

COMPANY REGISTRATION NUMBER NI005568

CHARITY REGISTRATION NUMBER NIC100753

ACTION MENTAL HEALTH

(CHARITABLE COMPANY - LIMITED BY GUARANTEE)

COMPANY FINANCIAL ACCOUNTS

FOR THE YEAR ENDED

31 MARCH 2019

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

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For the Year Ended 31 March 2019

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ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

GENERAL INFORMATION

DIRECTORS – MAIN BOARD

Mr P Fitzsimmons - Chairman
Mr R C Mowbray - Vice Chairman
Mr P Barr - Treasurer
Mr H W R Kohner
Mr T A J McKeever
Mr C B McMurray (resigned 1 May 2019)
J L C Thompson DL
Mr E F Fee
Mr D McKeown
Mrs A Craigan
Mr D McAuley
Mr W McKeown
Ms N Kerr
Dr G Lynch
Mr S Robinson

INDEPENDENT DIRECTORS

David Morrissey
Brian McDonald

SECRETARY

Mrs I Gallen

CHIEF EXECUTIVE OFFICER

Mr D Babington

REGISTERED OFFICE

AMH Central Office
27 Jubilee Road
NEWTOWNARDS BT23 4YH

AUDITOR

GMcG BELFAST
Chartered Accountants &
Statutory Auditor
Alfred House
19 Alfred Street
BELFAST BT2 8EQ

INVESTMENT BROKERS

Cunningham Coates Stockbrokers
The Linenhall
32-38 Linenhall Street
BELFAST BT2 8BG

CCLA

Senator House
85 Queen Victoria Street
London EC4V 4ET

COMPANY REGISTRATION NUMBER

NI005568

CHARITY REGISTRATION NUMBER

NIC100753

BANKERS

Danske Bank
58 Market Street
DOWNPATRICK BT30 6LX

SOLICITORS

Tughans
Marlborough House
30 Victoria Street
BELFAST BT1 3GG

Cleaver Fulton Rankin
50 Bedford Street
BELFAST BT2 7FW

Edwards & Co
28 Hill Street
BELFAST
BT1 2LA

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS

The Directors present their report and the company financial accounts for the year ended 31 March 2019. The Directors have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) in preparing these accounts.

CONSTITUTION

Action Mental Health (AMH) is a company limited by guarantee, registered under NI005568, governed by the Articles of Association. The company is recognised as a charity and is registered under NIC100753 and is recognised as a charity by HM Revenue & Customs under reference number XN 47959.

STRUCTURE, GOVERNANCE AND MANAGEMENT

On 1 April 2018 a group structure was created and New Life Counselling Service (NLC) became the subsidiary of the new AMH group; NLC is a charitable company, limited by guarantee and incorporated in Northern Ireland. The purpose of creating this new group structure is to enhance both organisations' effectiveness in meeting the needs of service users, clients and communities.

The AMH board is comprised of up to 15 Directors as set out in the charity's Articles of Association. Directors may serve for a maximum of 3 terms of 4 years, save for Serving Directors who, having served 15 years, must be re-appointed on an annual basis. Directors are recruited to the Board through an open recruitment and selection process, although 4 Directors may be co-opted annually. The working of the Board is guided by the Governance Manual, which includes an induction programme for Directors, Terms of Reference for Committees and roles and responsibilities of office bearers.

In order to lead and support the creation of the new Group structure two AMH Directors were appointed to the Board of NLC and two NLC Directors were appointed to the AMH Group Board on 1 April 2018. The AMH Board manages the relationship with NLC as a subsidiary through the agreed Statement of Reserved Matters. Joint working groups and committees, which include the Chairmen and senior managers, have supported the initial integration phase of operational activities and sharing of facilities and resources.

Decisions on strategy, policy and material capital expenditure are taken by the full AMH Board and it ensures the Strategic Plan guides the Executive over a three year time span. Day to day decision making is under the supervision of the Chief Executive Officer, Mr D Babington, with regular reporting to the Finance Committee, Audit and Risk Committee, Nominations and Remuneration Committee, Development Committee and the Board. The Chief Executive Officer directly manages the Senior Management Team who ensures targets in the annual Operational Plan are being met.

In line with corporate good practice the company has an Audit and Risk Committee comprising of two independent and three Board members; the Chief Executive Officer and Head of Business Support also attend with the external auditors present when appropriate (usually three meetings a year). Each year a Directors' Conference is held with all managers in attendance to assess progress. The charity has been formally registered with the Charities Commission for Northern Ireland since February 2015.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

STRUCTURE, GOVERNANCE AND MANAGEMENT (Continued)

Over the year the Board met 6 times; the Finance Committee held 5 meetings, the Audit and Risk Committee, the Nominations and Remuneration Committee and the Development Committee all met on 4 occasions each. Throughout the year a number of audits from DfE, ETI and others provided reassurance to the Board. The AMH Board and Committees are aware of their responsibilities to NLC as subsidiary.

The Nominations and Remuneration Committee consider pay levels for all staff, and possible Cost of Living increases, on an annual basis and the annual Accounts are available on the website; the Committee seeks approval from the full Board for any increases in staff salaries. In 2013 the Committee commissioned an extensive independent review of all staff salaries which benchmarked them against other locally based charities, sectors and National Joint Council (NJC) scales and the recommendations have been implemented in full. The Pay Policy Statement sets out the Board's approach to salaries and is on the AMH website. In respect of the Chief Executive the Committee commissioned a specific independent review of the salary bracket in 2016, which included benchmarking against ACEVO and NICVA guidance.

In order to provide effective services AMH is involved in a number of partnerships with other charities in Northern Ireland. The Supported Employment Services (SES) consortium, co-led by AMH and the Cedar Foundation, met all targets for the Workable employment programme commissioned by the Department for Communities. AMH contributed to a range of other committees and partnerships such as Together for You, the Long Term Conditions Alliance Northern Ireland and the Department for Economy Investment for Growth and Jobs Programmes Monitoring Committee for EU Infrastructure Funds with the Chief Executive Officer holding appointments on all these Committees.

DIRECTORS

The Directors of the charity are its trustees for the purposes of charity law. The Directors who served the charity during the year are as noted on Page 1.

Mrs A Craigan, Ms N Kerr and Messrs. E Fee, HWR Kohner, D McAuley, T A J McKeever, W McKeown, C B McMurray, R C Mowbray, J L C Thompson DL, P Barr, P Fitzsimmons, D McKeown, S Robinson and Dr G Lynch all served.

A register of Directors' interests is maintained, with regular review and update, in order for the Board to be aware of any potential conflicts of interest; the issue of potential conflicts is a standing agenda item at the start of all Board and Committee meetings. None of the Directors had any material interest in contracts with the charity during the year.

RISK STRATEGY

A risk register is maintained in relation to all material risks posing a threat to the AMH Group. This register is reviewed regularly by the Audit and Risk Committee and at Board meetings to ensure systems and procedures are established to mitigate those risks identified and to minimise any potential impact on the charity.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RISK STRATEGY (Continued)

In managing the Reserves the Board is guided by their Investment Policy and its objective is to generate a return in excess of inflation over the long term whilst generating an income which could be available to support existing services and new projects. The Reserves Policy is to hold six months of planned expenditure to ensure continued financial security and to provide for contingencies. The Board are cognisant that having created a Group structure in April 2018 the reserves are in place to support the whole Group if required. A diversified spread of investments is maintained and the two investment providers are required to meet with the Finance Committee once a year to discuss performance, risk and adherence to the Investment Policy's ethical criteria.

PRINCIPAL RISKS AND UNCERTAINTIES

Key risks and uncertainties currently affecting AMH are set out below:

• **Reputational**

The Board views the loss of trust with beneficiaries, funders or the public as a significant reputational risk and key issues of concern are;

- Damage to IT systems, which would have major implications and increased investment has been made to counter cyber threats and to ensure AMH is in full compliance with new GDPR regulations.
- The new Group structure, which the Board is committed to ensuring works effectively and service users and commissioners recognise the benefits and service quality. NLC operates in line with AMH governance requirements and this is being managed by the Statement of Reserved Matters and sharing of Board expertise.
- Misuse of AMH's brand or reputation, which as AMH expands is an increasing concern and the Board actively manage through the Audit and Risk Committee and a fully trained Communications and Fundraising team is now in place.

• **Funding**

AMH delivers a sizeable training and employment project, 'Working it Out', supported by European Social Fund funding. Whilst funding is secure up until 2022 the uncertainty caused by Brexit makes this AMH's principal risk. Although a new UK Shared Prosperity Fund has been proposed at Westminster as an ESF replacement programme its role and focus is unclear. The lack of an Assembly at Stormont has compounded future funding difficulties including Wellbeing and Resilience building programmes which have become an increasing area of work for AMH.

The charity recognises the above risks and uncertainties and operates so as to minimise the threat posed to the charity by adhering to the highest procedures and standards and working closely with independent experts as required to mitigate the risks.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES

AMH is a voluntary organisation which supports people's mental health and well-being through vocational training, supported employment options, personal development, health and well-being programmes and resilience building. AMH's Objects and activities undertaken in relation to them are:

To provide assistance for persons affected by mental ill health, learning disability, substance abuse and/or other disabilities including without limitation vocational rehabilitation and training, personal development and guidance and other support services with a view to maintaining and improving the wellbeing of such persons to assist their return to fitness for purposeful activity.

Training & support programmes for people recovering from mental ill-health are the core services delivered through ESF funding by 9 New Horizons services, they also provide person-centred well-being programmes to support soft skills development. The 5 Health and Social Care Trusts remain the primary referral source for clients and with AMH support clients can move on to employment and / or more independent lives. On arrival every client agrees a personal action plan which is tailored to their own abilities and needs which they regularly review and evaluate in conjunction with staff whilst with AMH. Two projects which cater specifically for young people, Boost and Evolve, have also been developed along similar lines to the adult New Horizons services.

To assist such persons whether or not they have completed training programmes on the Company's premises to secure employment in jobs appropriate to their capabilities and to provide, if required, follow-up guidance and support.

As well as the focus on employment through the New Horizons services AMH delivers the Workable Government employment programme for people with mental health issues, which are focussed on getting people into the workplace and keeping them there. The programme is delivered with 6 other charity partners as part of SES. AMH is still also the only provider of the Individual Placement Support service, in the Belfast Trust area, which focuses on placing people with mental health issues in the workplace as quickly as possible and then training them.

To carry on for the benefit of such persons activities in which the skills of such persons can be developed, which activities shall be carried on wholly or largely by means of the efforts of such persons.

In line with Government policy a growing aspect of AMH's effort is building personal resilience, particularly with young people, including young offenders in HMP Hydebank. The MensSana project continues to deliver the PHA funded Mindset programme and the Protect Life service which delivers suicide/self harm prevention services. Aside from funding from the Southern Trust, the PHA and corporate donors/Foundations this work has also been funded by AMH. There is also a Social Investment Fund project called 'The Initiative' which has delivered resilience programmes in the northern part of the region. The three Men's Sheds are working towards greater self-sufficiency with reduced AMH support and they continue to support older men to learn new skills, socialise and connect. The long term conditions project, Managing the Challenge, in the Western Trust continues to provide people with the tools to self-manage their conditions. Also AMH Works continues to be in great demand providing employers with wellbeing and resilience building support.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

OBJECTIVES AND ACTIVITIES (Continued)

AMH also runs a number of specialist projects to support clients to develop their own skills such as the Vision project (Autistic Spectrum Disorder) in the Southern Trust, the Promote Learning Disability project in the South Eastern Trust and the everyBODY Eating Disorder project in the Southern Trust.

To provide outreach services in support of people recovering from mental ill health and/or other disabilities.

Although AMH operates from 11 sites nearly all programmes are also run in local facilities such as health centres, sports clubs or schools. The recently launched outreach services in Dungannon and Armagh have developed well with Southern Trust support.

To promote awareness of the issues of mental health and other related issues to the public at large.

Given the political impasse at Stormont AMH engaged with politicians in Westminster and was part of a delegation at the Northern Ireland Affairs Select Committee to raise the issue of resourcing of mental health. The continued involvement in events by the AMH Client Forum has helped tackle the issue of stigma most effectively and more corporate partners are sponsoring public events and raising publicity around mental health issues.

More information on AMH's work and achievements during 2018/19 is in the Annual Review which is available from the Company's Registered Office and on its website.

STRATEGIC REPORT

ACHIEVEMENTS AND PERFORMANCE

This was the third and final year of the Board's Strategic Plan 2016-2019 and the Scorecard reflects the fact that most objectives were reached. Funding pressures remained and there was significant uncertainty created by Brexit and inactivity at Stormont but core contracts and sources of funding were retained. The figures demonstrate that AMH has had a good year in terms of turnover and reached more people across the region with a variety of services.

During the year 1,798 clients with mental health needs and/or a learning disability attended services provided by AMH including New Horizons, Promote and Workable.

The New Horizons services provided training and employability programmes to 1,569 clients who achieved 3,479 accredited training outcomes and 221 progressed to paid employment, voluntary work, further education/training or other government programmes

Our Resilience Services: AMH MensSana including the PHA Mindset and Protect Life contracts, the Northern Area Mental Health Initiative and AMH Works offered a range of mental health promotion and suicide and self-harm interventions across Northern Ireland; there were 31,487 direct beneficiaries. AMH Works, our training consultancy, worked with a range of private, public and third sector companies/organisations across Northern Ireland. AMH everyBODY, our eating disorder information and support service in the SHSCT area, provided one to one support, information and training/awareness workshops to 2,148 people.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

ACHIEVEMENTS AND PERFORMANCE (Continued)

AMH also continues to run the Long Term Conditions Alliance (NI) project 'Managing the Challenge' in the Western Trust area and 28 programmes were successfully provided throughout the year with 268 people participating in the self-management programme. 139 older men have attended the 3 Men's Sheds this year.

In terms of Government Employment Programmes, the SES consortium delivered Work Connect and Workable (NI) across the region: through the Workable contract AMH supported 171 clients in 2018/19.

The Board has a strong commitment to developing the physical infrastructure and this year Central Offices in Ards were expanded and further refurbishment work completed in AMH Fermanagh.

AMH saw staff turnover in the year 2018-19 of 19.18%; 6% was due to end of contract, retirement, moving to further education or personal/other reasons. The Equality Commission audit of 6 February 2019 records AMH staffing complement of 186 employees: 48 males and 138 females.

Craigavon and Fermanagh New Horizons retained 100% compliance on their Customer Service Excellence (CSE) health checks again this year. AMH currently holds Investors in People (IIP) Health and Wellbeing Award and the new Generation 6 (IIP) Gold award. The Gen 6 IIP Gold award will be due for reassessment by January 2020.

The majority of the objectives in the strategic plan were achieved and the continued growth of unrestricted fundraising through corporate partnerships helped to deliver more young people's programmes such as the new Healthy Me primary school programme.

FINANCIAL REVIEW

AMH has had a good year ending it in a stable financial position. The charity continues to underwrite a number of unfunded projects but remains committed to them as they develop their own more self-sufficient future.

The ESF funding continued to support the recovery services whilst a range of PHA and Health and Social Care Trust funding supported all the other programmes. Unrestricted income continues through corporate partnerships and this will be a continuing theme in coming years.

RESULTS

The charity had total incoming resources of £6,288,021 (2018 - £6,309,208) for the year ended 31 March 2019 and the principal sources of this funding are as disclosed in note 3 of the financial statements.

Unrealised gains on investments were £225,581 (2018 - £9,409).

The overall net movement on unrestricted funds for the year was a surplus of £144,170 (2018 - £70,284). The charity spends all restricted monies that it receives and makes good any deficit on restricted funds from its general unrestricted reserves.

The closing balance on unrestricted reserves at 31 March 2019 was £5,886,177 (2018 - £5,742,007).

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

RESERVES POLICY

Due to the uncertain nature of AMH's funding, it is the Board's policy to maintain a designated risk reserve equal to six months' budgeted expenditure (see note 24). The level of free reserves at the year-end (excluding designated reserves) was £1,350,371 (2018 - £1,398,638).

INVESTMENT POLICY AND PERFORMANCE

The Finance Committee, a Board sub-committee, oversees, monitors and advises the Board on investment decisions and they are guided by the Investment Policy.

In managing the Reserves of AMH and hence its investments, the Board's objective is to generate a return in excess of inflation over the long term whilst generating an income and capital growth which could be available to support existing group services and new projects whilst a diversified spread of investments is maintained.

Reports on performance are provided to the Board at each meeting and Directors understand they are ultimately responsible for the overall management of the investments.

The Finance Committee are content that overall investment performance was acceptable and in line with investment objectives. Performance is assessed by benchmarking against accepted industry comparators and by using two separate investment advisors.

DIRECTORS' RESPONSIBILITIES STATEMENT

The Directors (who are also trustees of Action Mental Health for the purposes of Charity Law), are responsible for preparing the Report of the Directors and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Directors to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Directors are required to:

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

The Directors are responsible for keeping adequate accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

REPORT OF THE DIRECTORS (Continued)

STATEMENT OF DISCLOSURE OF INFORMATION TO AUDITOR

In so far as the Directors, who held office at the date of approval of the financial statements, are aware:

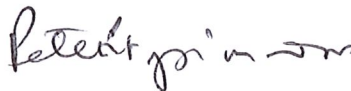
- there is no relevant audit information of which the charitable company's auditor is unaware; and
- the Directors have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

In approving the Report of the Directors the Directors also approve the Strategic Report.

Registered office:
AMH Central Office
27 Jubilee Road
NEWTOWNARDS
BT23 4YH



On behalf of the Board of Directors



Mr P Fitzsimmons
Director and Chairman

Date: 26 June 2019

Registered in Northern Ireland
No. NI005568

Charity Registration No: NIC100753

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

AUDITOR'S REPORT ON THE COMPANY FINANCIAL ACCOUNTS

OPINION

We have audited the company financial accounts of Action Mental Health (the 'charitable company') for the year ended 31 March 2019 which comprise the statement of financial activities, summary income and expenditure account, balance sheet, statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2019, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended; and
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice.

BASIS FOR OPINION

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

CONCLUSIONS RELATING TO GOING CONCERN

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

AUDITOR'S REPORT ON THE COMPANY FINANCIAL ACCOUNTS

OTHER INFORMATION

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information.

Our opinion on the financial statements does not cover the other information and we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

RESPONSIBILITIES OF DIRECTORS

As explained more fully in the directors' responsibilities statement on page 8, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

AUDITOR'S REPORT ON THE COMPANY FINANCIAL ACCOUNTS

AUDITOR'S RESPONSIBILITIES FOR THE AUDIT OF THE COMPANY FINANCIAL ACCOUNTS

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial accounts.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

USE OF OUR REPORT

This report is made solely to the company's members, as a body, in accordance with the terms of our engagement. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.



GMcG BELFAST
Alfred House
19 Alfred Street
Belfast
BT2 8EQ

Date: 29 July 2019

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES
For the Year Ended 31 March 2019

	Notes	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
INCOME AND ENDOWMENTS FROM:					
Charitable activities:					
Grants & contracted funding:	3				
- Rehabilitation programmes		4,597,702	-	4,597,702	4,494,426
- Employment services		123,794	-	123,794	127,902
- Welfare and education		641,960	-	641,960	581,311
Other employment income	4	333,360	-	333,360	469,600
Contribution from trading activities:	4				
- Rehabilitation programmes		-	13,593	13,593	22,455
Donations and legacies	5	120,904	188,127	309,031	364,905
Other activities	6	-	235,369	235,369	192,640
Investments	7	-	33,212	33,212	55,969
TOTAL INCOME AND ENDOWMENT		<u>5,817,720</u>	<u>470,301</u>	<u>6,288,021</u>	<u>6,309,208</u>
EXPENDITURE ON:					
Charitable Activities					
- Rehabilitation programmes	8	4,894,734	-	4,894,734	4,798,387
- Employment services		336,563	-	336,563	420,791
- Welfare and education		954,453	-	954,453	830,463
Raising funds	9	-	156,398	156,398	158,585
Other	11	-	29,574	29,574	37,452
TOTAL EXPENDITURE		<u>6,185,750</u>	<u>185,972</u>	<u>6,371,722</u>	<u>6,245,678</u>
NET (EXPENDITURE)/INCOME BEFORE OTHER RECOGNISED GAINS AND LOSSES		(368,030)	284,329	(83,701)	63,530
NET GAINS/(LOSSES) ON INVESTMENTS					
Realised gain/(loss) on investments		-	2,290	2,290	(2,655)
Unrealised gain on investments		-	225,581	225,581	9,409
NET (EXPENDITURE)/INCOME BEFORE TRANSFERS		<u>(368,030)</u>	<u>512,200</u>	<u>144,170</u>	<u>70,284</u>

The Statement of Financial Activities continues on page 14.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF FINANCIAL ACTIVITIES (Continued)
For the Year Ended 31 March 2019

	Notes	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
NET (EXPENDITURE)/INCOME BEFORE TRANSFERS		(368,030)	512,200	144,170	70,284
TRANSFER BETWEEN FUNDS	15	<u>368,030</u>	<u>(368,030)</u>	-	-
NET MOVEMENTS IN FUNDS		<u>-</u>	<u>144,170</u>	<u>144,170</u>	<u>70,284</u>
		£	£	£	£
RECONCILIATION OF FUNDS:					
Funds at 1 April 2018		<u>-</u>	<u>5,742,007</u>	<u>5,742,007</u>	<u>5,671,723</u>
Funds at 31 March 2019		<u>-</u>	<u>5,886,177</u>	<u>5,886,177</u>	<u>5,742,007</u>

The Statement of Financial Activities includes all gains and losses in the year.

All of the above amounts relate to continuing activities.

The notes on pages 19 to 35 form part of these financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

SUMMARY INCOME AND EXPENDITURE ACCOUNT
For the Year Ended 31 March 2019

	Notes	2019 £	2018 £
INCOME			
Charitable activities		5,710,409	5,695,694
Donations		309,031	364,905
Other trading activities		235,369	192,640
Investments		33,212	55,969
Realised gains on investments		2,290	-
Unrealised gain on investments		<u>225,581</u>	<u>9,409</u>
		<u>6,515,892</u>	<u>6,318,617</u>
EXPENDITURE			
Charitable activities		6,185,750	6,049,641
Raising funds		156,398	158,585
Realised loss on investments		-	2,655
Other		<u>29,574</u>	<u>37,452</u>
		<u>6,371,722</u>	<u>6,248,333</u>
NET INCOME FOR THE YEAR	1	<u>144,170</u>	<u>70,284</u>

Income and expenditure relates to continuing activities.

NOTE TO THE SUMMARY INCOME AND EXPENDITURE ACCOUNT
For the Year Ended 31 March 2019

1. ANALYSIS OF NET INCOME:

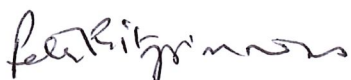
	2019 £	2018 £
Net (expenditure)/income for the year excluding gains on investment portfolio held	(81,411)	60,875
Unrealised gain on investment portfolio held	<u>225,581</u>	<u>9,409</u>
	<u>144,170</u>	<u>70,284</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

BALANCE SHEET
At 31 March 2019

	Notes	2019 £	2018 £
FIXED ASSETS			
Tangible assets	16	2,119,575	2,192,407
Investments	17	<u>3,153,191</u>	<u>2,400,981</u>
		<u>5,272,766</u>	<u>4,593,388</u>
CURRENT ASSETS			
Stocks	18	11,733	17,714
Debtors	19	749,943	1,600,389
Cash at bank and in hand		<u>383,878</u>	<u>346,761</u>
		1,145,554	1,964,864
CREDITORS: Amounts falling due within one year	20	<u>(532,143)</u>	<u>(816,245)</u>
NET CURRENT ASSETS		<u>613,411</u>	<u>1,148,619</u>
NET ASSETS		<u>5,886,177</u>	<u>5,742,007</u>
CAPITAL AND RESERVES			
Unrestricted funds:			
General fund	24	1,350,371	1,398,638
Revaluation reserve	23	658,176	421,094
Designated funds	24	<u>3,877,630</u>	<u>3,922,275</u>
		<u>5,886,177</u>	<u>5,742,007</u>

The financial statements were approved and authorised for issue by the Board of Directors on 26 June 2019 and were signed on its behalf by:



Mr P Fitzsimmons
 Director and Chairman



Mr P Barr
 Director and Honorary Treasurer

Company Registration Number – NI005568

The notes on pages 19 to 35 form part of these financial statements.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

STATEMENT OF CASH FLOWS
For the Year Ended 31 March 2019

	Notes	2019 £	2018 £
NET CASH PROVIDED BY OPERATING ACTIVITIES	1	<u>677,279</u>	<u>(96,600)</u>
Interest received		1,208	323
Dividends received		32,004	55,638
Purchase of tangible fixed assets		(149,035)	(321,982)
Purchase of fixed asset investments		(737,435)	(343,978)
Receipts from sale of fixed assets		-	-
Receipts from sale of fixed asset investments		56,382	187,104
Decrease/(increase) in cash held in investment portfolio		<u>156,714</u>	<u>(141,213)</u>
NET CASH USED IN INVESTING ACTIVITIES		<u>(640,162)</u>	<u>(564,108)</u>
DECREASE IN CASH AND CASH EQUIVALENTS		<u>37,117</u>	<u>(660,708)</u>
CASH AND CASH EQUIVALENTS AT 1 APRIL 2018		<u>346,761</u>	<u>1,007,469</u>
CASH AND CASH EQUIVALENTS AT 31 MARCH 2019		<u>383,878</u>	<u>346,761</u>
CASH AND CASH EQUIVALENTS CONSISTS OF:			
Cash at bank and on hand		<u>383,878</u>	<u>346,761</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE STATEMENT OF CASH FLOWS
For the Year Ended 31 March 2019

**1. RECONCILIATION OF NET MOVEMENT IN FUNDS
TO NET CASHFLOW FROM OPERATING ACTIVITIES**

	2019	2018
	£	£
Net (expenditure)/income before other recognised gains and losses	(83,701)	63,530
Interest received	(1,208)	(331)
Dividends received	(32,004)	(55,638)
Depreciation	221,867	212,272
Decrease/(increase) in stocks	5,981	(6,944)
Decrease/(increase) in debtors	850,446	(411,534)
(Decrease)/increase in creditors	<u>(284,102)</u>	<u>102,045</u>
Net cash provided by operating activities	<u>677,279</u>	<u>(96,600)</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS
For the Year Ended 31 March 2019

1. ACCOUNTING POLICIES

- (a) The charity constitutes a public benefit entity as defined by FRS 102. The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102), the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Companies Act 2006, Charity Law and UK Generally Accepted Practice.

These company financial accounts are non statutory and are prepared for Action Mental Health as an individual entity only. Statutory accounts are separately prepared for the year ended 31 March 2019 for delivery to the Registrar of Companies.

The company financial accounts do not include the results or disclosures in respect of the charity's subsidiary, New Life Counselling Service.

The company financial accounts are prepared under the historical cost convention, as modified by the inclusion of fixed asset investments at market value. The financial statements are prepared in sterling, which is the functional currency of the entity, and are recorded to the nearest £.

The Directors consider that there are no material uncertainties concerning the charity's ability to continue as a going concern. The charity has cash resources of £383,878 and a significant investment portfolio at the balance sheet date, with funding agreements also in place for the immediate future. With respect to the reporting period 2019/20 the most significant uncertainty that affects the carrying value of assets held by the charity is the performance of investment markets. The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

- (b) Revenue grants are credited to incoming resources on the earlier of when they are received or when they are receivable, unless they relate to a specified future period, in which case they are deferred.
- (c) Donations, contracted funding, income for services provided and other income are included in full in the Statement of Financial Activities when receivable.
- (d) Income from other activities includes income earned from fundraising events and trading activities to raise funds for the charity. Income is received in exchange for supplying goods and services in order to raise funds and is recognised when entitlement has occurred.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

1. ACCOUNTING POLICIES (Continued)

(e) All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Costs are categorised under the following headings:

- Costs of raising funds includes direct costs of fundraising and investment management fees;
- Expenditure on charitable activities includes direct costs of the rehabilitative services, the employment service and the welfare & education programme; and
- Other expenditure represents those items not falling into the categories above.

Irrecoverable VAT is charged as an expense against the activity for which expenditure arose.

(f) Support costs allocation

Support costs are those costs incurred directly in support of expenditure on the objects of the charity and include project management carried out at the charity's main premises. Support costs are allocated on a basis consistent with the use of resources.

Fund raising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities.

(g) Restricted funds are to be used for specified purposes by reference to the donor. Expenditure which meets the criteria is identified and allocated to the fund, either directly or by allocating a fair proportion of overheads and other costs.

(h) Unrestricted funds represent other incoming resources received or generated for charitable purposes, to be used at the charity's discretion. Designated funds comprise unrestricted funds that have been set aside by the Directors for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

(i) The cost of tangible fixed assets is their purchase cost, together with any incidental costs of acquisition. Depreciation is calculated to write off the cost of fixed assets less residual value, in equal annual instalments on the following bases:-

Land	None
Buildings	4%
Plant and machinery	20% and 16.66%
Fixtures, fittings, tools and other equipment	20% and 33.33%
Motor vehicles	25%

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

1. ACCOUNTING POLICIES (Continued)

- (j) Grants received against capital expenditure are included in full in the Statement of Financial Activities as restricted income. Once the capital expenditure has taken place and the conditions of the grant are fulfilled, they are transferred to a designated unrestricted fund which is then reduced over the useful economic life of the asset in line with depreciation.
- (k) Stocks are stated at the lower of cost and net realisable value. Cost is determined on a first in first out basis. Net realisable value is the price at which the stock can be realised in the normal course of business. Provision is made for obsolescent, slow moving and defective stocks.
- (l) Employee benefits
- When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service.
- The charity operates a defined contribution pension scheme, the assets of which are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable to the scheme in the accounting period.
- (m) Investments, excluding subsidiary undertakings, are stated on the balance sheet at fair value and all movements, including realised and unrealised gains and losses, are shown in the Statement of Financial Activities. Realised gains and losses are the aggregate of the difference between sales proceeds and opening fair value (or on addition if purchased during the year). Unrealised gains and losses represent the movement in market value during the year.
- (n) As a registered charity, Action Mental Health is not liable to either Income Tax or Corporation Tax.
- (o) Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.
- (p) Rentals payable and receivable under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

1. ACCOUNTING POLICIES (Continued)

- (q) Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

- (r) Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported for assets and liabilities as at the balance sheet date and the amounts reported for income and expenditure during the year. However, the nature of estimation means that actual outcomes could differ from those estimates. The following are the company's key sources of estimation uncertainty:

Tangible fixed assets - The annual depreciation charge on fixed assets depends primarily on the estimated lives of each type of asset and estimates of residual values. The Directors regularly review these asset lives and change them as necessary to reflect current thinking on remaining lives in light of prospective economic utilisation and physical condition of the assets concerned. Changes in asset lives can have a significant impact on depreciation and amortisation charges for the period. Detail of the useful lives is included in the accounting policies.

Debtors - short term debtors are measured at transaction price, less any impairment. Impairment of such debtors involves some estimation uncertainty.

- (s) Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at the carrying value plus accrued interest less repayments. The financing charge to expenditure is at a constant rate calculated using the effective interest method.

2. MEMBERS LIABILITY

The charity is a company limited by guarantee. Every member undertakes to contribute such amounts, not exceeding £10, to the charity's assets if it should be wound up whilst being a member, or within one year of ceasing to be a member.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

3. GRANTS AND CONTRACTED FUNDING

	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Amounts received and receivable				
<i>Rehabilitation programmes</i>				
Contracted funding –				
Health & Social Care Trusts:				
Northern	236,956	-	236,956	232,985
Southern	371,230	-	371,230	374,253
Belfast	271,771	-	271,771	274,816
South Eastern	855,095	-	855,095	1,032,856
Western	415,331	-	415,331	401,277
Grants –				
European Social Fund	2,140,244	-	2,140,244	2,075,824
Local Health & Soc. Care Groups	29,363	-	29,363	26,886
Menhir Project	23,487	-	23,487	-
Community Dev. & Health Network	552	-	552	12,636
Impact of Alcohol Grants	-	-	-	7,998
The Arts Council of Northern Ireland	-	-	-	1,000
Public Health Agency	40,608	-	40,608	18,750
DHSSPS Core Grant	63,752	-	63,752	63,913
Sundry grants	993	-	993	5,049
North Down Borough Council	5,505	-	5,505	-
Amounts deferred b/forward	<u>189,005</u>	<u>-</u>	<u>189,005</u>	<u>156,188</u>
	4,643,892	-	4,643,892	4,683,431
Amounts deferred c/forward	<u>(46,190)</u>	<u>-</u>	<u>(46,190)</u>	<u>(189,005)</u>
Funding utilised	<u>4,597,702</u>	<u>-</u>	<u>4,597,702</u>	<u>4,494,426</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

3. GRANTS AND CONTRACTED FUNDING (continued)

	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Amounts received and receivable				
<i>Employment Services</i>				
Grants –				
Dept. for Communities	123,794	-	123,794	127,902
Amounts deferred b/forward	-	-	-	-
	123,794	-	123,974	127,902
Amounts deferred c/forward	-	-	-	-
Funding utilised	<u>123,794</u>	<u>-</u>	<u>123,794</u>	<u>127,902</u>
<i>Welfare and Education Services</i>				
Grants –				
Southern H&SC Trust	52,520	-	52,520	52,520
Western H&SC Trust	61,973	-	61,973	51,191
Social Investment Fund	314,780	-	314,780	236,487
PHA	201,238	-	201,238	177,512
NIHE	-	-	-	1,337
Big Lottery – Men’s Shed	-	-	-	(3,827)
Clear Project	5,915	-	5,915	-
Big Lottery – Arts & Older People	3,160	-	3,160	4,203
Enkalon	2,000	-	2,000	2,000
NM&DDC	-	-	-	1,670
ANBC	1,319	-	1,319	3,274
Big Lottery – NI Families	13,230	-	13,230	13,318
Pharmacy	9,130	-	9,130	-
Ulster Garden Villages	20,000	-	20,000	20,000
Sundry	-	-	-	14,019
Amounts deferred b/forward	<u>250</u>	<u>-</u>	<u>250</u>	<u>7,857</u>
	685,515	-	685,515	581,561
Amounts deferred c/forward	<u>(43,555)</u>	<u>-</u>	<u>(43,555)</u>	<u>(250)</u>
Funding utilised	<u>641,960</u>	<u>-</u>	<u>641,960</u>	<u>581,311</u>
Total grants and contracted funding utilised	<u>5,363,456</u>	<u>-</u>	<u>5,363,456</u>	<u>5,203,639</u>

In the prior year all income from grants and contract funding was attributable to restricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

**4. OTHER EMPLOYMENT INCOME & CONTRIBUTION
FROM TRADING ACTIVITIES FROM REHABILITATION PROGRAMMES**

	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Other Employment income	333,360	-	333,360	469,600
Contribution from trading activities:				
- Rehabilitation programmes	<u>-</u>	<u>13,593</u>	<u>13,593</u>	<u>22,455</u>

In the prior year all income from employment was attributable to restricted funds whilst the contribution from trading of rehabilitation programmes was attributable to unrestricted funds.

5. DONATIONS AND LEGACIES

	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
General	3,010	135,469	138,479	109,372
Danske Bank	63,396	-	63,396	66,312
John Atcheson	10,000	-	10,000	17,000
Fisher's Charity Cycle Challenge	15,000	-	15,000	-
Rotary Club	14,000	-	14,000	-
Café Nero	-	13,008	13,008	-
Granite Challenge	8,612	-	8,612	8,184
Power NI	-	8,295	8,295	-
Enterprise Shared Service	-	6,523	6,523	-
Bernie Walsh	-	6,225	6,225	-
Gordons Chemist	-	5,659	5,659	-
Super Car Sunday	-	3,400	3,400	-
Titanic Hotel	-	2,823	2,823	-
B&M Mulligan	2,700	-	2,700	-
South West College	-	2,585	2,585	-
P Leonard	2,186	-	2,186	-
The Glen Inn	-	2,090	2,090	-
Translink	-	2,050	2,050	3,614
Masons	<u>2,000</u>	<u>-</u>	<u>2,000</u>	<u>-</u>
C/forward	120,904	188,127	309,031	204,481

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

5. DONATIONS AND LEGACIES (Continued)

	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
B/forward	120,904	188,127	309,031	204,481
Glitterball	-	-	-	52,685
Fane Valley	-	-	-	49,354
Wolfson Foundation	-	-	-	43,000
NLC Charity Shield	-	-	-	3,127
Round Table	-	-	-	8,258
Tughan Trust	-	-	-	4,000
	<u>120,904</u>	<u>188,127</u>	<u>329,031</u>	<u>364,905</u>

Amounts included as general above represent all individual donations received of less than £2,000.

In the prior year £234,594 from donations and legacies was attributable to unrestricted funds and £130,311 attributable to restricted.

6. OTHER ACTIVITIES

	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Administration fees	-	48,319	48,318	68,310
Rents and room hire	-	35,113	35,113	19,815
Counselling	-	1,120	1,120	385
External training fees	-	95,176	95,176	45,819
Sundry income	-	15,387	15,387	30,018
Client contribution	-	11,039	11,039	9,368
Catering income	-	18,429	18,429	18,925
ROC income	-	10,786	10,786	-
	<u>-</u>	<u>235,369</u>	<u>235,369</u>	<u>192,640</u>

In the prior year all income from other activities was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

7. INVESTMENTS

	Restricted Funds £	Unrestricted Funds £	Total Funds 2019 £	Total Funds 2018 £
Interest	-	1,208	1,208	331
Dividends	<u>-</u>	<u>32,004</u>	<u>32,004</u>	<u>55,638</u>
	<u>-</u>	<u>33,212</u>	<u>33,212</u>	<u>55,969</u>

In the prior year all income from investments was attributable to unrestricted funds.

8. EXPENDITURE ON CHARITABLE ACTIVITIES

Summary by activity

	Direct Costs £	Support Costs £	Total 2019 £	Total 2018 £
Rehabilitation programmes	4,195,340	699,394	4,894,734	4,798,387
Employment services	288,473	48,090	336,563	420,791
Welfare and education services	<u>818,074</u>	<u>136,379</u>	<u>954,453</u>	<u>830,463</u>
	<u>5,301,887</u>	<u>883,863</u>	<u>6,185,750</u>	<u>6,049,641</u>

In the current and prior year all expenditure on charitable activities was attributable to restricted funds.

9. RAISING FUNDS

Summary by activity

	Direct Costs £	Support Costs £	Total 2019 £	Total 2018 £
Fundraising and awareness costs	<u>134,051</u>	<u>22,347</u>	<u>156,398</u>	<u>158,585</u>

In the current and prior year all expenditure on raising funds was attributable to unrestricted funds.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

10. SUPPORT COSTS BY CATEGORY

	2019	2018
	£	£
Support Costs		
Administration and Finance	<u>906,210</u>	<u>862,916</u>

Support costs are made up of the following:

	2019	2018
	£	£
Staff costs	673,247	586,952
Office costs	18,079	27,960
Premises	7,462	8,601
Other costs	<u>207,422</u>	<u>239,403</u>
	<u>906,210</u>	<u>862,916</u>

11. OTHER

	Restricted Funds £	Unrestricted Funds £	Total 2019 £	Total 2018 £
Investment management fees	-	7,665	7,665	7,550
Governance costs	<u>-</u>	<u>21,909</u>	<u>21,909</u>	<u>29,902</u>
	<u>-</u>	<u>29,574</u>	<u>29,574</u>	<u>37,452</u>

In the prior year all other expenditure was attributable to unrestricted funds.

12. GOVERNANCE COSTS

	2019	2018
	£	£
Auditor's remuneration	6,336	14,591
Other professional fees	12,909	12,761
Board, Committee costs	1,944	2,050
AGM, Annual Report costs	<u>720</u>	<u>500</u>
	<u>21,909</u>	<u>29,902</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

13. NET INCOME BEFORE TRANSFERS

	2019	2018
	£	£
This is stated after charging:		
Depreciation:		
- owned tangible fixed assets	221,867	212,272
Auditor's remuneration - statutory audit	6,336	6,174
- other financial services	-	8,417
Gain/(loss) on disposal of investments	2,290	(2,655)
Gain on fair value movement of investments	225,581	9,409
Operating leases rentals	<u>141,451</u>	<u>129,615</u>

14. STAFF COSTS

	2019	2018
	£	£
(a) Staff costs		
Wages and salaries	3,856,017	3,689,153
Social security costs	314,718	309,779
Agency and seconded staff	50,389	59,303
Pension costs – defined contribution schemes	<u>185,224</u>	<u>172,303</u>
	<u>4,406,368</u>	<u>4,230,538</u>

(b) One staff member earned between £70,000 and £80,000 (2018 – one in same band).

	2019	2018
	No.	No.
(c) Average number of persons directly employed:		
Office and management	26	24
Supervision and instruction	129	121
Support staff	<u>30</u>	<u>30</u>
	<u>185</u>	<u>175</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

14. STAFF COSTS (Continued)

(d) Directors' and key management personnel remuneration and expenses

No fees were paid to any director for their services as Board members. During the year travel expenses amounting to £257 were reimbursed to one Director (2018 – £611). No amounts were paid directly to third parties.

The total amount of employee benefits received by key management personnel is £194,963 (2018 - £192,517). The charity considers its key management personnel to comprise the Chief Executive Officer, Head of Business Support and Head of Operations.

15. TRANSFERS BETWEEN FUNDS

An amount of £368,030 (2018 - £246,091) was transferred from unrestricted funds to restricted funds as a contribution from general funds which the Directors wish to apply towards the shortfall between restricted funds received and expended in the year.

16. TANGIBLE FIXED ASSETS

	Land and buildings (long leasehold) £	Plant and machinery £	Motor vehicles £	Fixtures, fittings, tools & other equipment £	Total £
Cost:					
At 1 April 2018	5,808,033	265,900	38,847	11,451	6,124,231
Additions	145,197	3,838	-	-	149,035
Disposals	-	(18,195)	(38,847)	(3,267)	(60,309)
At 31 March 2019	<u>5,953,230</u>	<u>251,543</u>	<u>-</u>	<u>8,184</u>	<u>6,212,957</u>
Depreciation:					
At 1 April 2018	3,719,202	166,315	38,847	7,460	3,931,824
Charges for the year	191,183	26,693	-	3,991	221,867
Eliminated on disposals	-	(18,195)	(38,847)	(3,267)	(60,309)
At 31 March 2019	<u>3,910,385</u>	<u>174,813</u>	<u>-</u>	<u>8,184</u>	<u>4,093,382</u>
Net book value:					
At 31 March 2019	<u>2,042,845</u>	<u>76,730</u>	<u>-</u>	<u>-</u>	<u>2,119,575</u>
At 31 March 2018	<u>2,088,831</u>	<u>99,585</u>	<u>-</u>	<u>3,991</u>	<u>2,192,407</u>

Included in long leasehold land and buildings is land costing £86,330 (2018 - £86,330). Land is not depreciated.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

17. FIXED ASSET INVESTMENTS

	Quoted Investments £
As at 1 April 2018	2,400,981
Additions, at cost	736,738
Realised gain on disposal	2,290
Disposals, at valuation	(56,382)
Accumulations	697
Decrease in cash holding	(156,714)
Unrealised gain on revaluation	<u>225,581</u>
At 31 March 2019, at market value	<u>3,153,191</u>
At 31 March 2019, at historical cost	<u>2,495,015</u>

The charity's investments are managed on a discretionary basis by two independent investment brokers. Included in investments are cash balances of £19,143 (2018 - £175,857) held as part of the investment portfolio.

Subsidiary

On 1 April 2018 New Life Counselling Service became a subsidiary undertaking of Action Mental Health. New Life Counselling Service is a charitable company limited by guarantee. No consideration was paid by Action Mental Health in respect of this arrangement.

18. STOCKS

	2019 £	2018 £
Raw materials and consumables	<u>11,733</u>	<u>17,714</u>

19. DEBTORS

	2019 £	2018 £
Trade debtors	164,628	341,985
Grants due - ESF	541,369	1,198,283
Grants due - Other	24,784	54,878
Prepayments and accrued income	18,322	3,132
Other debtors	<u>840</u>	<u>2,111</u>
	<u>749,943</u>	<u>1,600,389</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

20. CREDITORS: Amounts falling due within one year		
	2019	2018
	£	£
Trade creditors	144,773	205,545
Other taxation and social security	74,818	109,858
Deferred income	102,211	281,820
Accruals and other creditors	<u>210,341</u>	<u>219,022</u>
	<u>532,143</u>	<u>816,245</u>

21. DEFERRED INCOME			
	Under 1	Over 1	Total
	year	year	
	£	£	£
At 1 April 2018	281,820	-	281,820
Additions during the year			
Amounts released to income	<u>(179,609)</u>	-	<u>(179,609)</u>
At 31 March 2019	<u>102,211</u>	-	<u>102,211</u>

22. ANALYSIS OF NET ASSETS BETWEEN FUNDS			
	Restricted	Unrestricted	Total
	Funds	Funds	Funds
	£	£	£
Tangible fixed assets	-	2,119,575	2,119,575
Investments	-	3,153,191	3,153,191
Net current assets	<u>-</u>	<u>613,411</u>	<u>613,411</u>
	<u>-</u>	<u>5,886,177</u>	<u>5,886,177</u>

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

23. REVALUATION RESERVE

	£
At 1 April 2018	421,094
Net transfer from general fund	<u>237,082</u>
At 31 March 2019	<u>658,176</u>

This represents the unrealised gains accumulated on the revaluation of fixed asset investments.

24. OTHER UNRESTRICTED FUNDS

	General Fund £	Designated Capital Utilised Fund £	Designated Risk Reserve Fund £	Total £
Unrestricted				
At 1 April 2018	1,398,638	805,782	3,116,493	5,320,913
Surplus for the year	144,170	-	-	144,170
Transfer to/from general fund	(63,493)	-	63,493	-
Net transfer to revaluation reserve	(237,082)	-	-	(237,082)
Addition to capital grants	-	-	-	-
Amortisation of capital grants	<u>108,138</u>	<u>(108,138)</u>	-	-
At 31 March 2019	<u>1,350,371</u>	<u>697,644</u>	<u>3,179,986</u>	<u>5,228,001</u>

Capital utilised fund:

This represents grants and donations originally received for restricted capital purposes. Having been fully utilised for those purposes they become unrestricted funds and are released to the General Fund at the same rates that depreciation is charged on the assets to which they relate.

Risk reserve fund:

The risk reserve fund represents an amount equivalent to six months of budgeted operational expenditure which the Board feel is prudent to set aside in line with the charity's risk and reserve policies.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

25. TAXATION

The company has been accepted by HM Revenue & Customs as a charity (reference no. XN 47959).

26. CONTINGENT ASSETS AND LIABILITIES

A portion of grants received may become repayable if the charity fails to comply with the terms of the relevant letters of offer.

27. CONDUIT FUNDING

AMH acts as lead partner for Youth Action on the ESF, Working It Out project and for NEXUS in respect of the Social Investment Fund.

At the balance sheet date AMH held the following balances in respect of the above:

	Youth Action	NEXUS
	£	£
Debtor	4,475	-
Cash at bank	-	7,846
Creditors	<u>(4,475)</u>	<u>(7,846)</u>

In accordance with SORP (FRS 102) these balances have not been included in the Balance Sheet.

ACTION MENTAL HEALTH
(LIMITED BY GUARANTEE)

NOTES TO THE COMPANY FINANCIAL ACCOUNTS (Continued)
For the Year Ended 31 March 2019

28. PENSIONS AND OTHER POST-RETIREMENT BENEFITS

The charity operates a defined contribution pension plan for its employees. The amount recognised as an expense in the period was £185,224 (2018 - £172,303).

29. RELATED PARTY TRANSACTIONS

No transactions with related parties were undertaken such as are required to be disclosed.

30. OPERATING LEASE COMMITMENTS

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2019	2018
	£	£
Not later than one year	130,141	43,886
Later than one and not later than five years	80,806	218,931
Later than five years	<u> -</u>	<u> -</u>