

Me4Mental

Northern Ireland · Charity number 106818

Details

Status	Received
Registered	2017-10-27
Register	View on the Charity Commission for Northern Ireland register

Contact

Address	18A Queen Street Londonderry Bt48 7ef BT48 7EF
Phone	02871413050
Email	info@me4mental.com
Website	www.me4mental.com

Activities

Purposes: The Aims & Objectives of Me4Mentals are: (a) The advancement of health and or the saving of lives by the provision of a drop-in centre that deals with Mental Health issues for individuals suffering from Mental Health, aged eighteen or over, in the Derry/Londonderry area, that is not an alcohol/drugs crisis, addiction, or rehab facility. (b) The advancement of education of the general public throughout Derry/Londonderry of Mental Health issues to remove the stigma surrounding Mental Health. a. By informing the general public, attendees of our support groups and the support team of any courses and/or discussions regarding mental health.

What the charity does: The advancement of education, The advancement of health or the saving of lives

How the charity works: Community development, Counselling/support, Cross-border/cross-community, Disability, Medical/health/sickness, Volunteer development

Who the charity helps: Carers, General public, Men, Mental health, Older people, Parents, Physical disabilities, Specific areas of deprivation, Unemployed/low income, Victim support, Voluntary and community sector, Volunteers, Women

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£11,362	£18,915	£0	0

Trustees

Name	Role	Appointed
Miss Kathryn Lindsay		
Mr Martin Christopher Mcclean		
Mr Paddy Mccolgan		
Mr Seamus Donnell		
Mrs Patricia Flanagan Mcclean		

Me4Mental

Northern Ireland - Charity number 106818

Accounts

Charity Name



Charity Number

NIC 106818

For the period from

01/04/2024

To

31/03/2025

Statement of Receipts and Payments - Year Ended 31 March 2025

2024/2025

Receipts

	Restricted Funds	Unrestricted Funds	Total
Arcus Donation	0.00	500.00	500.00
Marks and Spencer	0.00	3,921.59	3,921.59
Building Insurance Refund	308.21	0.00	308.21
Beauty Pageant	0.00	760.00	760.00
E Doherty & Sons Ltd	0.00	500.00	500.00
Kickboxing Night	0.00	4,750.00	4,750.00
Just Giving Credit	0.00	377.48	377.48
Sponsored Walk	0.00	244.93	244.93
Totals	308.21	11,054.00	11,362.21

Payments

	Restricted Funds	Unrestricted Funds	Total
Rent	7,000.00	0.00	7,000.00
Employers Liability Insurance	677.73	0.00	677.73
Montgomery & McCleery Insurance	0.00	916.52	916.52
Telephone/Internet	822.55	0.00	822.55
Giff Gaff Mobile	48.00	0.00	48.00
Amazon Prime Membership	0.00	125.86	125.86
Cost of Fundraising - Just Giving	0.00	216.00	216.00
Web Hosting & Maintenance	0.00	152.51	152.51
Power NI	4,248.55	0.00	4,248.55
NI Water	328.96	0.00	328.96
Computer Equipment - Currys	0.00	1,410.99	1,410.99
Adobe Costs	0.00	78.84	78.84
Software Costs	0.00	40.10	40.10
Professional Printing Costs	0.00	1,138.40	1,138.40
Commercial Waste	0.00	187.20	187.20
Vetting Costs	0.00	20.00	20.00
Amazon Purchases; stationery, cleaning material etc	0.00	253.33	253.33
Refreshments - Day to day & support group	0.00	63.69	63.69
Cheque Payments	0.00	591.88	591.88
Volunteer Appreciation - Christmas Buffet	0.00	291.65	291.65
	13,125.79	5,486.97	18,612.76
Cash Withdrawals - Petty Cash	0.00	300.00	300.00
Total Payments	13,127.79	5,784.97	18,912.76
Net of Payments (receipts)	-12,819.58	5,269.03	-7,550.55

CHARITY NAME



Charity Number

NIC106818

Assets and Liabilities - Year Ended 31 March 2025			
	Unrestricted Funds	Restricted Funds	Total
Funds Reconciliation	£	£	£
Cash at bank & in hand 31/03/24	£0.00	£23,856.42	£23,856.42
Surplus/(deficit) this year end	£5,269.03	-£12,819.58	-£7,550.55
Cash at bank & in hand 31/03/25			£16,305.87
Bank & Cash Balances			
Bank Current Account			£16,305.87
Cash in Hand			
Other Assets (Unrestricted Fund)			
Approved by the Committee on		and signed on their behalf by:	
			

Vice Chair

Treasurer

Date	Income	Expenditure	Balance	Comment (s)
			23,856.42	
11/04/2024	0.00	55.57	23,800.85	BT Group DD
16/04/2024	0.00	50.00	23,750.85	Cash Withdrawal
19/04/2024	0.00	8.99	23,741.86	Amazon Prime
25/04/2024	0.00	18.00	23,723.86	Just Giving
25/04/2024	0.00	1,619.37	22,104.49	Power NI
29/04/2024	0.00	50.00	22,054.49	Cash Withdrawal
30/04/2024	0.00	2.20	22,052.29	Tesco
02/05/2024	0.00	3,500.00	18,552.29	Montgomery & McCleery Rent
02/05/2024	0.00	467.76	18,084.53	Montgomery & McCleery Insurance
08/05/2024	0.00	50.00	18,034.53	Cash Withdrawal
09/05/2024	0.00	3.70	18,030.83	Tesco
13/05/2024	0.00	64.69	17,966.14	BT Group DD
20/05/2024	0.00	8.99	17,957.15	Amazon Prime
23/05/2024	0.00	328.96	17,628.19	NI Water
28/05/2024	0.00	18.00	17,610.19	Just Giving
29/05/2024	0.00	22.64	17,587.55	Tesco
11/06/2024	0.00	72.60	17,514.95	BT Group DD
18/06/2024	0.00	61.31	17,453.64	Amazon
19/06/2024	0.00	8.99	17,444.65	Amazon Prime
25/06/2024	0.00	18.00	17,426.65	Just Giving
15/07/2024	0.00	70.75	17,355.90	BT Group DD
19/07/2024	0.00	8.99	17,346.91	Amazon Prime
19/07/2024	0.00	50.00	17,296.91	Cash Withdrawal
25/07/2024	0.00	308.21	16,988.70	Building Insurance
25/07/2024	0.00	18.00	16,970.70	Just Giving
31/07/2024	0.00	1,262.80	15,707.90	Power NI
01/08/2024	500.00	0.00	16,207.90	Arcus Donation
01/08/2024	2,359.46	0.00	18,567.36	Marks and Spencer Donation
01/08/2024	0.00	369.52	18,197.84	Building Insurance
06/08/2024	308.21	0.00	18,506.05	Building Insurance Refund
09/08/2024	0.00	55.00	18,451.05	Cheque Payment
12/08/2024	0.00	69.77	18,381.28	BT Group DD
19/08/2024	0.00	8.99	18,372.29	Amazon Prime
27/08/2024	0.00	18.00	18,354.29	Just Giving
09/09/2024	0.00	50.00	18,304.29	Cash Withdrawal
11/09/2024	0.00	69.56	18,234.73	BT Group DD
11/09/2024	0.00	245.00	17,989.73	Cheque Payment
13/09/2024	0.00	245.00	17,744.73	Cheque Payment
18/09/2024	0.00	26.35	17,718.38	Cheque Payment
19/09/2024	0.00	8.99	17,709.39	Amazon Prime
25/09/2024	0.00	18.00	17,691.39	Just Giving
10/10/2024	0.00	22.25	17,669.14	Web Hosting
14/10/2024	0.00	69.56	17,599.58	BT Group DD
15/10/2024	0.00	10.00	17,589.58	NW Vol Centre - Vetting
15/10/2024	0.00	682.80	16,906.78	Print Chameleon
16/10/2024	0.00	10.00	17,589.58	Giff Gaff

Date	Income	Expenditure	Balance	Comment (s)
21/10/2024	0.00	8.99	16,889.79	Amazon Prime
25/10/2024	0.00	18.00	16,871.79	Just Giving
28/10/2024	0.00	13.14	16,858.65	Adobe
30/10/2024	0.00	1,366.38	15,492.27	Power NI
08/11/2024	0.00	8.99	15,483.28	Amazon Prime
11/11/2024	0.00	69.56	15,413.72	BT Group DD
14/11/2024	0.00	141.43	15,272.29	Amazon
15/11/2024	0.00	8.00	15,264.29	Giff Gaff
19/11/2024	0.00	8.99	15,255.30	Amazon Prime
25/11/2024	0.00	18.00	15,237.30	Just Giving
26/11/2024	0.00	3,500.00	11,737.30	Montgomery & McCleery Rent
27/11/2024	0.00	13.14	11,724.16	Adobe
05/12/2024	0.00	8.99	11,715.17	Amazon Prime
12/12/2024	0.00	70.99	11,644.18	BT Group DD
16/12/2024	0.00	291.65	11,352.53	Molly Malones Christmas Party
16/12/2024	0.00	8.00	11,344.53	Giff Gaff
19/12/2024	0.00	8.99	11,335.54	Amazon Prime
30/12/2024	0.00	13.14	11,322.40	Adobe
30/12/2024	0.00	18.00	11,304.40	Just Giving
09/01/2025	760.00	0.00	12,064.40	Beauty Pageant
09/01/2025	500.00	0.00	12,564.40	E Doherty & Sons Donation
09/01/2025	4,750.00	0.00	17,314.40	Kickboxing Night
09/01/2025	244.93	0.00	17,559.33	Sponsored Walk
10/01/2025	0.00	69.97	17,489.36	BT Group DD
13/01/2025	0.00	1,410.99	16,078.37	Currys
15/01/2025	0.00	8.00	16,070.37	Giff Gaff
15/01/2025	0.00	448.76	15,621.61	Montgomery & McCleery
20/01/2025	0.00	8.99	15,612.62	Amazon Prime
22/01/2025	0.00	10.00	15,602.62	NW Vol Centre - Vetting
24/01/2025	0.00	40.10	15,562.52	CJS Keys
27/01/2025	0.00	13.14	15,549.38	Adobe
27/01/2025	0.00	18.00	15,531.38	Just Giving
10/02/2025	0.00	130.26	15,401.12	Web Hosting Fee
11/02/2025	0.00	26.40	15,374.72	Tesco
11/02/2025	0.00	69.97	15,304.75	BT Group
17/02/2025	0.00	8.00	15,296.75	Giff Gaff
17/02/2025	0.00	50.00	15,246.75	Cash Withdrawal
18/02/2025	0.00	8.75	15,238.00	Tesco
19/02/2025	0.00	8.99	15,229.01	Amazon Prime
25/02/2025	0.00	18.00	15,211.01	Just Giving
25/02/2025	0.00	20.53	15,190.48	Cheque Payment
26/02/2025	0.00	455.60	14,734.88	Print Chameleon
27/02/2025	0.00	13.14	14,721.74	Adobe
05/03/2025	0.00	187.20	14,534.54	Cathedral Leasing
06/03/2025	0.00	35.68	14,498.86	Amazon
11/03/2025	1,562.13	0.00	16,060.99	Marks and Spencer Donation
14/03/2025	0.00	69.56	15,991.43	BT Group
18/03/2025	0.00	8.00	15,983.43	Giff Gaff
19/03/2025	0.00	8.99	15,974.44	Amazon Prime

20/03/2025	0.00	14.91	15,959.53	Amazon
24/03/2025	333.94	0.00	16,293.47	Just Giving Credit
25/03/2025	0.00	18.00	16,275.47	Just Giving
27/03/2025	0.00	13.14	16,262.33	Adobe
31/03/2025	43.54	0.00	16,305.87	Just Giving Credit
	11,362.21	18,914.76	16,305.87	

Income 2024/25 Expenditure 2024/25 Closing Balance




Cheque No	Date	Payee	Amount
000126	18/09/2024	MJ Flood - printing and photocopies	26.35
000127	09/08/2024	CVWB No 4 Account - Vetting	55.00
000129	11/09/2024	Joe Carr NWRC OCN Level 3 Fees	245.00
000130	13/09/2024	Amber M-Sweeney OCN Level 3 Fees	245.00
000131	02/01/2025	MJ Flood - printing and photocopies	20.53

Me4Mental

Northern Ireland - Charity number 106818

Accounts

Charity Name	Charity Number	NIC 106818	
For the period from 01/04/2023 To 31/03/2024			
Statement of Receipts and Payments - Year Ended 31 March 2024			
2023/2024			
			
Receipts			
	Restricted Funds	Unrestricted Funds	Total
Donation - Anita Delivery	0.00	300.00	300.00
Donation - KSK Rathmor	0.00	989.87	989.87
Grant - John Moores Foundation	3,500.00	0.00	3,500.00
Fundraising - One Big Day	0.00	425.34	425.34
Grant - Community Fund	20,000.00	0.00	20,000.00
Totals	23,500.00	1,715.21	25,215.21
Payments			
	Restricted Funds	Unrestricted Funds	Total
Rent	7,000.00	0.00	7,000.00
Telephone/Internet	728.46	0.00	728.46
Memberships/Subscriptions	0.00	323.88	323.88
Web Hosting & Maintenance	0.00	145.52	145.52
Printing & Maintenance	0.00	45.80	45.80
Electricity & Water Charges	4,441.22	0.00	4,441.22
Commercial Waste	0.00	187.20	187.20
Vetting Costs	0.00	33.00	33.00
Amazon Purchases - Stationery, Office & Cleaning Supplies	0.00	321.40	321.40
Amazon Purchases - Electrical Equipment	0.00	97.57	97.57
MS Office Software	0.00	79.98	79.98
Refreshments - Breakfast Club, day to day & support group	0.00	83.50	83.50
Refreshments - Training & Team Building	0.00	414.70	414.70
Miscellaneous	0.00	62.05	62.05
Floral Tribute - Alana's Funeral	0.00	55.00	55.00
	12,169.68	1,849.60	14,019.28
Cash Withdrawals - Petty Cash	0.00	250.00	250.00
Total Payments	12,169.68	2,099.60	14,269.28
Net of Receipts (payments)	11,330.32	-384.39	10,945.93


CHARITY NAME



Charity Number

NIC106818

Statement of Assets and Liabilities - Year Ended 31 March 2024			
	Unrestricted Funds	Restricted Funds	Total
Funds Reconciliation	£	£	£
Cash at bank & in hand 31/03/23	£0.00	£12,910.49	£12,910.49
Surplus/(deficit) this year end	£11,330.32	-£384.39	£10,945.93
Cash at bank & in hand 31/03/24	£11,330.32	£12,526.10	£23,856.42
Bank & Cash Balances			
Bank Current Account			
Cash in Hand			
Other Assets (Unrestricted Fund)			
Approved by the Committee on		and signed on their behalf by:	
<i>[Signature]</i>		<i>[Signature]</i>	

Date	Income	Expenditure	Balance	Comment (s)
		Opening Balance	12,910.49	
31/03/2023	0.00	3,500.00	9,410.49	Montgomery & McCleery
06/04/2023	0.00	21.90	9,388.59	Tescos
11/04/2023	0.00	46.74	9,341.85	BT
11/04/2023	0.00	50.00	9,291.85	Cash Withdrawal for Petty Cash
12/04/2023	0.00	5.00	9,286.85	Poundland
14/04/2023	0.00	33.00	9,253.85	North West Volunteers Derry
14/04/2023	0.00	30.00	9,223.85	O2 Top Up
19/04/2023	0.00	8.99	9,214.80	Amazon Prime
20/04/2023	0.00	54.14	9,160.72	Amazon
25/04/2023	0.00	18.00	9,142.72	Just Giving
27/04/2023	0.00	55.00	9,087.72	Beechwood Flowers
27/04/2023	0.00	22.90	9,064.82	Cheque 000123 (MJ Flood)
27/04/2023	0.00	22.90	9,041.92	Cheque 000125 (MJ Flood)
11/05/2023	0.00	144.00	8,897.92	Subway (Training)
12/05/2023	0.00	11.25	8,886.67	Tescos
12/05/2023	0.00	2.35	8,884.32	Tescos
12/05/2023	0.00	54.86	8,829.46	BT
19/05/2023	0.00	8.99	8,820.47	Amazon Prime
22/05/2023	300.00	0.00	9,120.47	Donation (Anita Delivery)
25/05/2023	0.00	13.50	9,106.97	City Home Bakery
25/05/2023	0.00	18.00	9,088.97	Just Giving
25/05/2023	0.00	2,317.04	6,771.93	Power NI
26/05/2023	989.87	0.00	7,761.80	Donation (KSK Rathmor)
07/06/2023	0.00	6.45	7,755.35	City Bakery
12/06/2023	0.00	54.86	7,700.49	BT Group
14/06/2023	0.00	7.10	7,693.39	Tescos
15/06/2023	0.00	312.42	7,389.97	NI Water
19/06/2023	0.00	8.99	7,371.98	Amazon Prime
26/06/2023	0.00	18.00	7,353.98	Just Giving
28/06/2023	0.00	63.55	7,290.43	City Bakery
13/07/2023	0.00	54.86	7,235.57	BT Group
19/07/2023	0.00	8.99	7,226.58	Amazon Prime
25/07/2023	0.00	18.00	7,208.58	Just Giving
26/07/2023	3,500.00	0.00	10,708.58	Donation John Moore
02/08/2023	0.00	1,465.66	9,242.92	Power NI
11/08/2023	0.00	54.86	9,188.06	BT Group
14/08/2023	0.00	1.80	9,186.26	North Wing Coffee
21/08/2023	0.00	8.99	9,177.27	Amazon Prime
23/08/2023	0.00	30.00	9,147.27	O2
25/08/2023	0.00	18.00	9,129.27	Just Giving
11/09/2023	0.00	54.86	9,074.41	BT Group
14/09/2023	0.00	115.43	8,958.98	Amazon
19/09/2023	0.00	8.99	8,949.99	Amazon Prime
21/09/2023	0.00	39.99	8,910.00	CJS CD Keys
21/09/2023	0.00	39.99	8,870.01	CJS CD Keys

Date	Income	Expenditure	Balance	Comment (s)
25/09/2023	0.00	18.00	8,852.01	Just Giving
10/10/2023	0.00	21.34	8,830.67	Lets Host
12/10/2023	0.00	3,500.00	5,330.67	Montgomery & McCleery
12/10/2023	0.00	54.97	5,275.70	BT Group
16/10/2023	425.34	0.00	5,701.04	One Big Day
19/10/2023	0.00	8.99	5,692.05	Amazon Prime
25/10/2023	0.00	18.00	5,674.05	Just Giving
13/11/2023	0.00	54.86	5,619.19	BT Group
20/11/2023	0.00	8.99	5,610.20	Amazon Prime
22/11/2023	0.00	82.48	5,527.72	Amazon
23/11/2023	0.00	50.00	5,477.72	Cash Withdrawal
27/11/2023	0.00	18.00	5,459.72	Just Giving
04/12/2023	0.00	270.70	5,189.02	Volunteer Christmas Dinner
12/12/2023	0.00	54.86	5,134.16	BT Group
19/12/2023	0.00	8.99	5,125.17	Amazon Prime
28/12/2023	0.00	18.00	5,107.17	Just Giving
11/01/2024	0.00	54.86	5,052.31	BT Group
16/01/2024	0.00	5.70	5,046.61	Tesco
19/01/2024	0.00	8.99	5,037.62	Amazon Prime
24/01/2024	0.00	346.10	4,691.52	Power NI
25/01/2024	0.00	18.00	4,673.52	Just Giving
25/01/2024	0.00	50.00	4,623.52	Cash Withdrawal
09/02/2024	20,000.00	0.00	24,623.52	Community Fund Grant
09/02/2024	0.00	124.18	24,499.34	Web Hosting
12/02/2024	0.00	67.34	24,432.00	BT Group
15/02/2024	0.00	6.95	24,425.05	Marks & Spencer
19/02/2024	0.00	8.99	24,416.06	Amazon Prime
19/02/2024	0.00	50.00	24,366.06	Cash Withdrawal
26/02/2024	0.00	18.00	24,348.06	Just Giving
07/03/2024	0.00	36.94	24,311.12	Amazon
13/03/2024	0.00	60.53	24,250.59	BT Group
14/03/2024	0.00	187.20	24,063.39	Cathedral Leasing
14/03/2024	0.00	50.00	24,013.39	Cash Withdrawal
19/03/2024	0.00	8.99	24,004.40	Amazon Prime
21/03/2024	0.00	69.99	23,934.41	Amazon
25/03/2024	0.00	18.00	23,916.41	Just Giving
27/03/2024	0.00	59.99	23,856.42	Amazon



Income 2023/24	Expenditure 2023/24	Closing Balance
25215.21	14269.28	23,856.42

Me4Mental

Northern Ireland - Charity number 106818

Annual report

PUBLIC BENEFIT

The direct benefits which flow from purpose (a) are the relief and the advancement of people who suffer from mental health, within all communities of the Derry/Londonderry area, by providing a safe and secure environment where mental health sufferers and carers can openly speak at our weekly support groups and signpost them to the appropriate services to meet their needs.

The direct benefits which flow from purpose (b) are: (i) The general public have a better understanding of mental health, which reduces the stigma surrounding mental health. (ii) Attendees of the support group have a better understanding of their mental health. (iii) The support staff will be better equipped to understand an individual's mental health needs.

These benefits can be identified by feedback from the beneficiaries can be found on our Facebook page in the review section and testimonials (www.facebook.com/pg/Me4Mental/reviews)

No harm has arisen from these purposes that has been brought to the committee's attention.

The charity's beneficiaries are those whom attend our support groups. The beneficiaries also include carers and the general public who gain an insight into mental health.

There is neither private gain nor organisational gain from the purposes of Me4Mental.

WHAT WE DO

Me4Mental provide support groups on a weekly basis, as well as a web like service, which we currently manned 24/7.

We, Me4Mental, aim to create a collaborative support network here in Derry/Londonderry. Collaboration/association with organisations that offer services to which we can refer, in terms of the care and support of the individual, on to where appropriate, is vital in order to ensure that the individual gets access to any and ALL help that is available.

The Aims & Objectives of Me4Mental are:

(a) The advancement of health and or the saving of lives by the provision of a drop-in centre that deals with Mental Health issues for individuals suffering from Mental Health, aged eighteen or over, in the Derry/Londonderry area, that is not an alcohol/drugs crisis, addiction, or rehab facility.

(b) The advancement of education of the general public throughout Derry/Londonderry of Mental Health issues to remove the stigma surrounding Mental Health. a. By informing the general public, attendees of our support groups and the support team of any courses and/or discussions regarding mental health.

Me4Mental

Northern Ireland - Charity number 106818

Annual return

All Saints
clooney

www.allsaintsclooney.com

Graham Rankin
Honorary Treasurer

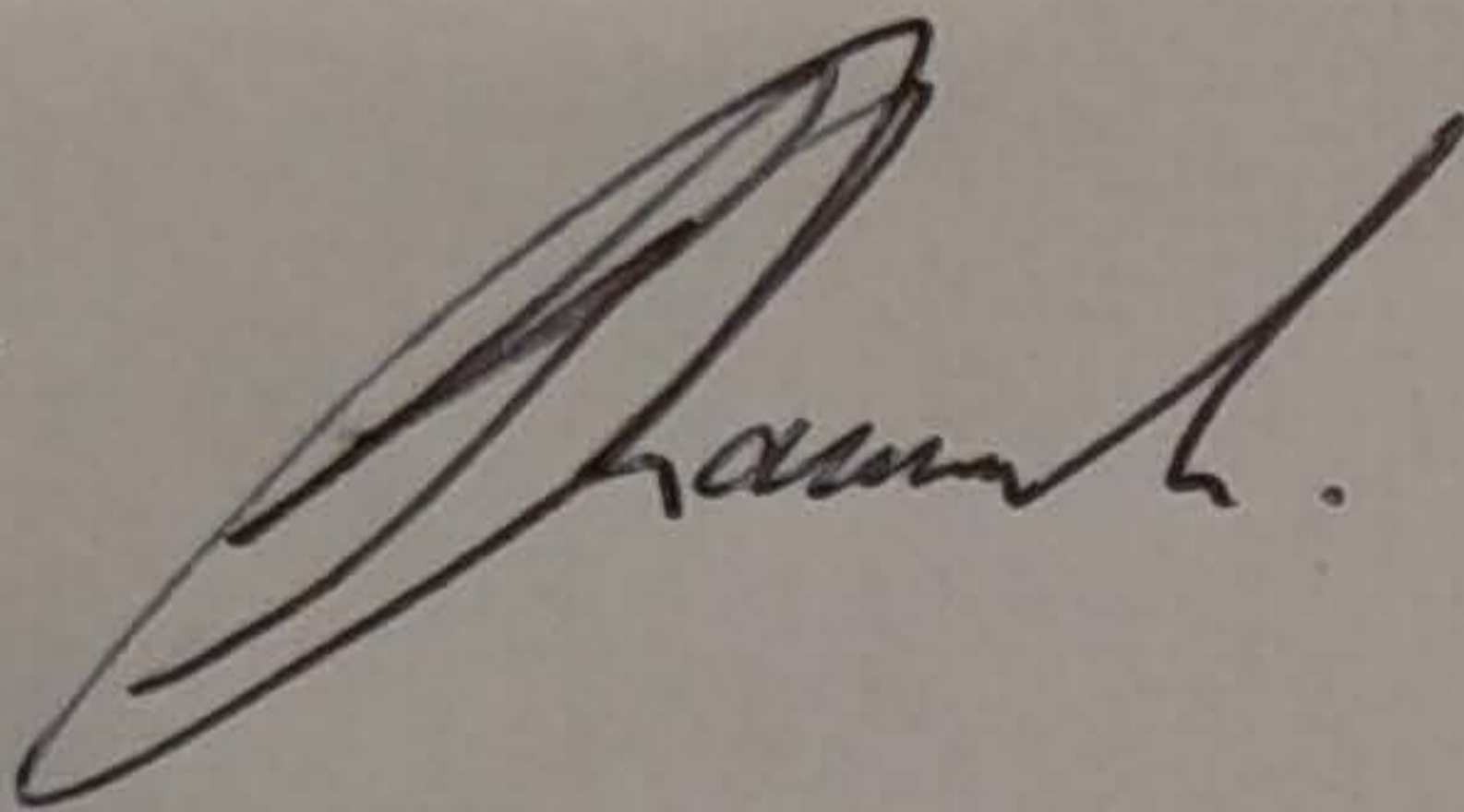
07899998663

treasurer.allsaints@hotmail.com

To Whom It May Concern

**Re: Me4Mental
Financial Year Ending 04 April 2024**

This is to confirm that I have examined the books and bank statements for Me4Mental and believe they show a true and accurate record of the income and expenditure for the financial year ending 4th April 2024.



Honorary Treasurer

Parish Office, 21 Glendermott Road, Londonderry, BT47 6BB

Registered with The Charities Commission for Northern Ireland NIC104877

Me4Mental

Northern Ireland - Charity number 106818

Accounts

Opening Balance

14,228.40



Date	Income	Expenditure	Balance	Comment (s)
28/02/2022		41.94	14,186.46	Talk Talk
02/03/2022	5,000.00		19,186.46	Community Foundation
11/03/2022		7.99	19,178.47	Amazon Prime
15/03/2022		26.02	19,152.45	Cheque Montgomery & McCleery -
16/03/2022		3,500.00	15,652.45	Rent
16/03/2022		187.20	15,465.25	Cathedral Leasing
21/03/2022		93.93	15,371.32	Argos
25/03/2022		18.00	15,353.32	Just Giving
28/03/2022		42.55	15,310.77	Talk Talk
11/04/2022		7.99	15,302.78	Amazon Prime
13/04/2022		30.00	15,272.78	O2 Top Up
13/04/2022		30.00	15,242.78	O2 Top Up
25/04/2022		18.00	15,224.78	Just Giving
26/04/2022		19.40	15,205.38	Talk Talk
27/04/2022		0.00	15,205.38	Land & Property Services
11/05/2022		7.99	15,197.39	Amazon Prime
12/05/2022		100.00	15,097.39	Cash Withdraw for Petty Cash
13/05/2022		274.81	14,822.58	NI Water
13/05/2022		181.84	14,640.74	Power NI
16/05/2022	389.80		15,030.54	Just Giving Donation
25/05/2022		18.00	15,012.54	Just Giving
26/05/2022		28.76	14,983.78	Talk Talk
31/05/2022	448.77		15,432.55	Just Giving Donation
14/06/2022	282.89		15,715.44	Just Giving Donation
15/06/2022		51.14	15,664.30	BT Initial Payment
20/06/2022	752.57		16,416.87	Just Giving Donation
21/06/2022		136.75	16,280.12	Talk Talk
21/06/2022		18.00	16,262.12	Just Giving
05/07/2022	38.84		16,300.96	Just Giving Donation
05/07/2022		50.84	16,250.12	Cheque 000121
13/07/2022		46.74	16,203.38	BT Group Cash Withdrawl for Petty
21/07/2022		40.00	16,163.38	Cash
25/07/2022		319.82	15,843.56	Amazon
25/07/2022		18.00	15,825.56	Just Giving
01/08/2022		239.00	15,586.56	Currys Cash Withdrawl For Petty
03/08/2022		60.00	15,526.56	Cash
08/08/2022		70.46	15,456.10	Quaywest - Staff Lunch
11/08/2022		76.27	15,379.83	FGM Fire Protection

11/08/2022		269.39	15,110.44	Power NI
11/08/2022		46.74	15,063.70	BT Group
25/08/2022		18.00	15,045.70	Just Giving
				Montgomery & McCleery -
08/09/2022		3,500.00	11,545.70	Rent
12/09/2022		46.74	11,498.96	BT Group
15/09/2022		191.99	11,306.97	Currys
26/09/2022		18.00	11,288.97	Just Giving
28/09/2022		15.91	11,273.06	LetsHost.ie
29/09/2022		26.00	11,247.06	M McLaughlin & Son
11/10/2022		50.00	11,197.06	Cash Withdraw for Petty Cash
12/10/2022		0.99	11,196.07	Amazon Prime
12/10/2022		48.76	11,147.31	BT Group
13/10/2022		28.48	11,118.83	Amazon
19/10/2022		8.99	11,109.84	Amazon Prime
24/10/2022		58.89	11,050.95	Amazon
25/10/2022		30.00	11,020.95	O2 Top Up
25/10/2022		18.00	11,002.95	Just Giving
31/10/2022		68.66	10,934.29	JustEat - Staff Lunch
11/11/2022		46.74	10,887.55	BT Group
17/11/2022		819.60	10,067.95	Print Chameleon
17/11/2022		43.36	10,024.59	Amazon
21/11/2022		8.99	10,015.60	Amazon Prime
22/11/2022		17.00	9,998.60	Facebook Adverts
25/11/2022	543.96		10,542.56	Credit No 000064 980985
25/11/2022		18.00	10,524.56	Just Giving
09/12/2022	10,000.00	0.00	20,524.56	Mains Grant
09/12/2022		120.00	20,404.56	Staff Night Out
12/12/2022		46.74	20,357.82	BT Group
16/12/2022		3,750.96	16,606.86	Power NI
19/12/2022		8.99	16,597.87	Amazon Prime
19/12/2022		3.00	16,594.87	Facebook Adverts
29/12/2022		18.00	16,576.87	Just Giving
11/01/2023		187.20	16,389.67	Cathedral Leasing LTD
11/01/2023		8.99	16,380.68	Amazon
11/01/2023		46.74	16,333.94	BT Group
12/01/2023		24.29	16,309.65	Cheque 000122
16/01/2023		69.64	16,240.01	Amazon
19/01/2023		8.99	16,231.02	Amazon Prime
25/01/2023		18.00	16,213.02	Just Giving
26/01/2023		1,995.28	14,217.74	Power NI
31/01/2023		66.99	14,150.75	Amazon
				Montgomery & McCleery -
02/02/2023		418.13	13,732.62	Insurance
08/02/2023		130.98	13,601.64	Amazon
09/02/2023		99.13	13,502.51	LetsHost.ie
				Cash Withdrawl For Petty
09/02/2023		100.00	13,402.51	Cash

13/02/2023	46.74	13,355.77	BT Group
20/02/2023	1.70	13,354.07	Facebook Advert
20/02/2023	8.99	13,345.08	Amazon Prime
27/02/2023	18.00	13,327.08	Just Giving
			Access Underwriting
02/03/2023	292.86	13,034.22	(Insurance)
14/03/2023	46.74	12,987.48	BT Group
15/03/2023	50.00	12,937.48	Cash Withdraw for Petty Cash
20/03/2023	8.99	12,928.49	Amazon Prime
27/03/2023	18.00	12,910.49	Just Giving
	17,456.83	18,774.74	12,910.49

Me4Mental

Northern Ireland - Charity number 106818

Annual report

Aims and Purposes

Me4Mental is a voluntary non-profit organisation set up to provide support to individuals with poor mental health and to make an impact on the rate of suicide in Derry/Londonderry and remove the stigma surrounding mental health.

Objectives and Activities

The main activities and objectives of Me4Mental are:

- (a) The advancement of health and or the saving of lives by the provision of a drop-in Centre that deals with mental health issues for individuals suffering from mental health aged eighteen or over, in Derry/Londonderry area, that is not an alcohol/drugs crisis, addiction, or rehab facility.
- (b) The advancement of education of the public throughout Derry/Londonderry of mental health issues to remove the stigma around mental health
 - (1) By informing the public, attendees of our support group and support team of any courses and or discussions regarding mental health.

Achievements and Performance

Drop Centre

We opened our drop-in centre 13th March 2018 which provides not only a drop-in listening ear service but also allows individuals to book a specific time to avail of the listening ear service. We not only provide a listening ear service from this centre but in addition provide services such as phone support, peer-to-peer support groups, enrichment programs, mental health advocacy and community support work. To date we have had a total of 800+ individuals who have availed of these services at our drop-in centre,

Over the 2-year period of lockdown, we supported those in isolation by telephone calls on a daily/weekly basis. This averaged 30+ per day.

Support Groups

We currently have 1 peer-to-peer support groups every Thursday night, where 700+ individuals availed of this support group in the last year.

Breakfast Club

We also hold a breakfast club every Monday morning, where 480+ individuals have availed of this service since February 2023. This service provides a warm safe environment for those suffering from ill mental health and helps combat social isolation.

Online Support

Our online support group is a closed support group has been running since January 2017. We have continued to provide this online support service with a team of eight admin staff available to facilitate this support. We currently have 8000+ members availing of this service.

Educational Program

In response to requests from local secondary schools we developed and delivered a mental health education enrichment program. This program involves taking a group of secondary students for a period of six weeks and educating them on issues surrounding mental health and where to seek support and methods of self-care to reduce stress. This education program was delivered in one local secondary school with other education establishments currently on the waiting list to receive this program. The education program ran from October to April and a new group of students participated in the program every six weeks.

Enrichment Programs

We have currently developed and delivered four enrichment programs. These programs included music, drama, photography, meditation, and mindfulness and ran for approximately six weeks, with music being delivered three times and meditation twice. In addition, we also facilitated a teen program giving teens a safe space to discuss mental health, this program ran for six months.

Promotion of Mental Health Awareness

We have taken part in a number of informational events with statutory bodies, voluntary organisations and local businesses. These include events such as Carers events through the Western Trust and providing a one-off informational session and support group with local schools and businesses.

Community Support Work

In addition to our above services, we have expanded our reach to provide community support workers to those individuals that require additional support with their mental health. During this year we have provided the opportunity for two of our volunteers to undertake community support work training and currently have another two volunteers scheduled for training this coming academic year. We have successfully delivered this service to one client and are currently identifying individuals that could benefit from this service in the future.

Volunteers

The services we are now providing have increased in the last year, with the opening of our drop-in centre we have decreased the number of volunteers to 13. These volunteers have received all relevant training such as OCN Level III diploma in Mental Health, Open University, Safe Talk, Mental Health First Aid and ASIST to enable them to provide a listening ear service on a drop in or appointment basis. We would like to take this opportunity to thank all our volunteers for their hard work and commitment. We have also a student from the University of Ulster commencing their placement with us in the coming academic year. As our services expand, we will continue to recruit and train new volunteers as required.

Structure, Governance and Management

Me4Mental is governed by a management committee of five individuals in a voluntary capacity. The committee meets every first Wednesday of the month to discuss the day-to-day aspects of running the organisation. The committee members all hold certain roles and responsibilities in accordance with our constitution. The management committee is responsible for making decisions on all matters of general concern and importance including deciding on how the funds of Me4Mental are spent. We have appointed a new committee member in whom is our Volunteers Coordinator & Pastoral Officer.

Administrative Information

Me4Mental is situated on

18a Queen Street

Derry/Londonderry

BT48 7EF

Tel: 02871413050

Email: info@me4mental.com

Alt Email: me4mental2017@gmail.com

Me4Mental is a voluntary organisation is registered with the Charity Commission of Northern Ireland.

Me4Mental Management Committee members who have served from the founding of the organisation until the date of this report and there is no view of this changing in the future currently.

Management Committee Member are:

Chairperson

Vice-Chairperson

Secretary & Treasurer

Funding Officer & Administrator

Volunteers Coordinator & Pastoral Officer

Patricia Flangan McClean

Martin McClean

Seamus Donnell

Kathryn Lindsay

Patrick McColgan

Me4Mental

Northern Ireland - Charity number 106818

Annual return

All Saints
clooney
www.allsaintsclooney.com

Graham Rankin
Honorary Treasurer

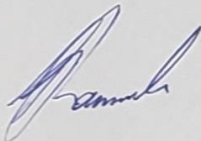
07899998663

treasurer.allsaints@hotmail.com

To Whom It May Concern

Re: **Me4Mental**
Financial Year Ending 04 April 2022
Financial Year Ending 04 April 2023

This is to confirm that I have examined the books and bank statements for Me4Mental and believe they show a true and accurate record of the income and expenditure for the financial years ending 4th April 2022 and 4th April 2023.



Honorary Treasurer