

# Mind Your Mate and Yourself (MYMY)

Northern Ireland · Charity number 109092

## Details

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Known as	Mind Your Mate and Yourself (MYMY) Mind Your Mate and Yourself MYMY
Status	Received
Company number	<a href="#">686087</a>
Registered	2022-10-18
Register	<a href="#">View on the Charity Commission for Northern Ireland register</a>

## Contact

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Address	28-32 Main Street Newcastle BT33 0ad BT33 0AD
Phone	02843727549
Email	<a href="mailto:hello@mymy.org.uk">hello@mymy.org.uk</a>
Website	<a href="http://www.mymy.org.uk">http://www.mymy.org.uk</a>

## Activities

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**Purposes:** The Charity's objects ('Objects') are specifically restricted to the following: (1) supporting individuals who are suicidal, despairing, in distress or who are self-harming by providing advice, information and appropriate services to enable such persons to receive assistance in a compassionate, efficient and professional manner; (2) working to alleviate the distress and provide support, to people who have suffered bereavement, through suicide or natural causes and assist those who suffer anguish as a result of self-harming by loved ones, through the development of appropriate support systems within the area of benefit; (3) promoting and raising awareness of positive mental health and improving the emotional and physical wellbeing of people residing in the area of benefit through volunteering, programmes and other activities; (4) advancing the education of the public in, and raising awareness of, the causes and effects arising from poor mental health, suicide, grief, bereavement and self-harm, and support the rehabilitation of those individuals who have experienced them; (5) raise funds for the charity through recycling clothes and goods.

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

**How the charity works:** Advice/advocacy/information, Counselling/support, Education/training, General charitable purposes, Medical/health/sickness, Volunteer development

**Who the charity helps:** Addictions (drug/solvent/alcohol abuse), Carers, General public, Men, Mental health, Older people, Parents, Sexual orientation, Victim support, Volunteers, Women, Youth (14-25 year olds)

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-02-28	£213,685	£243,591	£0	8

## Trustees

Name	Role	Appointed
Mr Brian McBride		
Mr Cathal James McMullan		
Mr David Heenan		
Mr Paul Walsh		
Mrs Alison Hodnett		
Ms Catriona Gibson		
Ms Deirdre Mckibbin		

**Mind Your Mate and Yourself (MYMY)**

Northern Ireland - Charity number 109092

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# Accounts

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Registered Charity Number  
109092

# MIND YOUR MATE AND YOURSELF (MYMY)

Report and Accounts

31 March 2025

**MIND YOUR MATE AND YOURSELF (MYMY)**  
**Report and accounts**  
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**MIND YOUR MATE AND YOURSELF (MYMY)**  
**Company Information**

**Charity Reference and Administrative Details**

**Year Ended 31st March 2025**

**Trustees**

Paul Walsh - Chairman  
Chris Hutton - Treasurer  
Deidre McKibbin - Secretary  
Dr Alison Hodnett - Trustee  
David Heenan - Trustee  
Cathal McMullan - Trustee

**Office Address**

28 - 32 Main Street  
Newcastle  
Co. Down  
BT33 0AD

**Accountants**

RPB Chartered Accountants  
22 St Colmans Park  
Newry  
Down  
BT34 2BX

**Registered number**

109092

## **MIND YOUR MATE AND YOURSELF (MYMY)**

Registered Charity number: 109092

### **Trustees' Report**

MYMY is a voluntary and community sector counselling organisation, with extensive experience in suicide prevention and intervention. The organisation is a registered charity, established in 2008 by several bereaved family members and volunteers as a direct result of an increase in local suicides in the Newry Down and Mourne (NDM) Area.

The trustees present their report with the financial statements of the charity for the year ended 31st March 2025. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the financial statements and comply with the charity's governing document, The Charities Act (Northern Ireland) 2008 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in Northern Ireland SORP 2019 (FRS102).

#### **Principal activities**

The charity's principal activities during the year were to provide a free counselling service for those age 18+, free health and well-being programmes and to run a charity shop as a social enterprise. In 2024/25 MYMY's counselling service had 390 client referrals, 270 people attended counselling and 1967 counselling sessions were offered. The counsellors are all BACP accredited and in July 2024 the counselling service was accredited by BACP.

MYMY also deliver health and well-being programmes. They facilitated 2 Mindfulness and 3 Yoga programmes with 56 people attending. They also ran 2 Resilience Workshops within the community.

MYMY were represented at numerous community events and health fayres. In October 2024, Project 61 closed its doors as both a charity shop, community hub and coffee shop. The Charity shop re-opened on Main Street, Newcastle in November 2024 with a staff team of 2 and volunteer team of 25. We had 2 Volunteer get togethers in this year. The staff team had continuous personal development with training in: Adult Safeguarding and Working with Bereavement and loss.

MYMY's Aims are:

- To enhanced the mental health, resilience and wellbeing of individuals and families within the community by providing appropriate, immediate help for those who are in distress; those dealing with poor mental health as well as practical support and guidance for their families.
- To provide long term education, training and awareness on building positive mental wellbeing.
- To provide opportunities for those within their community to participate in projects and activities that build resilience and wellbeing.

The following persons served as trustees through the year:

Paul Walsh - Chairman  
Chris Hutton - Treasurer  
Deidre McKibbin - Secretary  
Dr Alison Hodnett - Trustee  
David Heenan - Trustee  
Cathal McMullan - Trustee

#### **Structure, Governance and Management**

##### **Governing Document**

The charity is controlled by its constitution as an incorporated charity.

## MIND YOUR MATE AND YOURSELF (MYMY)

Registered Charity number: 109092

### Trustees' Report

#### Organisational structure

The committee is to oversee the day to day operations of the charity.

#### Risk Management

The committee has a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

#### Objectives and Activities for the Public Benefit

- Support individuals who are suicidal, despairing, in distress or who are self-harming by providing advice, information and appropriate services to enable such persons to receive assistance in a compassionate, efficient and professional manner.
- Work to alleviate the distress and provide support, to people who have suffered bereavement, through suicide or natural causes and assist those who suffer anguish as a result of self-harming by loved ones. Through the development of appropriate support systems within the area of benefit.
- Promote and raise awareness of positive mental health and to improve the emotional and physical wellbeing of people residing in the area of benefit.
- Advance the education of the public and raise awareness of the causes and effects arising from poor mental health, suicide, grief, bereavement and self harm and support the rehabilitation of those individuals who have experienced them.

#### Financial Review

##### Reserves policy

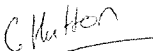
The unrestricted reserves figure has been set at the equivalent of 3 months core costs which is currently £60,000. We aspire to increase unrestricted reserves to 6 months running costs.

Further details on the reserves position of the charity can be seen in note 4 to the financial statements.

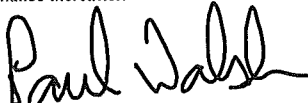
##### Review of Financial Position

The statement of financial activities for the year ended 31st March 2025 shows a deficit of £29,906. Total expenditure was £243,591 of which, all was applied directly to the costs of activities in furtherance of the objectives of the charity.

The charity reported an overall deficit of £29,906 for the year, comprising a restricted surplus of £22,699 and an unrestricted deficit of £52,604. The trustees identified that the level of unrestricted expenditure was not sustainable relative to current income streams. During the year, the charity acquired new premises to accommodate both its headquarters and a retail outlet within the same building. This period of transition resulted in certain unavoidable additional costs. However, the trustees are encouraged by the increased revenue generated by the new charity shop and are confident that the charity will return to at least a break-even position in the next financial year and achieve sustainable financial performance thereafter.

  
Chris Hutton  
Treasurer

Paul Walsh  
Chairman



Approved by the board of Trustees on 16th December 2025

**MIND YOUR MATE AND YOURSELF (MYMY)  
Independent Examiner's Report**

**Independent examiner's report to the charity trustees of  
MYMY - Mind Your Mate and Yourself Charity**

We report on the accounts of the Charity for the year ended 31st March 2025, which are set out on pages 6 to 10.

**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 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, We have found no matters that require drawing to your attention.

Name: RPB Chartered Accountants & Registered Auditors

Relevant professional qualification or body: FCA

Address: 22 St Colmans Park  
Newry  
Co Down  
BT34 2BX

Date: 18/12/2025



**MYMY - Mind Your Mate and Yourself  
Statement of Financial Activities  
for the year ended 31 March 2025**

	Notes	2025	2024
		£	£
<b>Incoming Resources from generated funds</b>		213,685	231,225
Resources Expended		(243,591)	(248,860)
<b>Net Incoming/(Outgoing) Resources</b>		<u>(29,906)</u>	<u>(17,635)</u>

**MYMY - Mind Your Mate and Yourself**  
**Balance Sheet**  
**as at 31 March 2025**

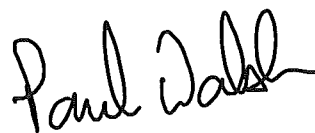
	Notes	2025	2024
		£	£
<b>Fixed assets</b>			
Tangible assets		156,185	2,334
<b>Current assets</b>			
Debtors	2	15,269	10,266
Cash at bank and in hand		105,204	152,468
		120,473	162,734
<b>Creditors: amounts falling due within one year</b>	3	(12,675)	(21,181)
<b>Net current assets</b>		107,798	141,553
<b>Total assets less current liabilities</b>		263,983	143,887
<b>Creditors: amounts falling due after more than one year</b>		(150,000)	-
<b>Net assets</b>		<u>113,983</u>	<u>143,887</u>
<b>Funds</b>			
Unrestricted Funds	4	89,440	142,045
Restricted Funds		24,543	1,843
<b>Total Funds</b>		<u>113,983</u>	<u>143,887</u>

The trustees acknowledge their responsibilities for complying with the requirements of the Charities Act (Northern Ireland) 2008 with respect to accounting records and the preparation of accounts



Chris Hutton  
Treasurer

Paul Walsh  
Chairman



Approved by the board of Trustees on 16th December 2025

**MYMY - Mind Your Mate and Yourself**  
**Notes to the Accounts**  
**for the year ended 31 March 2025**

**1 Accounting policies**

*Basis of preparation*

The accounts have been prepared under the historical cost convention and in accordance with the Charities Act (Northern Ireland) 2008 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

*Turnover*

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

*Grants*

All grants received are recognised within the profit and loss account.

*Resources expended*

Expenditure is accounted for on an accrual basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

*Taxation*

The charity is exempt from tax on its charitable activities.

*Fund accounting*

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

<b>2 Debtors</b>	<b>2025</b>	<b>2024</b>
	£	£
Trade debtors	156	2,584
Other debtors	15,113	7,682
	<u>15,269</u>	<u>10,266</u>
<b>3 Creditors: amounts falling due within one year</b>	<b>2024</b>	<b>2023</b>
	£	£
Trade creditors	9,396	724
Other taxes and social security costs	1,921	2,410
Other creditors	1,358	18,047
	<u>12,675</u>	<u>21,181</u>
<b>4 Creditors: amounts falling due after one year</b>	<b>2020</b>	<b>2019</b>
	£	£
Other creditors	<u>150,000</u>	<u>-</u>

**MYMY - Mind Your Mate and Yourself**  
**Notes to the Accounts**  
**for the year ended 31 March 2025**

**5 Movement in Funds**

	<b>Balance 01-Apr-24</b>	<b>Incoming Resources</b>	<b>Transfers</b>	<b>Resources Expended</b>	<b>Balance 31-Mar-25</b>
Restricted Reserves	1,843	71,656	-	(48,957)	24,543
Unrestricted Reserves	71,050	142,029	70,994	(194,633)	89,440
Unrestricted Designated	70,994	-	(70,994)	-	-
	<u>143,887</u>	<u>213,685</u>	<u>-</u>	<u>(243,590)</u>	<u>113,983</u>

**Restricted Reserves**

Restricted funds are funds which are able to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose. The cost of raising and administering such fund are charged against the specific fund.

**Unrestricted Reserves**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

**Unrestricted Designated Reserves**

Designated funds are unrestricted funds of the charity which the trustees set aside to use for specific purposes. MYMY trustees have set these designated reserves aside for any capital expenditure required once the charity finds a suitable property.

**6 Related Party Transactions**

During the year ended 31 March 2025 there were no such transactions.

**Mind Your Mate and Yourself (MYMY)**

Northern Ireland - Charity number 109092

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# Accounts

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Registered Charity Number  
109092

**MIND YOUR MATE AND YOURSELF (MYMY)**

**Report and Accounts**

**31 March 2024**

**MIND YOUR MATE AND YOURSELF (MYMY)**  
**Report and accounts**  
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**MIND YOUR MATE AND YOURSELF (MYMY)**  
**Company Information**

**Charity Reference and Administrative Details**

**Year Ended 31st March 2024**

**Trustees**

Paul Walsh - Chairman  
Chris Hutton - Treasurer  
Deidre McKibbin - Secretary  
Dr Alison Hodnett - Trustee  
David Heenan - Trustee  
Cathal McMullan - Trustee  
Martina Byrne - Trustee (resigned 23/04/2023)  
Sam Anderson - Trustee (resigned 23/04/2023)

**Office Address**

19 Dundrum Road  
Newcastle  
Co. Down  
BT33 0BG

**Accountants**

RPB Chartered Accountants  
22 St Colmans Park  
Newry  
Down  
BT34 2BX

**Registered number**

109092

## **MIND YOUR MATE AND YOURSELF (MYMY)**

Registered Charity number: 109092

### **Trustees' Report**

MYMY is a voluntary and community sector counselling organisation, with extensive experience in suicide prevention and intervention. The organisation is a registered charity, established in 2008 by several bereaved family members and volunteers as a direct result of an increase in local suicides in the Newry Down and Mourne (NDM) Area.

The trustees present their report with the financial statements of the charity for the year ended 31st March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the financial statements and comply with the charity's governing document, The Charities Act (Northern Ireland) 2008 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in Northern Ireland SORP 2019 (FRS102).

#### **Principal activities**

The charity's principal activities during the year were to provide a free counselling service for those age 16+, free health and well-being programmes and to run a charity shop as a social enterprise. In 2023/24 MYMY's counselling service had 342 client referrals, 229 people attended counselling and 1785 counselling sessions were offered. The counsellors are all BACP accredited and an application was made to BACP to become an accredited counselling service.

MYMY also deliver health and well-being programmes. They facilitated 2 Mindfulness programmes and 12 Yoga programmes with 129 people attending. They also ran 3 Resilience Workshops within the community.

Project 61 continued to operate as both a charity shop and a community hub with 2 members of staff and a volunteer team of 25. This year they hosted Gamblers Anonymous and a Book Club. They also creating a warm and welcoming space to reduce isolation. The staff team had continuous personal development with training in: Assist, Adult Safeguarding, Bereavement and loss, Compassionate Enquiry Training, Charity Marketing, Food Hygiene, Safetalk, Self Harm Training, Understanding and Supporting Autism.

#### **MYMY's Aims are:**

- To enhance the mental health, resilience and wellbeing of individuals and families within the community by providing appropriate, immediate help for those who are in distress; those dealing with poor mental health as well as practical support and guidance for their families.
- To provide long term education, training and awareness on building positive mental wellbeing.
- To provide opportunities for those within their community to participate in projects and activities that build resilience and wellbeing.

The following persons served as trustees through the year:

Paul Walsh - Chairman  
Chris Hutton - Treasurer  
Deidre McKibbin - Secretary  
Dr Alison Hodnett - Trustee  
David Heenan - Trustee  
Cathal McMullan - Trustee  
Martina Byrne - Trustee (resigned 23/04/2023)  
Sam Anderson - Trustee (resigned 23/04/2023)

#### **Structure, Governance and Management**

##### **Governing Document**

The charity is controlled by its constitution as an incorporated charity.

## **MIND YOUR MATE AND YOURSELF (MYMY)**

Registered Charity number: 109092

### **Trustees' Report**

#### **Organisational structure**

The committee is to oversee the day to day operations of the charity.

#### **Risk Management**

The committee has a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

#### **Objectives and Activities for the Public Benefit**

- Support individuals who are suicidal, despairing, in distress or who are self-harming by providing advice, information and appropriate services to enable such persons to receive assistance in a compassionate, efficient and professional manner.
- Work to alleviate the distress and provide support, to people who have suffered bereavement, through suicide or natural causes and assist those who suffer anguish as a result of self-harming by loved ones. Through the development of appropriate support systems within the area of benefit.
- Promote and raise awareness of positive mental health and to improve the emotional and physical wellbeing of people residing in the area of benefit.
- Advance the education of the public and raise awareness of the causes and effects arising from poor mental health, suicide, grief, bereavement and self harm and support the rehabilitation of those individuals who have experienced them.

#### **Financial Review**

##### **Reserves policy**

The unrestricted reserves figure has been set at the equivalent of 3 months core costs which is currently £60,000. We aspire to increase unrestricted reserves to 6 months running costs.

Further details on the reserves position of the charity can be seen in note 4 to the financial statements.

##### **Review of Financial Position**

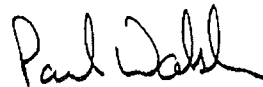
The statement of financial activities for the year ended 31st March 2024 shows a deficit of £17,635. Total expenditure was £284,861 of which, all was applied directly to the costs of activities in furtherance of the objectives of the charity.

The deficit occurred due to expenditure on restricted funds held in opening reserves at 1st April 2023 in accordance with funding requirements. The unrestricted reserves of the company increased by £17,154 during the financial year so the trustees were pleased with the financial performance of the charity during the year.



Chris Hutton  
Treasurer

Paul Walsh  
Chairman



Approved by the board of Trustees on 9 December 2024

**MIND YOUR MATE AND YOURSELF (MYMY)  
Independent Examiner's Report**

**Independent examiner's report to the charity trustees of  
MYMY - Mind Your Mate and Yourself Charity**

We report on the accounts of the Charity for the year ended 31st March 2024,  
which are set out on pages 6 to 10.

**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**

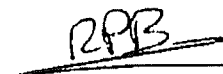
We have completed my examination and have no concerns in respect of the matters (1) to (4) listed above  
and, in connection with following the Directions of the Charity Commission for Northern Ireland,  
We have found no matters that require drawing to your attention.

Name: RPB Chartered Accountants & Registered Auditors

Relevant professional qualification or body: FCA

Address: 22 St Colmans Park  
Newry  
Co Down  
BT34 2BX

Date: 09/12/2024



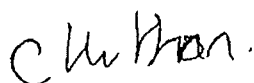
**MYMY - Mind Your Mate and Yourself  
Statement of Financial Activities  
for the year ended 31 March 2024**

	Notes	2024	2023
		£	£
<b>Incoming Resources from generated funds</b>		231,225	-
Resources Expended		(248,860)	-
<b>Net Incoming/(Outgoing) Resources</b>		<u>(17,635)</u>	<u>-</u>

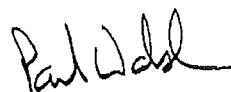
**MYMY - Mind Your Mate and Yourself**  
**Balance Sheet**  
**as at 31 March 2024**

	Notes	2024	2023
		£	£
<b>Fixed assets</b>			
Tangible assets		2,334	-
<b>Current assets</b>			
Debtors	2	10,266	-
Cash at bank and in hand		152,468	-
		162,734	-
<b>Creditors: amounts falling due within one year</b>	3	(21,181)	-
<b>Net current assets</b>		141,553	-
<b>Net assets</b>		<u>143,887</u>	<u>-</u>
<b>Funds</b>			
Unrestricted Funds	4	142,045	-
Restricted Funds		1,843	-
<b>Total Funds</b>		<u>143,887</u>	<u>-</u>

The trustees acknowledge their responsibilities for complying with the requirements of the Charities Act (Northern Ireland) 2008 with respect to accounting records and the preparation of accounts



Chris Hutton  
Treasurer



Paul Walsh  
Chairman

Approved by the board of Trustees on 9 December 2024

**MYMY - Mind Your Mate and Yourself**  
**Notes to the Accounts**  
**for the year ended 31 March 2024**

**1 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with the Charities Act (Northern Ireland) 2008 and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities.

***Turnover***

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income and the amount can be quantified with reasonable accuracy.

***Grants***

All grants received are recognised within the profit and loss account.

***Resources expended***

Expenditure is accounted for on an accrual basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

***Taxation***

The charity is exempt from tax on its charitable activities.

***Fund accounting***

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

<b>2 Debtors</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Trade debtors	2,584	-
Other debtors	7,682	-
	<u>10,266</u>	<u>-</u>

<b>3 Creditors: amounts falling due within one year</b>	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Trade creditors	724	-
Other taxes and social security costs	2,410	-
Deferred income	-	-
Other creditors	18,047	-
	<u>21,181</u>	<u>-</u>

**MYMY - Mind Your Mate and Yourself**  
**Notes to the Accounts**  
**for the year ended 31 March 2024**

**4 Movement in Funds**

	Balance 01-Apr-23	Incoming Resources	Resources Expended	Balance 31-Mar-24
Restricted Reserves	36,632	76,053	(110,843)	1,843
Unrestricted Reserves	53,896	155,173	(138,019)	71,050
Unrestricted Designated	70,994	-	-	70,994
	<u>161,522</u>	<u>231,226</u>	<u>(248,862)</u>	<u>143,887</u>

**Restricted Reserves**

Restricted funds are funds which are able to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for a particular purpose. The cost of raising and administering such fund are charged against the specific fund.

**Unrestricted Reserves**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

**Unrestricted Designated Reserves**

Designated funds are unrestricted funds of the charity which the trustees set aside to use for specific purposes. MYMY trustees have set these designated reserves aside for any capital expenditure required once the charity finds a suitable property.

**5 Related Party Transactions**

During the year ended 31 March 2024 the charity received funding to complete mindfulness courses on three occasions. A tender process was carried out with external course providers and on one occasion a trustee of the charity was successfully awarded the tender.

**Mind Your Mate and Yourself (MYMY)**

Northern Ireland - Charity number 109092

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# Annual report

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## **MIND YOUR MATE AND YOURSELF (MYMY)**

Registered Charity number: 109092

### **Trustees' Report**

MYMY is a voluntary and community sector counselling organisation, with extensive experience in suicide prevention and intervention. The organisation is a registered charity, established in 2008 by several bereaved family members and volunteers as a direct result of an increase in local suicides in the Newry Down and Mourne (NDM) Area.

The trustees present their report with the financial statements of the charity for the year ended 31st March 2024. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102) in preparing the annual report and financial statements.

The financial statements have been prepared in accordance with the accounting policies set out in notes to the financial statements and comply with the charity's governing document, The Charities Act (Northern Ireland) 2008 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in Northern Ireland SORP 2019 (FRS102).

#### **Principal activities**

The charity's principal activities during the year were to provide a free counselling service for those age 16+, free health and well-being programmes and to run a charity shop as a social enterprise. In 2023/24 MYMY's counselling service had 342 client referrals, 229 people attended counselling and 1785 counselling sessions were offered. The counsellors are all BACP accredited and an application was made to BACP to become an accredited counselling service.

MYMY also deliver health and well-being programmes. They facilitated 2 Mindfulness programmes and 12 Yoga programmes with 129 people attending. They also ran 3 Resilience Workshops within the community.

Project 61 continued to operate as both a charity shop and a community hub with 2 members of staff and a volunteer team of 25. This year they hosted Gamblers Anonymous and a Book Club. They also creating a warm and welcoming space to reduce isolation. The staff team had continuous personal development with training in: Assist, Adult Safeguarding, Bereavement and loss, Compassionate Enquiry Training, Charity Marketing, Food Hygiene, Safetalk, Self Harm Training, Understanding and Supporting Autism.

MYMY's Aims are:

- To enhanced the mental health, resilience and wellbeing of individuals and families within the community by providing appropriate, immediate help for those who are in distress; those dealing with poor mental health as well as practical support and guidance for their families.
- To provide long term education, training and awareness on building positive mental wellbeing.
- To provide opportunities for those within their community to participate in projects and activities that build resilience and wellbeing.

The following persons served as trustees through the year:

Paul Walsh - Chairman  
Chris Hutton - Treasurer  
Deidre McKibbin - Secretary  
Dr Alison Hodnett - Trustee  
David Heenan - Trustee  
Cathal McMullan - Trustee  
Martina Byrne - Trustee (resigned 23/04/2023)  
Sam Anderson - Trustee (resigned 23/04/2023)

#### **Structure, Governance and Management**

##### **Governing Document**

The charity is controlled by its constitution as an incorporated charity.

## **MIND YOUR MATE AND YOURSELF (MYMY)**

Registered Charity number: 109092

### **Trustees' Report**

#### **Organisational structure**

The committee is to oversee the day to day operations of the charity.

#### **Risk Management**

The committee has a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

#### **Objectives and Activities for the Public Benefit**

- Support individuals who are suicidal, despairing, in distress or who are self-harming by providing advice, information and appropriate services to enable such persons to receive assistance in a compassionate, efficient and professional manner.
- Work to alleviate the distress and provide support, to people who have suffered bereavement, through suicide or natural causes and assist those who suffer anguish as a result of self-harming by loved ones. Through the development of appropriate support systems within the area of benefit.
- Promote and raise awareness of positive mental health and to improve the emotional and physical wellbeing of people residing in the area of benefit.
- Advance the education of the public and raise awareness of the causes and effects arising from poor mental health, suicide, grief, bereavement and self harm and support the rehabilitation of those individuals who have experienced them.

#### **Financial Review**

##### **Reserves policy**

The unrestricted reserves figure has been set at the equivalent of 3 months core costs which is currently £60,000. We aspire to increase unrestricted reserves to 6 months running costs.

Further details on the reserves position of the charity can be seen in note 4 to the financial statements.

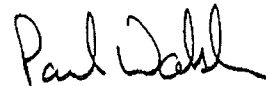
##### **Review of Financial Position**

The statement of financial activities for the year ended 31st March 2024 shows a deficit of £17,635. Total expenditure was £284,861 of which, all was applied directly to the costs of activities in furtherance of the objectives of the charity.

The deficit occurred due to expenditure on restricted funds held in opening reserves at 1st April 2023 in accordance with funding requirements. The unrestricted reserves of the company increased by £17,154 during the financial year so the trustees were pleased with the financial performance of the charity during the year.



Chris Hutton  
Treasurer



Paul Walsh  
Chairman

Approved by the board of Trustees on 9 December 2024

**Mind Your Mate and Yourself (MYMY)**

Northern Ireland - Charity number 109092

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# Annual return

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**MIND YOUR MATE AND YOURSELF (MYMY)**  
**Independent Examiner's Report**

**Independent examiner's report to the charity trustees of**  
**MYMY - Mind Your Mate and Yourself Charity**

We report on the accounts of the Charity for the year ended 31st March 2024, which are set out on pages 6 to 10.

**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 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, We have found no matters that require drawing to your attention.

Name: RPB Chartered Accountants & Registered Auditors

Relevant professional qualification or body: FCA

Address: 22 St Colmans Park  
Newry  
Co Down  
BT34 2BX

Date: 09/12/2024

