

# Me You and Them

Northern Ireland · Charity number 107984

## Details

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**Status** Received

**Registered** 2020-09-07

**Register** [View on the Charity Commission for Northern Ireland register](#)

## Contact

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**Address** 6 Fogart Road  
Clogher  
Bt76 0xw  
BT76 0XW

**Phone** 07746092096

**Email** [glena@meyouandthem.org](mailto:glena@meyouandthem.org)

**Website** [www.meyouandthem.org](http://www.meyouandthem.org)

## Activities

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**Purposes:** The Association is established to promote the benefit of the inhabitants of the Dungannon area and its surrounding environs (hereinafter called the “area of benefit”) without distinction of age, gender, sexuality, nationality, ethnic origin, political or religious opinion, by associating the statutory authorities, voluntary organisations and the inhabitants in a common effort to promote health, mental health, wellbeing and education and by providing or assisting in the provision of facilities in the interests of social welfare for recreation or other leisure-time occupation, with the object of improving the conditions of life for the said inhabitants and in particular to: (a) Promote the fostering of positive mental health and to improve the emotional wellbeing of people residing in the area of benefit; (b) Alleviate distress in the area of benefit through the development of positive support systems and networks within the community. (c) Provide education, training, signposting and support to local communities.

**What the charity does:** The advancement of citizenship or community development

**How the charity works:** Advice/advocacy/information,Community development,Community enterprise,Education/training,General charitable purposes,Relief of poverty,Welfare/benevolent

**Who the charity helps:** General public

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£59,497	£50,211	£0	0

## Trustees

Name	Role	Appointed
Carolina Lima		
Ms Catherine Mullin		
Ms Glena Mcdowell-Khan		
Ms Moira Harvey		
Ms Stephanie Hill		
Theo Sathos Cardoso		

**Me You and Them**

Northern Ireland - Charity number 107984

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# Accounts

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Reg No: NIC107984

Me, You and Them

Income & Expenditure Statement

for the year ended 31st March 2025

MT Accountancy  
32A Killican Road  
Cookstown  
Co. Tyrone  
BT80 9JW

**Me, You and Them**

**Charity Registered Number: NIC107984**

**Accountants Report**

**for the year ended 31st March 2025**

In accordance with your instructions we have compiled the unaudited income and expenditure statements to 31 March 2025 from the accounting records and information and explanations supplied to us.

A handwritten signature in black ink, consisting of the letters 'M' and 'T' joined together, with a long horizontal stroke extending to the right from the 'T'.

MT Accountancy  
32A Killucan Road  
Cookstown  
Co. Tyrone  
BT80 9JW

6th November 2025

Income for the year ended 31st March 2025

	<u>31.03.2025</u>	<u>31.03.2024</u>
	£	£
<b>Income</b>		
Cash for Kids	16,319	14,750
General Donations	18,278	14,309
Recycling	5,000	4,794
<u>Grants:</u>		8,400
Awards for All	17,650	
Fibrus	2,000	
DfC	250	
	<hr/>	
	19,900	
	<hr/>	
<b>PROFIT FOR THE FINANCIAL YEAR</b>	<b>59,497</b>	<b>42,254</b>
	<hr/> <hr/>	<hr/> <hr/>
Overall Surplus / (Deficit)	9,286	6,200

I approve these Incomes and Expenditures and confirm that I have made available all relevant records and information for their preparation

Mrs Glena McDowell-Khan

Date:

Expenditure for the year ended 31st March 2025

	31.03.2025	31.03.2024
	£	£
<b>Expenses</b>		
Accountancy	300	300
Advertising	3,563	1,785
Bank Fees	72	76
Diesel / Travel Expenses	2,066	874
Programme Costs	27,613	18,920
Insurance	3,434	1,614
Light & Heat	2,307	2,873
Water Rates	240	122
Rent	9,516	7,250
Telephone	600	1,739
Volunteer Expenses	500	500
	<u>50,211</u>	<u>36,054</u>

**Statement of Financial Position**  
**as at 31st March 2025**

	<b>31.03.2025</b>	<b>31.03.2024</b>
	<b>£</b>	<b>£</b>
Cash in Bank	48,766	39,480
Equipment	6,506	6,506
Vans	20,394	20,394
<b>TOTAL ASSETS</b>	<b>75,666</b>	<b>66,380</b>

**Fixed Assets**

**Plant & Equipment**

Balance @ 01.04.2024	6,506
Additions Y/E 31.03.2025	-
Disposals Y/E 31.03.2025	-
<b>Balance @ 31.03.2025</b>	<b>6,506</b>

**Vans**

Balance @ 01.04.2024	20,394
Additions Y/E 31.03.2025	-
Disposals Y/E 31.03.2025	-
<b>Balance @ 31.03.2025</b>	<b>20,394</b>

**Me You and Them**

Northern Ireland - Charity number 107984

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# Accounts

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**Reg No: NIC107984**

**Me, You and Them**

**Income & Expenditure Statement**

**for the year ended 31st March 2024**

**DJM Bookkeeping Limited  
50 Deerpark Road  
Derryheanlish  
Roslea  
Co. Fermanagh  
BT92 7FB**

**Me, You and Them**  
**Charity Registered Number: NI650606**

**Accountants Report**  
**for the year ended 31st March 2024**

In accordance with your instructions we have compiled the unaudited income and expenditure statements to 31 March 2024 from the accounting records and information and explanations supplied to us.

DJM Bookkeeping Limited  
50 Deerpark Road  
Derryheanish  
Roslea  
Co. Fermanagh  
BT92 7FB

20th October 2024

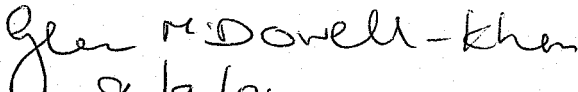
Me, You and Them  
Charity Registered Number: NI650606

**Income for the year ended 31st March 2024**

	<b>31.03.2024</b>	<b>31.03.2023</b>
	<b>£</b>	<b>£</b>
<b>Income</b>		
Cash for Kids	14,750	15,578
Community Foundation Grant	-	8,675
General Donations	14,309	8,518
John Moore Foundation	-	2,500
Recycling	4,794	5,102
Sainsbury's Grant	-	1,500
Grants	8,400	-
<b>PROFIT FOR THE FINANCIAL YEAR</b>	<b><u>42,254</u></b>	<b><u>41,873</u></b>
Overall Surplus / (Deficit)	6,200	9,962

I approve these Incomes and Expenditures and confirm that I have made available all relevant records and information for their preparation

Mrs Glena McDowell-Khan

Date:   
8/19/24

**Expenditure for the year ended 31st March 2024**

	<b>31.03.2024</b>	<b>31.03.2023</b>
	<b>£</b>	<b>£</b>
<b>Income</b>		
Accountancy	300	250
Advertising	1,785	1,097
Arts & Crafts	1,601	1,509
Bank Fees	76	64
Cash for Kids	9,939	6,997
Comic Relief	7,380	5,384
Diesel / Travel Expenses	874	1,572
Donations	-	55
Food	-	60
Insurance	1,614	1,118
Light & Heat	2,873	2,012
Water Rates	122	362
Printing & Stationery		489
Rent	7,250	7,200
Rent Deposit (Lurgan)	-	1,750
Telephone	1,739	532
Website Costs	-	1,460
Volunteer Expenses	500	-
	<b><u>36,054</u></b>	<b><u>31,911</u></b>

**Statement of Financial Position**  
**as at 31st March 2024**

	<b>31.03.2024</b>	<b>31.03.2023</b>
	£	£
Cash in Bank	39,480	41,020
Equipment Additions	6,506	6,506
Van Additions	20,394	12,654
<b>TOTAL ASSETS</b>	<b>66,380</b>	<b>60,180</b>

**Fixed Assets**

**Plant & Equipment**

Balance @ 01.04.2023	6,506
Additions Y/E 31.03.2024	-
Disposals Y/E 31.03.2024	-
<b>Balance @ 31.03.2024</b>	<b>6,506</b>

**Vans**

Balance @ 01.04.2023	12,654
Additions Y/E 31.03.2024	7,740
Disposals Y/E 31.03.2024	-
<b>Balance @ 31.03.2024</b>	<b>20,394</b>

**Me You and Them**

Northern Ireland - Charity number 107984

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# Annual report

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# Annual Report & Report on Public Benefit

## **Me You and Them (MYAT)**

5-6 Feeneys Lane Dungannon BT70 1TX Telephone 07746092096  
Email, [glena@meyouandthem.org](mailto:glena@meyouandthem.org) Website [www.meyouandthem.org](http://www.meyouandthem.org)

Registered with the Charity Commission for Northern Ireland NIC107984

Registered January 2020

### **REPORTING PERIOD**

**1 April 2023 - 31 March 2024**

### **TRUSTEES**

Glena McDowell-Khan  
Catherine Mullin  
Theo Galhos Cardoso  
Moira Harvey  
Carolina Limo  
Keelin Garland  
Ann McGlone  
Jane Abernethy

*Chairperson*

*Vice Chairperson*

*Secretary & Company Secretary* Appointed: 11/08/2023

*Treasurer*

Deceased

### **PURPOSES**

(a) Promote the fostering of positive mental health and to improve the emotional wellbeing of people residing in the area of benefit.

(b) Alleviate distress in the area of benefit through the development of positive support systems and networks within the community.

(c) Provide education, training, signposting and support to local communities

### **BENEFICIARIES**

The charity's beneficiaries shall be open to the following, irrespective of ethnic identity, disability, age, gender, political party, nationality, sexual orientation, marital status, or religion:

### **ACTIVITIES**

- Volunteer opportunities
- Christmas wreaths
- Drop in centre
- Befriending service
- Santa visits
- Christmas dinner to 75
- Holistic therapies
- Toys for Christmas
- Heating oil
- Trip away to We are Vertigo
- Food bank

- Pumpkin Painting
- Use of electronic devices
- Essential furniture items

## **ACHIEVEMENTS**

### **HOW MAIN ACTIVITIES HAVE BENEFITED BENEFICIARIES**

- Supported over 3500 people.
- 170 families received essential furniture items.
- 380 people have used our drop in centre. Of which 67 referred to other services
- 255 families used the food bank.
- Workshops on mental health delivered to 245 people
- Reduced food poverty
- Reduced isolation
- Alleviated financial stresses around Christmas for some families.
- Supported the homeless with warm clothes.
- Worked with housing associations to get repairs carried out .

## **FINANCIAL REVIEW AT END OF YEAR**

**FINANCIAL POSITION AT END OF YEAR:** Although funding is difficult to secure The Charity is in a strong financial position.

**OUTSTANDING DEBTS OR LIABILITIES:** There were no debts or outstanding debts or liabilities.

**RESERVES POLICY:** A Reserves Policy is in place which allows for an annual reserve to be held of between £6000-£8000

**FUNDS IN MATERIAL DEFICIT & STEPS TAKEN TO MITIGATE:** There were no funds in material deficit.

**FINANCIAL MITIGATION:** Not applicable.

**FUNDS HELD BY THE CHARITY AS A CUSTODIAN TRUSTEE:** None – Not applicable.

## **RESTRICTIONS ON WHO CAN BENEFIT**

There are no restrictions on who can benefit.

We do not charge any fees.

There are no charges to access any events or services.

There are no restrictions based on personal characteristics.

## **PUBLIC BENEFIT**

The direct benefits which flow from our purposes include improved positive mental health. They provide a range of services, including financial support, guidance on accessing benefits and employment, and mental health support. Specifically, they help individuals with crisis situations, access education and employment, and offer training on digital communication for employability. They also provide peer-to-peer befriending and a drop-in center for mental health assessments. Additionally, the charity offers support visits for those needing assistance with claiming benefits, as well as guidance on finding work and managing debt

## **PRIVATE BENEFIT**

There is no private benefit to any individual.

**HARM**

No harm has flowed from any of our Purposes.

**SERIOUS INCIDENT REPORTING**


There are no serious incidents to report.

**VULNERABLE BENEFICIARIES**

Appropriate Policies, Procedures and Training are in place such as POCVA Policy & Procedures.

**STATEMENT OF COMPLIANCE**

The Trustees have complied with their duty to have due regard to the Charity Commission NI's Public Benefit Guidance when exercising any powers or duties to which the guidance is relevant.

Signed:  Chairperson

Date: 28/4/25

**Me You and Them**

Northern Ireland - Charity number 107984

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# Annual return

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# **Independent Examiners Report**

## **Me You and Them – Registered Charity Number 107984**

### **Independent examiner's report to the charity trustees of Me, You and Them**

I report on the accounts of the charity for the year ended 31 March 2024, which are set out on pages 2 to 6.

### **Respective responsibilities of charity trustees and examiner**

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

It is my 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 my attention.

### **Basis of independent examiner's report**

I have examined your charity accounts as required under section 65 of the Charities Act and my 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.

My 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 consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me 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**

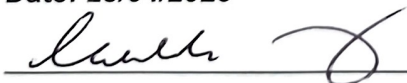
I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

**Name: Michael Tracey FCA LLB**

**Relevant professional qualification or body: FCA – Chartered Accountants Ireland**

**Address: 32A Killucan Road, Cookstown, Co Tyrone. BT80 9JW**

**Date: 28/04/2025**



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**Me You and Them**

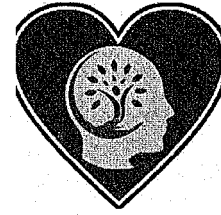
Northern Ireland - Charity number 107984

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# Accounts

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Me You and Them



Treasurers Report for the year ending 31<sup>st</sup> March 2023

Opening Balance	£35,270
Income received	£41,873
Expenditure	£31,911
Cash in bank	£41,020

Moira Harvey

Treasurer

**Me You and Them**

Northern Ireland - Charity number 107984

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# Annual report

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# Me You and Them AGM 2023 Minutes

## Me You and Them 4<sup>TH</sup> August 2023

1. Minutes of last AGM
2. Matters arising- none and minutes agreed

## 2.Reports and accounts

### Auditors

Prepared by Dominic Rafferty

## Attendees

Zoom attendance

Chairperson Glena McDowell-Khan

Treasurer Moira Harvey

James Divine

Theo Cardos

Carolina Lima

Keelin

Catherine Mullin

## 1. What the charity has delivered and made available

- Volunteer opportunities
- Christmas wreaths
- Drop in centre
- Befriending service
- Santa visits
- Christmas dinner to 75
- Holistic therapies
- Toys for Christmas
- Heating oil
- Trip away to We are Vertigo
- Food bank
- Pumpkin Painting
- Use of electronic devices
- Essential furniture items

## Funding Secured

First year completed from Comic Relief funding ,year 2 paid in March

- 1<sup>st</sup> year John Moore Foundation £2500
- Cash for Kids £15578
- Sainsbury £1500
- 2<sup>nd</sup> Year of The Community Foundation £8675
- Cash donation £8518
- Recycling £5102
- Hope for youth £2500

## What has the charity achieved?

- Supported over 3500 people.
- 170 families received essential furniture items.
- 380 people have used our drop in centre. Of which 67 referred to other services
- 255 families used the food bank.
- Secured new premises in Lurgan.
- Reduced food poverty
- Reduced isolation
- Alleviated financial stresses around Christmas for some families.
- Supported the homeless with warm clothes.
- Worked with housing associations to get repairs carried out .

## Impact and Benefits

- Students able to keep up with schoolwork.
- Families enjoying Christmas.
- Kids getting fed.
- Families getting a good night sleep.
- Moved families to suitable housing.
- Over 2000 people reported improvement in mental health

## Priorities for the coming year

- Plan and deliver programmes.
- Look at funding available.
- Build service in Lurgan
- More networking
- Raise awareness of the charity

Forms all uploaded to CCNI of new members last year

No new board members

Meet closed by chairperson Glenna McDowell-Khan 8PM

**Me You and Them**

Northern Ireland - Charity number 107984

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# Annual return

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**ME, YOU AND THEM**

**INCOME & EXPENDITURE**  
**STATEMENT**

**FOR THE YEAR ENDED 31 MARCH 2023**

**DOMINIC RAFFERTY & CO LTD**  
**CHARTERED ACCOUNTANTS**  
**2B CABRAGH ROAD**  
**DUNGANNON**  
**CO TYRONE**  
**BT70 3AH**

## **ACCOUNTANT'S REPORT**

### **Me, You and Them**

In accordance with your instructions we have compiled the unaudited income and expenditure statements to 31 March 2023 from the accounting records and information and explanations supplied to us.



**Dominic Rafferty & Co Ltd**  
**Chartered Accountants**

**Date : 21/06/2023**

**Me, You and Them**  
**Charity Registration Number : NIC107984**  
**Year Ended 31 March 2023**

**Income**

	<u>31/03/2023</u>	<u>31/03/2022</u>
Cash for Kids	15,578	9,940
Community Foundation Grant (Comic Relief)	8,675	9,675
Donations in leu of flowers	0	65
Fibus Fund	0	1,985
General Donations	8,518	2,350
John Moore Foundation	2,500	0
Marathon	0	1,666
Mid Ulster District Council	0	1,200
Recycling	5,102	5,878
Sainsburys Grant	1,500	500
Street Collection	0	1,261
Tesco	0	750
	<hr/>	<hr/>
	<b>41,873</b>	<b>35,270</b>
<b>Overall Surplus / (Deficit)</b>	<b>9,962</b>	<b>8,919</b>

I approve these Incomes and Expenditures and confirm that  
I have made available all relevant records and information for  
their preparation.

Mrs Glena McDowell-Khan

Date

21/6/23

*Glenn McDowell-Khan*

**D Rafferty & Co T/A**  
Dominic Rafferty & Co Ltd  
Chartered Accountants  
2B Cabragh Road, Dungannon

**Me, You and Them**  
**Charity Registration Number : NIC107984**  
**Year Ended 31 March 2023**

**Expenditure**

	<u>31/03/2023</u>	<u>31/03/2022</u>
Accountancy	250	200
Advertising and Promotions	1,097	2,300
Arts & Crafts	1,509	386
Bank Fees	64	84
Cash for Kids	6,997	4,156
Comic Relief	5,384	0
Consultancy Fees	0	1,100
Consumables	0	33
Diesel/Travel expenses	1,572	1,787
Donation to other charity	55	0
Fixtures Fittings & Equipment	0	2,500
Food purchased for food bank	60	835
Insurance	1,118	1,035
Light & Heat	2,012	2,412
NI Water	362	280
Printing & Stationary	489	550
Rent	7,200	4,950
Rent Deposit (Lurgan)	1,750	0
Steet Collection cost	0	70
Telephone	532	958
Ukraine relief aid	0	1,733
Website Costs	1,460	0
Workshop Tutorials	0	982
	<u>31,911</u>	<u>26,351</u>

**D Rafferty & Co T/A**  
Dominic Rafferty & Co Ltd  
Chartered Accountants  
2B Cabragh Road, Dungannon

**Me, You and Them**  
**Charity Registration Number : NIC107984**  
**Year Ended 31 March 2023**

**Statement of Financial Position**

	<u>31/03/2023</u>	<u>31/03/2022</u>
Cash in Bank	41,020	31,058
Cash in Hand	0	0
Equipment Additions	6,506	6,506
Van Additions	12,654	12,654
	<u>60,180</u>	<u>50,218</u>

**Fixed Assets Schedule**

	<u>Plant &amp; Equip</u>	<u>VAN</u>
Balance @ 01/04/2022	6,506	12,654
Additions YE 31/03/2023	0	0
Disposals YE 31/03/2023	0	0
Balance @ 31/03/2023	<u>6,506</u>	<u>12,654</u>

**D Rafferty & Co. T/A**  
Dominic Rafferty & Co Ltd  
Chartered Accountants  
2B Cabragh Road, Dungannon