

Mental Health Movement Ltd

Northern Ireland · Charity number 108259

Details

Known as MHM

Status Received

Registered 2021-11-22

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

Contact

Address 29 Farringdon Court
Belfast
Bt14 7ly
BT14 7LY

Phone 07907506865

Email info@mentalhealthni.org

Website <https://mentalhealthni.org/>

Activities

Purposes: The Charity's Objects are specifically restricted to the following: the object of the organisation is to raise awareness of mental health, Through exclusively charitable means among young people within the Belfast area by delivering a range of mental health and drug awareness workshops within schools and youth clubs with a view to maintaining and improving the wellbeing of such persons involved. to education the public in Belfast and from time to time throughout northern Ireland about the stigma attached to mental ill health; such other exclusively charitable purpose according to the law of Northern Ireland as the Trustees may from time to time decide. Nothing in the articles shall authorise an application of the property of the Charity for purposes which are not charitable in accordance with s.2 of the Charities Act (Northern Ireland) 2008.

What the charity does: The advancement of health or the saving of lives,Other charitable purposes

How the charity works:

Advice/advocacy/information,Cross-border/cross-community,Education/training,Relief of poverty,Research/evaluation,Volunteer development,Youth development

Who the charity helps: Children (5-13 year olds),General public,Men,Mental health,Older people,Preschool (0-5 year olds),Unemployed/low income,Voluntary and community sector,Volunteers,Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£45,365	£20,001	£0	1

Trustees

Name	Role	Appointed
Chloe Henry		
Lewis Armstrong		
Niamh Burns		
Rebecca Madden		

Mental Health Movement Ltd

Northern Ireland - Charity number 108259

Accounts

Registered number
NI667096

Mental Health Movement Ltd

Report and Accounts

31 January 2025

Registered number
NI667096

Mental Health Movement Ltd

Filleted Accounts

31 January 2025

Mental Health Movement Ltd

Registered number: NI667096

Director's/Trustees Report

The directors/trustees present their report and accounts for the year ended 31 January 2025

Principal activities

The company's principal activity during the year continued to be a mental health charity.

Directors/Trustees

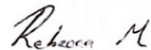
The following persons served as directors during the year:

Lewis Armstrong
Niamh Burns
Chloe Henry
Rebecca Madden

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 27 October 2025 and signed on its behalf.



Rebecca Madden - CHAIRPERSON

Director/Trustee

Mental Health Movement Ltd

Independent Examiner's Report to the Trustees of Mental Health Movement Ltd

We report on the accounts of the charity for the year ended 31 January 2025, which comprise the Statement of Financial Activities, the Balance Sheet, and the related notes.

Respective Responsibilities of Trustees and Examiner

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 and the Charities Act (Northern Ireland) 2008.

The charity's trustees consider that an audit is not required for this year under section 65(2) of the Charities Act (Northern Ireland) 2008 and that an independent examination is needed.

It is our responsibility to:

- examine the accounts under section 65 of the Charities Act (Northern Ireland) 2008.
- follow the procedures laid down in the general Directions given by the Charity Commission for Northern Ireland (CCNI); and
- state whether matters have come to our attention.

Basis of Independent Examiner's Statement

Our examination was carried out in accordance with the general Directions issued by the Charity Commission for Northern Ireland. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from the trustees concerning any such matters.

The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently we do not express an audit opinion on the accounts.

Independent Examiner's Statement

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

1. which gives us reasonable cause to believe that, in any material respect, the requirements
 - to keep accounting records in accordance with section 63 of the Charities Act (Northern Ireland) 2008; and
 - to prepare accounts which accord with those records and comply with the accounting requirements of the Act; have not been met; or
2. to which, in our opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

BMG Accountants & Tax Advisors

**The Hub
14 Alanbrooke Crescent,
Newtownards
BT23 8FE**

27 October 2025

Mental Health Movement Ltd

Statement of financial activities

for the year ended 31 January 2025

	2025	2024
	£	£
Turnover	45,365	36,619
Gross surplus	<u>45,365</u>	<u>36,619</u>
Administrative expenses	(20,001)	(19,521)
Operating surplus	<u>25,364</u>	<u>17,098</u>
Surplus before taxation	<u>25,364</u>	<u>17,098</u>
Tax on profit	-	-
Surplus for the financial year	<u>25,364</u>	<u>17,098</u>

Mental Health Movement Ltd

Registered number: NI667096

Balance Sheet - Statement of financial position

as at 31 January 2025

	Notes	2025 £	2024 £
Fixed assets			
Tangible assets	3	2,358	1,250
		<u>2,358</u>	<u>1,250</u>
Current assets			
Debtors	4	134	134
Cash at bank and in hand		44,060	19,785
		<u>44,194</u>	<u>19,919</u>
Creditors: amounts falling due within one year	5	(340)	(320)
Net current assets		<u>43,854</u>	<u>19,599</u>
Total assets less current liabilities		<u>46,212</u>	<u>20,849</u>
Net assets		<u>46,212</u>	<u>20,849</u>
Capital and reserves			
Unrestricted funds		46,212	20,849
Total funds		<u>46,212</u>	<u>20,849</u>

The charity is a company limited by guarantee and incorporated in Northern Ireland. Its registered office is 29 Farringdon Court, Belfast, BT14 7LY.

The charity is entitled to the exemption from audit under section 477 of the Companies Act 2006 for the year ended 31 January 2025, and the members have not required an audit in accordance with section 476 of the Act.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small-companies regime under the Companies Act 2006 and in accordance with the Charities SORP (FRS102).

The directors/trustees acknowledge their responsibilities for ensuring that the charity keeps proper accounting records and for preparing financial statements that give a true and fair view of the state of affairs of the charity as at 31 January 2025 and of its incoming resources and application resources for the year then ended.

Rebecca M

Rebecca Madden - CHAIRPERSON
Director / Trustee
Approved by the board on 27 October 2025

Mental Health Movement Ltd

Notes to the Accounts

for the year ended 31 January 2025

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Fixtures, fittings, tools and equipment	15% reducing balance
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Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

2 Employees

	2025 Number	2024 Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>

Mental Health Movement Ltd

Notes to the Accounts

for the year ended 31 January 2025

3 Tangible fixed assets

	Land and buildings £	Fixtures and equipment £	Motor vehicles £	Total £
Cost				
At 1 February 2024	-	1,596	-	1,596
Additions	-	1,524	-	1,524
Surplus on revaluation	-	-	-	-
Disposals	-	-	-	-
At 31 January 2025	<u>-</u>	<u>3,120</u>	<u>-</u>	<u>3,120</u>
Depreciation				
At 1 February 2024	-	346	-	346
Charge for the year	-	416	-	416
Surplus on revaluation	-	-	-	-
On disposals	-	-	-	-
At 31 January 2025	<u>-</u>	<u>762</u>	<u>-</u>	<u>762</u>
Net book value				
At 31 January 2025	<u>-</u>	<u>2,358</u>	<u>-</u>	<u>2,358</u>
At 31 January 2024	<u>-</u>	<u>1,250</u>	<u>-</u>	<u>1,250</u>

4 Debtors	2025 £	2024 £
Other debtors	134	134
	<u>134</u>	<u>134</u>

5 Creditors: amounts falling due within one year	2025 £	2024 £
Other creditors	340	320
	<u>340</u>	<u>320</u>

6 Other information

Mental Health Movement Ltd is a private company limited by guarantee and incorporated in Northern Ireland. Its registered office is:
 29 Farringdon Court
 Belfast
 BT14 7LY

Mental Health Movement Ltd

Detailed statement of financial activities

for the year ended 31 January 2025

	2025	2024
	£	£
Income	45,365	36,619
Gross profit	<u>45,365</u>	<u>36,619</u>
Administrative expenses	(20,001)	(19,521)
Operating surplus	<u>25,364</u>	<u>17,098</u>
Surplus for the financial year	<u>25,364</u>	<u>17,098</u>

Mental Health Movement Ltd

Detailed statement of financial activities

for the year ended 31 January 2025

	2025 £	2024 £
Income		
Donations	27,593	19,503
Funding income	13,545	13,960
Fundraising income		2,742
Merchandise income		213
Other income	4,227	201
	<u>45,365</u>	<u>36,619</u>
Administrative expenses		
Employee costs:		
Wages and salaries	2,200	2,236
Travel and subsistence	682	973
	<u>2,882</u>	<u>3,209</u>
Premises costs:		
Rent	840	965
	<u>840</u>	<u>965</u>
General administrative expenses:		
Telephone and internet	633	718
Administration	657	932
Charity merchandise	-	441
Subscriptions	475	61
Bank charges	56	-
Equipment expensed	300	-
Website hosting	-	46
Project costs	13,502	8,973
Depreciation	416	221
Counselling	-	3,272
Fundraising expenses	-	136
Office costs	-	245
	<u>16,039</u>	<u>15,045</u>
Legal and professional costs:		
Accountancy fees	240	230
Advertising and PR	-	72
	<u>240</u>	<u>302</u>
	<u>20,001</u>	<u>19,521</u>

Mental Health Movement Ltd

Northern Ireland - Charity number 108259

Accounts

Registered number
NI667096

Mental Health Movement Ltd

Accounts

31 January 2024

Registered number
NI667096

Mental Health Movement Ltd

Filleted Accounts

31 January 2024

Mental Health Movement Ltd

Accountants' Report

Accountants' report to the directors of Mental Health Movement Ltd

You consider that the company is exempt from an audit for the year ended 31 January 2024. You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account and the Balance Sheet from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

BMG Accountants & Tax Advisors

**The Hub
14 Alanbrooke Crescent
Newtownards
County Down
BT23 8FE**

21 May 2024

Mental Health Movement Ltd

Profit and Loss Account

for the year ended 31 January 2024

	2024	2023
	£	£
Turnover	36,619	7,118
Gross profit	<u>36,619</u>	<u>7,118</u>
Staff costs	(3,209)	(161)
Depreciation and other amounts written off assets	(221)	(110)
Other charges	(16,091)	(3,215)
Profit before taxation	<u>17,098</u>	<u>3,632</u>
Tax	-	-
Profit	<u>17,098</u>	<u>3,632</u>

Mental Health Movement Ltd

Registered number: NI667096

Balance Sheet

as at 31 January 2024

	2024 £	2023 £
Fixed assets	1,250	623
Current assets	<u>19,919</u>	<u>3,427</u>
	19,919	3,427
Creditors: amounts falling due within one year	<u>(100)</u>	<u>(100)</u>
Net current assets	<u>19,819</u>	<u>3,327</u>
Total assets less current liabilities	21,069	3,950
Accruals and deferred income	<u>(220)</u>	<u>(200)</u>
Net assets	<u>20,849</u>	<u>3,750</u>
Capital and reserves	<u>20,849</u>	<u>3,750</u>
	Number	Number
Average number of employees	<u>1</u>	<u>0</u>

The company is a private company limited by shares and incorporated in Northern Ireland. Its registered office is 29 Farringdon Court , Belfast , BT14 7LY.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Caoimhin McNulty

Director

Approved by the board on 21 May 2024

Mental Health Movement Ltd

Detailed profit and loss account items

for the year ended 31 January 2024

	2024	2023
	£	£
Sales		
Income	36,619	7,118
	<u>36,619</u>	<u>7,118</u>
Staff costs		
Wages and salaries	2,236	-
Travel and subsistence	973	161
	<u>3,209</u>	<u>161</u>
Depreciation and other amounts written off assets		
Depreciation	221	110
	<u>221</u>	<u>110</u>
Other charges		
Premises costs:		
Rent	965	-
	<u>965</u>	<u>-</u>
General administrative expenses:		
Telephone and internet	718	268
Stationery and printing	-	100
Administration	932	-
Charity merchandise	441	251
Counselling	3,272	-
Project costs	8,973	1,340
Insurance	-	66
Fundraising expenses	136	481
Insurance	-	7
Office costs	245	114
Repairs and maintenance	-	255
Website hosting	46	32
Subscriptions	61	40
	<u>14,824</u>	<u>2,954</u>
Legal and professional costs:		
Accountancy fees	230	200
Advertising and PR	72	61
	<u>302</u>	<u>261</u>
Other	-	-
	<u>-</u>	<u>-</u>
	<u>16,091</u>	<u>3,215</u>

Mental Health Movement Ltd

Detailed balance sheet items

as at 31 January 2024

	2024 £	2023 £
Fixed assets		
Fixtures and equipment	1,250	623
	<u>1,250</u>	<u>623</u>
Current assets		
Other debtors	134	131
Cash at bank and in hand	19,785	3,296
	<u>19,919</u>	<u>3,427</u>
Creditors: amounts falling due within one year		
Other creditors	100	100
	<u>100</u>	<u>100</u>
Accruals and deferred income		
Accruals	220	200
	<u>220</u>	<u>200</u>
Capital and reserves		
Profit and loss account	20,849	3,750
	<u>20,849</u>	<u>3,750</u>
Profit and loss account		
Brought forward	3,751	118
Profit	17,098	3,632
	<u>20,849</u>	<u>3,750</u>

Mental Health Movement Ltd

Northern Ireland - Charity number 108259

Annual report

MHMM | MENTAL HEALTH MOVEMENT



Annual Report

2023 - 2024

Mental health
movement
108259

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General information

Nicola Clarke	Treasurer
Rebecca Madden	Chair
Chloe Henry	vice chair
Niamh Burns	Trustee
Megan Stevenson	trustee

Registered office: 29 Faringdon court BT14 7LY, County Antrim, Belfast, Northern Ireland

Company number: NI667096

Charity Number: 108259

Bankers

Cashplus
6th Floor, One London Wall, London EC2Y 5EB

Independent Examiner
Bmg Accountants & Tax Advisors Ltd.
Chartered accountants
5/6 First Floor Offices The Precinct, 27 South Street, Newtownards,
BT23 4JT

Directors report

Objects and Aims

The principal activity of the charity is the advancement of health or the saving of lives and other charitable purposes, Which in our governing document state

- The advancement of education
- The relief of those in need by reason of youth, Age, ill-health, disability, financial hardship or other disadvantage.
- The relief or prevention of poverty.
- The advancement of citizenship or community development
- the advancement of human rights.

Objectives

MHM was established to promote mental health and to promote such other activities such as self-confidence workshops, raise awareness of the dangers of drugs workshops and dealing with stress workshops. The group will do this by providing mental health workshops and the other workshops mentioned above and training to children and young people in youth centres and other similar settings in Northern Ireland as well as leaflet drops containing mental health service providers in order to advance health and or saving lives and any other purpose within our subsection. To carry out any other charitable good works that the trustees may from time to time decide in accordance with the law of Northern Ireland such as funding projects that share the same charitable aims as ours, conducting research, embarking on awareness campaigns, and working with other organisations such as foodbanks and welfare advice centres in order to raise funds for them and funding youth committees throughout Belfast and or Northern Ireland to help empower young people.

Public Benefit

The public benefits that flow from these purposes are that children and young people have access to valuable workshops, education, poverty relief and counselling which supports their development.

Directors report

The Directors, who are the trustees for the purpose of charity law, have pleasure in presenting their report and the financial statements of the charitable company for the year ended 31 January 2024.

As trustees we note that it was a year of significant development for the charity. Our services have developed immensely including the development of a counselling service and our poverty relief work in which our trustees have been working hard with funders, the media and the communities we serve to develop these services.

Our social media platforms have been essential to our growth both in publicising our work and the donations we receive.



Directors report

In 2023 we continued to run our mental health and harm reduction workshops. These workshops have been staples of our services from when we began. We are glad to see young people and youth providers report to us of the benefits they have had.



Directors report

The PayPal giving fund and social media has been a significant source of our income and we don't expect this to change.

Our capacity at applying for funding has increased significantly we have been included in the CO-OP community fund for the third year in a row, we have received funding from local credit unions, flex trust, KGT and more this is significant increase in previous years when we received little funding.

In December we ran our annual winter appeal aimed at the relief of poverty we worked with the community food bank this was our biggest appeal to date with over 100 children getting toys from us we spent some of our unrestricted reserves at home bargains, B&M and Tesco's as part of the appeal but we received a lot of drop of donations of toys and thanks to cash for kids who also help our appeal. Our friends in media notably Belfast live and North Belfast news helped us get the word out. We also worked with Patrisee G again ad funded a night where children got a meal and a selection box.

As a result of the funding from new philanthropy capital for funds to relieve poverty we were able to provide a number of families and individuals with vouchers

We expect our poverty relief work to become a significant service in 2024 with demand soaring for support in the communities we work in.

Directors report



Directors report



Directors report

As mentioned last year we had expected our fundraising to increase and that's what happened notably a group from North Belfast tackled the stairway to heaven raising over £2,000 and the QUB law society picked us as their charity of the year. As a result of our development and social media campaigns we did see a massive increase in go fund mes/Just giving campaigns created for us notably sober October, 100km walking campaigns and jogging challenges.



Directors report



Directors report

The charity ran numerous social media campaigns for children's mental health week, time to talk, campaigning around drug consumption rooms and the Ni executive making mental health a priority. Dry January, challenges, 100KM challenges, sober October all of which were received euphemistically. We engaged with the media a number of times in 2023 which has always benefitted us significantly with our fundraising and promoting our work. We also got our blue tick on Facebook in 2023!



Directors report

We have increased our capacity to deliver year on year and this year has been our biggest to date. We have made use of our non profit status on various platforms which has supported our development.

After significant planning and working with our partners we launched a counselling service in November 2023 aiming at supporting 80 children over the coming pilot phase. This has marked a significant milestone and the trustees and directors are focused on extending this much needed service.



Directors report

We worked with the Ardoyne-Bone community festival this year to put on trips and an event for families. This allowed us to engage with more young people and develop our links with other community organisations.



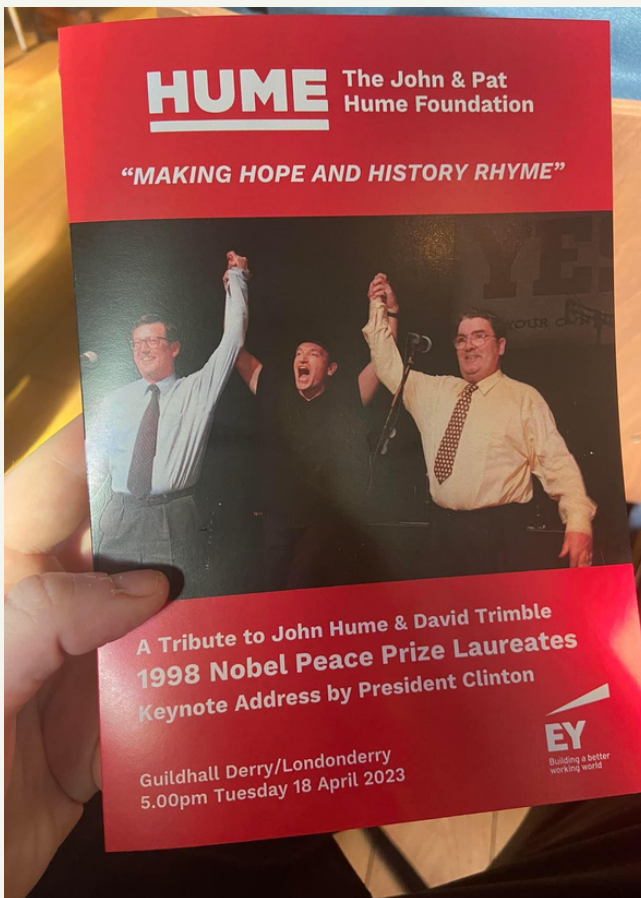
Directors report

We hosted our first event in the Houben Centre in North Belfast where we invited other community organisations and individuals to come for food, health checks and see what services are available to them.



Directors report

As part of the agreement 25 events on the 25th anniversary of the Good Friday agreement our director Caoimhin attended the agreement 25 events at QUB Belfast and then the Hume foundation event at the Guild hall in Derry where he met President Clinton.



Directors report

To end this report we as a board of trustees want to thank everyone for their contributions to MHM there commitment is the reason we continue to grow. We want to add special thanks to Caoimhin McNulty and Ethan O'Neill and to all the young people we engaged with.



Mental Health Movement Ltd

Northern Ireland - Charity number 108259

Annual return

Independent examiner's report to the charity trustees of Mental Health Movement Ltd 108259

We report on the accounts of the Trust for the period ended 31st January 2024.

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

Our 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

We have completed our 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, we have found no matters that require drawing to your attention.



Bill McGregor FFA/FIPA FFTA AAIA

**BMG Accountants
The Hub
14 Alanbrooke Crescent
Newtownards
BT23 8FE**

Date 30th May 2024

Mental Health Movement Ltd

Northern Ireland - Charity number 108259

Accounts

Registered number
NI667096

Mental Health Movement Ltd

Accounts

31 January 2023

Registered number
NI667096

Mental Health Movement Ltd

Filleted Accounts

31 January 2023

Mental Health Movement Ltd

Accountants' Report

Accountants' report to the director of Mental Health Movement Ltd

You consider that the company is exempt from an audit for the year ended 31 January 2023. You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account and the Balance Sheet from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

BMG Accountants & Tax Advisors

**The Hub
14 Alanbrooke Crescent
Newtownards
County Down
BT23 8FE**

24 August 2023

Mental Health Movement Ltd

Profit and Loss Account

for the year ended 31 January 2023

	2023	2022
	£	£
Income	7,118	3,075
Staff costs	(161)	(270)
Depreciation and other amounts written off assets	(110)	(15)
Other charges	(3,215)	(3,024)
Profit/(loss) before taxation	<u>3,632</u>	<u>(234)</u>
Tax	-	-
Profit/(loss)	<u>3,632</u>	<u>(234)</u>

Mental Health Movement Ltd

Registered number: NI667096

Balance Sheet

as at 31 January 2023

	2023 £	2022 £
Fixed assets	623	85
Current assets	<u>3,428</u>	<u>333</u>
	3,428	333
Creditors: amounts falling due within one year	<u>(101)</u>	<u>(99)</u>
Net current assets	<u>3,327</u>	<u>234</u>
Total assets less current liabilities	3,950	319
Accruals and deferred income	<u>(200)</u>	<u>(200)</u>
Net assets	<u>3,750</u>	<u>119</u>
Capital and reserves	<u>3,750</u>	<u>119</u>
	Number	Number
Average number of employees	<u>0</u>	<u>0</u>

The company is a private company limited by guarantee and incorporated in Northern Ireland. Its registered office is 29 Farrington Court, Belfast, BT14 7LY.

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Caoimhin McNulty

Director

Approved by the board on 24 August 2023

Mental Health Movement Ltd

Detailed profit and loss account items

for the year ended 31 January 2023

	2023 £	2022 £
Income		
Income	7,118	3,075
	<u>7,118</u>	<u>3,075</u>
Staff costs		
Travel and subsistence	161	270
	<u>161</u>	<u>270</u>
Depreciation and other amounts written off assets		
Depreciation	110	15
	<u>110</u>	<u>15</u>
Other charges		
Premises costs:	<u>-</u>	<u>-</u>
General administrative expenses:		
Telephone and internet	268	-
Postage	-	47
Office costs	214	156
Subscriptions	40	19
Bank charges	-	37
Insurance	66	66
PPE	-	19
Medical	7	-
Website hosting	32	92
Repairs and maintenance	255	-
	<u>882</u>	<u>436</u>
Legal and professional costs:		
Accountancy fees	200	350
Advertising and PR	61	232
	<u>261</u>	<u>582</u>
Other		
Project costs	1,340	1,113
Merchandise	251	410
Fundraising expenses	481	483
	<u>2,072</u>	<u>2,006</u>
	<u>3,215</u>	<u>3,024</u>

Mental Health Movement Ltd

Detailed balance sheet items

as at 31 January 2023

	2023 £	2022 £
Fixed assets		
Fixtures and equipment	623	85
	<u>623</u>	<u>85</u>
Current assets		
Other debtors	132	132
Cash at bank and in hand	3,296	201
	<u>3,428</u>	<u>333</u>
Creditors: amounts falling due within one year		
Other creditors	101	99
	<u>101</u>	<u>99</u>
Accruals and deferred income		
Accruals	200	200
	<u>200</u>	<u>200</u>
Capital and reserves		
Profit and loss account	3,750	119
	<u>3,750</u>	<u>119</u>
Profit and loss account		
Brought forward	118	353
Profit/(loss)	3,632	(234)
	<u>3,750</u>	<u>119</u>



E-SIGN RECORD
REGISTERED. SIGNED. TIME-STAMPED.



All parties have accepted the use of electronic signature for this document and have signed as follows:

Signed By: Caoimhin McNulty
Date: 25/08/2023 07:38:57 AM (UTC) 25/08/2023 08:38:57 AM (Local)
Original Recipient: caoimhin345@icloud.com
IP: 82.21.78.174
Message Id DE50293555681498383C9A7900C95E7A7A5C38C4
Client Code

Caoimhin McNulty

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Signoff Date: 25/08/2023 07:38:57 AM (UTC)
25/08/2023 08:38:57 AM (Local)

Mental Health Movement Ltd

Northern Ireland - Charity number 108259

Annual report

MHMM | **MENTAL
HEALTH
MOVEMENT**



Annual Report

2022 - 2023

Mental health
movement

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General information

Caoimhin McNulty	Resigned 7th of July 2022
Nicola Clarke	Treasurer
Rebecca Madden	Chair
Chloe Henry	Appointed 7th of July 2022
Niamh Burns	Trustee
Megan Stevenson	Appointed 8th of July 2022

Registered office: 29 Farringdon Court, BT14 7LY, County Antrim,
Belfast, Northern Ireland

Company number: NI667096

Charity Number: 108259

Bankers

Cashplus
6th Floor, One London Wall, London EC2Y 5EB

Independent Examiner
Bmg Accountants & Tax Advisors Ltd.
Chartered accountants
5/6 First Floor Offices The Precinct, 27 South Street, Newtownards,
BT23 4JT

Directors report

Objects and Aims

The principal activity of the charity is the advancement of health or the saving of lives and other charitable purposes, Which in our governing document state

- The advancement of education
- The relief of those in need by reason of youth, Age, ill-health, disability, financial hardship or other disadvantage.
- The relief or prevention of poverty.
- The advancement of citizenship or community development
- the advancement of human rights.

Objectives

MHM was established to promote mental health and to promote such other activities such as self-confidence workshops, raise awareness of the dangers of drugs workshops and dealing with stress workshops. The group will do this by providing mental health workshops and the other workshops mentioned above and training to children and young people in youth centres and other similar settings in Northern Ireland as well as leaflet drops containing mental health service providers in order to advance health and or saving lives and any other purpose within our subsection. To carry out any other charitable good works that the trustees may from time to time decide in accordance with the law of Northern Ireland such as funding projects that share the same charitable aims as ours, conducting research, embarking on awareness campaigns, and working with other organisations such as foodbanks and welfare advice centres in order to raise funds for them and funding youth committees throughout Belfast and or Northern Ireland to help empower young people.

Public Benefit

The public benefits that flow from these purposes are that children and young people have access to valuable workshops, education and other support that supports there development.

Directors report

The Directors, who are the trustees for the purpose of charity law, have pleasure in presenting their report and the financial statements of the charitable company for the year ended 31 March 2023.

As trustees we note that it was a difficult time from April–October as we aimed to raise funds to ensure the charity could operate to its potential. We fortunately were able to do this with the support of our director Caoimhin.

In April the charity raffled of nights stay at the standing stones lodge in Belfast and then in June raffled of a hot tub to raise funds for the charity. Trustees also engaged in fundraising for a walk of hope. In the same period trustees worked hard on social media awareness campaigns to gather support as Mental health movement was involved in the CO-OP community fund and the Tesco community fund. As a result, the organization came first in the Tesco community fund and was awarded the full amount of £998, and we came second in the CO-OP community fund and was awarded £1,587.41 in November and we were also enrolled in the fund for 2023.



Directors report

These funds will be used to run a youth support group starting in February 2023 and will last ten months where young people will be engaged in learning around mental health, how they can look after themselves, cross community learning and team building work the young people from the Johnpaul youth club enjoyed there first trip to need for speed go karting. This is our first long term group and the young people involved have been giving back positive feedback. Including the ten young people from the JPII project we engaged 60 young people through our mental health workshops from April 2022 – March 2023.



Directors report

In November we successfully applied to the PayPal giving fund which has created a new stream of income for the charity which has allowed for our recent growth.

In December we ran our annual winter appeal aimed at the relief of poverty we worked with the community foodbank and the white rock family Centre where we bought toys for the organisations to send out to families in need. We also hosted a fun night at patrisee G funded by our CO-OP community fund grant where we provided warm meals, colour therapy books and pencils and Selection boxes to all the children and young people present.

In January we funded the breakfast club and the entrepreneurs club at Patrisee G. We applied for funding to new philanthropy capital for funds to relieve poverty as we have been frequently involved in supporting local foodbanks by purchasing food at Tesco's and providing vouchers to the families of young people involved in our services. We were successful and were awarded £3,000.

Through our efforts at Christmas and at easter we have supported 96 people in our efforts to relive poverty and have made constructive relations with local businesses, politicians and community groups who we will continue to engage with to develop our poverty relief scheme.

Easter 2023 has been our biggest appeal yet, Over 130+ easter eggs have been purchased and £500 worth of food vouchers to be given to families in the communities we work in and the community foodbank.

Directors report



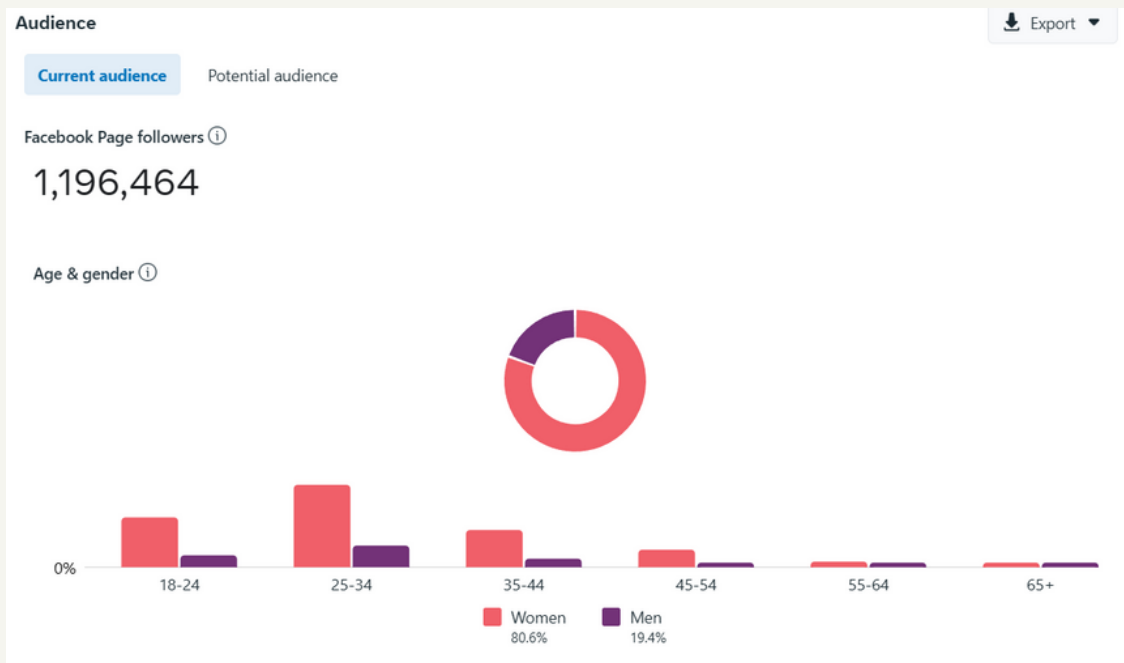
Directors report

In February a group of young people organized and fundraised for us by running a charity football match they raised over £1,000 on go fund me and this was given to us through the PayPal giving fund. Trustees and members have spent a significant amount of time this year developing our relations within the communities we work in and we expect more fundraising events like this to happen in 2023.



Directors report

The charity ran numerous social media campaigns aimed at those living in Northern Ireland from February to September. Raising awareness of the services available to provide support, how to support your mental health, how to have conversations and most successful campaign was our own take on the 'Spotify wrap' where we addressed the issues Northern Ireland was facing from the cost-of-living crisis, under funded mental health services and funding gap that exists. In November we also got involved in the save our youth services campaign after the education Authority in Belfast released its devesting funding for the next few years. Our social media platforms now have over one million followers combined with Facebook being our biggest platform.



Directors report

We have increased our capacity to deliver year on year and this year has been our biggest to date. We have made use of our non profit status and signed up-to google non profit, benevity, paypal giving, and percent.

We recently launched our new website and In April we are launching our first strategic plan for 2023-2025. With our main objective to launch a counselling service by the end of 2023. We have several applications in for funding and we are liaising with the community to make it happen.

We have also began working with political groups in the areas we work in so we can better serve the community we hope to develop relations with local representatives. A key strategic plan is to develop our partnerships and we have made great progress on this with the community foodbank and our Trustee Chloe developing our relationship with Grannie at Patrisee G.

We have facilitated numerous leaflet drops around Belfast with our most recent in Febuary 2023 in the Holy lands, Belfast.

We want to note that we have achieved all this as a voluntary run charity. As we didn't have a paid employee until March 2023.



Mental Health Movement Ltd

Northern Ireland - Charity number 108259

Annual return

Independent examiner's report to the charity trustees of Mental Health Movement Ltd 108259

We report on the accounts of the Trust for the year ended 31st January 2023

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

Our 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

We have completed our 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, we have found no matters that require drawing to your attention.

Bill McGregor FFA/FIPA FFTA AAIA

BMG Accountants
22/09/2023

BMG Accountants
The Hub
14 Alanbrooke Crescent
Newtownards
BT23 8FE

Date 22nd September 2023