Questions for Quiz. Evaluation Period.
Day 10	11 th January	Quiz (in Teams); Full Course Evaluation. Presentation of Certificates; Celebration Lunch

A TYPICAL DAY IN THE OFFICE

1. Ensure that advocacy room is warm, neat and tidy and that there is a supply of pens and paper in each room
2. There must be two Advocates on duty at all times. The Advocates will decide among themselves before the first client enters the office, which one will deal with the client.
3. Check telephone and message book for appointments for the day.
4. If an Advocate has called in sick, the Advocate on duty informs the Volunteer Co-ordinator who will secure adequate cover for that day.
5. The Advocates prepare to meet their clients and will offer them tea or coffee on arrival.
6. As the day progresses, Advocates deal with telephone clients as well as those coming into the office. This typically involves listening ear, providing mental health support, form completion, housing and Social Security information.
7. On other occasions Advocates may be involved in networking, distributing posters and leaflets to other organisations, such as Doctors' surgeries, health centres, pharmacies etc to inform the public about our work.
8. At the end of the day, the Advocate in charge ensures that the heating, computers, lighting and all electric appliances are turned off and locks up.

EMPOWERMENT OF THE CLIENT

Foyle Advocates promote empowerment and provide choices to our clients.

This is done in many aspects of our work:

We are a listening ear service, and we are non-judgemental. We ourselves have had similar experiences to our clients. This empowers the client to know that they can discuss their issues in a private and confidential place and to be listened to by someone who can and does empathise with them.

We also signpost to other organisations that can help with specific issues, if need be. Our role is not to give advice or counsel, but to use our experiences of depression, anxiety and other forms of mental health issues to provide a listening ear, support and advocacy service and to give information on other services.

REVIEW OF FINANCIAL POSITION AT THE END OF YEAR

Mind yourself! accounts for the year ended 31st March 2023 were prepared in accordance with The Charities Act (Northern Ireland) 2008 and were approved by the Treasurer and Trustees.

The accounts were consequently examined by an Independent Examiner under Section 65 of the Charities Act.

Financial performance has been consistent with projected budgets and forecasts for the year.

Income

Income receipts for the year totalled £37,229, an increase of £4,428 from the previous year. We received our regular income from WHSCT and also CLEAR funding to conduct our Peer Advocacy Training Programme.

Expenditure

Expenditure for the year totalled £39,506, an increase of £4,656 from the previous financial year.

Wages and salaries remained the same as the previous financial year at £9,934. However, £1260 of this amount was apportioned to the CLEAR project and no duplicate funding occurred.

There was an increase of £3941 in Volunteers Expenses from the previous year as more Volunteers claimed expenses

CLEAR expenses amounted to £3068, plus a contribution towards wages.

There was a slight increase in Telephone and Internet Costs of £160.

There was a significant increase in Heating and Lighting Costs of £891 as all energy suppliers increased their rates.

There was also an increase in Bank Fees and Sundries of £33 and £270 respectively. There was a very small increase in Insurance costs. There was a decrease in Postage, Repairs and Maintenance and Subscriptions

Rent, Accountancy Fees and Depreciation remained the same as 2021-2022 at £12,000, £1,128 and £350 respectively.

Apart from Heating and Lighting costs, all other expenditure remained as predicted by our annual budget.

Reserve Account

Our reserve account stands at £26,574 as of 31st March 2023.

At 31st March 2023 we had accumulated restricted and unrestricted funds of £58,610. However, this cash reserve has been assigned to our future needs in the event of a reduction in funding or any future gap in funding.

Mind Yourself! and Foyle Advocates

Northern Ireland - Charity number 103800

Annual return

Mind Yourself! And Foyle Advocates

Independent Examiner's report to the charity committee members of Mind Yourself! And Foyle Advocates

We report on the accounts of the charity for the year ended 31 March 2023, which are set out on pages 6 - 12.

Respective responsibilities of charity committee members and examiner

As the charity's members you are responsible for the preparation of the accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is our responsibility to:

- examine the accounts under Section 65 of the Charities Act;
- follow the procedures laid down in the general Directions given by the Commission under Section 65(9) (b) of the Charities Act;
- state whether particular matters have come to our attention.

Basis of Independent examiner's report

We have examined your charity accounts as required under Section 65 of the Charities Act and our examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under Section 65 (9)(b) of the Charities Act.

Our examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included considerations of any unusual items or disclosures in the accounts, and seeking explanation from you as charity members concerning any such matters.

Our role is to state whether any material matters have come to our attention giving us cause to believe:

1. That accounting records were not kept in accordance with Section 63 of the Charities Act.
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act.
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

We have completed our examination and have no concerns in respect of the matters 1 - 4 listed above and, in connection with the following Directions of the Charity Commission Northern Ireland; we have found no matters that require drawing to your attention.

M. G. McCafferty & Co. Ltd
McGroarty McCafferty & Company Ltd
Accountants and Tax Consultants
2 Carlisle Terrace
Derry
N Ireland
BT48 6JX

DATE: 17 January 2024