

Registered number
03150505

Meridian Wellbeing
Report and Accounts
31 March 2023

**Meridian Wellbeing
Report and accounts
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Meridian Wellbeing

Registered number - 03150505

Directors' Report

The directors present their report and accounts for the year ended 31 March 2023.

Reference and administrative details

Charity number: **1058934**

Company number: **3150505**

Principal office: Meritage Centre
Church End
Hendon
NW4 4JT

Independent examiner: R B Thakkar of Such & Co Associates Limited
Outdoor Ground Floor, Paxton Terrace no. 8
Grosvenor Road
London SW1V 3DA

Bankers: National Westminster Bank PLC
403 Bethnal Green Road, London E2 0AF

CAF Bank Limited
25 Kings Hill Avenue, Kings Hill, West Malling Kent ME19 4JQ

Directors and trustees

The following served as directors and members of the Management Committee:

Shun Au OBE	- Chair
Dr. Stephen Hiew	- Treasurer
Lulu Langtree	- Honorary Secretary
Jason Chan	
Chi Wai Lu	
Pek Lian Watt	

Chief Executive Officer & Company Secretary - L Lee

Structure, Governance and Management

Governing Document

Meridian Wellbeing is a company limited by guarantee governed by its Memorandum and Articles of Association dated 4 October 2002. It is registered as a charity with the Charity Commission. Anyone over the age of 18 can become a member of the company and there are currently 6 each of whom agree to contribute £10 in the event of the charity winding up.

Appointment of trustees

The board of Trustees (also known as the Management Committee) is elected annually at the AGM. The board may appoint new trustees by co-option during the year. In accordance with the Articles of Association, all members of the Management Committee for the time being shall retire from office at the AGM, but are eligible to stand for re-election.

Trustee induction and training

New trustees undergo an orientation to brief them on their legal obligations under charity and company law, the contents of the Memorandum and Articles of Association, the committee and decision making processes, the business plan and recent financial performance of the charity. During the induction they meet key employees and other trustees. Trustees are encouraged to attend appropriate external training events where these will facilitate the undertaking of their role.

Organisation

The board of trustees, which shall have the minimum number of four, administers the charity. The board meets at least four times in a year. A Chief Executive is appointed by trustees to manage the day to day operations of the charity. To facilitate effective operations, the Chief Executive has delegated authority, within terms of delegation approved by the trustees, for operational matters including finance, employment and the furtherance of the Charity's principle objective.

Related parties

As far as the trustees are aware no party has influence over the financial and operational policies of the charity.

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Directors' Report

Risk management

The trustees have a risk management strategy which comprises:

- (1) an annual review of the risks the charity may face;
 - (2) an annual review of the systems and procedures to mitigate those risks identified in the plan;
- and
- (3) the implementation of procedures designed to minimise any potential impact on the charity should those risks materialise.

This work has identified minimal risks and it has resulted in better emergency procedures and contingency plans. Particular attention has focused on non financial risks arising from fire, health and safety of its work force including volunteers and the service users. A key element in the management of financial risk is setting of a reserves policy and its regular review by trustees.

Objectives, achievements and performance and financial review

With the worst of the Covid-19 pandemic behind us, at the start of this year has seen Meridian Wellbeing embrace the hybrid model of working and continue to translate its success with the digital platform to further develop its holistic Wellbeing Centre at the Meritage. The aftermath of the pandemic was followed by new challenges including the current Cost-of-Living Crisis and required a rapid response to incorporate new ways of approaching mental health and wellbeing delivery. The 100 online activities of the digital platform have become 100 activities a month at the centre – one front door with a myriad of opportunities; empowering, connecting and building social bridges for the community. The latter part of the year has seen our continued strive to respond, innovate and integrate people, with the introduction of the Graham Park Pilot project, the Zero Waste Kitchen during the most critical point of the Cost-of-Living crisis, and the EN4 Wellbeing Café, to make mental health and wellbeing more local and accessible.

The Barnet Wellbeing Hub has continued to open doors for people to access mental health and holistic wellbeing support. Acting as the gateway to support, the Emotional Health Check (EHC) has shown its unique value to encourage people to share their issues, prioritise their goals and empower their wellbeing choices. Having established itself as a critical component of Barnet's Long-term Prevention and Wellbeing Strategy and integral to the Mental Health Trust's Community Transformation Programme review, the service has continued to go from strength to strength. Over 1500 people (with over 720 referrals from professionals) accessed the holistic mental health social prescribing service and they were further empowered to access both physical and mental health support, information and advice, talking therapies and advocacy services. Almost 1,400 benefitted from a full EHC.

As the universal gateway to access mental health and wellbeing support, many people that access the Hub presented with complex needs and comorbidities. The Joint Case Management (JCM) cross-sector multi-disciplinary meeting consistently offers the critical support for those with complex needs. With an average of over 36 complex cases every month being discussed in this invaluable forum, the ethos of working together to keep people in the community where possible has continued to be successful with 97% of individuals not needing referral to secondary care. The forum has recently invited professionals from Step 4 Psychology and Community Mental Health Teams to support the smooth discharge of clients into the community, helping to further reduce pressures on NHS services.

Keeping people in the community necessitates a wide range of community-based services to tackle isolation, encourage socialising and learning, keeping active and getting connected. In addition to the Chair yoga, dancing activities, health talks, the Wellbeing Café, tea and coffee sessions, and our Housing Legal Advice service, we've introduced even more strings in our wellbeing bow this year. We started a self-run reading group co-produced and facilitated by our members, the Peer-led Wellbeing Café has introduced a wide variety of arts and crafts activities, the poetry corner, jewellery making, and even peer-led drama sessions. Physical activities have been further bolstered with the Stay Active and Connect sessions in conjunction with Better Gym GLL, table tennis sessions, social dance to name but a few. All of these activities are open to all to partake, to make choices around their wellbeing and join a community support group that builds resilience.

Objectives, achievements and performance and financial review Cont'd

It is this ethos of integration that is also at the core of the HK BN(O) project. The first phase of the Department of Levelling Up, Housing and Communities (DLUHC) was highly successful, and we were also successful in securing funding for phase 2 which brought the services to the end of the financial year. The service built on the strong foundation of the first phase, delivering Welcome Party events raising awareness to 274 people, Employability training sessions in conjunction with BOOST Barnet, skills-based training delivered by FIVERR offering a range of IT classes, CV writing and support with job applications. A series of Life in the UK health talks and seminars were delivered by local professionals to help people navigate the health service, learn about taxation, housing and other practical support to help with their settlement needs. We also continued our in-demand bespoke ESOL classes and conversation cafés tailored to the specific needs of the HK BN(O) community, with 118 people benefiting from these classes and demand outstripping supply. Over 250 people accessed one-to-one assessment and mental health support. 53 people also benefited from a volunteer buddy match system as a supportive link to help them integrate into the local community. Altogether, the team reached out to and supported over 325 HK BN(O)s in a 9-month project, supporting over three times the target to help them settle and integrate into the UK.

To further the work, we are pleased to have received the support from GLA through the Local Borough of Barnet (LBB) to continue to provide the HK BN(O) community with the much-needed support. Made possible by the Local Welcome Fund, we have continued to deliver a wide range of events and activities from physical activity and social groups to interest groups and cooking demonstration activities. The programme of events and activities were devised based on the feedback from community surveys we conducted, and are needs based and demand-led. These activities will continue the positive momentum and allow us to continuing our supportive programme of integration into the UK.

The HK BN(O) project was complemented by our City Bridge Trust funded Chinese Wellbeing services, where we continue to offer Befriending, Social Club and Wellbeing club activities; promoting integration between existing Chinese communities with new arrivals. These services continue to be a stalwart of our core services. The Befriending service offering specialised mental health outreach support continues to be heavily oversubscribed with 75 cases out of a target of 35 this year. Average attendance at our Social Club and Wellbeing Club has kept steady with over 2,600 cumulative attendance at our Wellbeing Club and 1,800 at our Social Club respectively. They remain an important lifeline for the vulnerable and elderly local Chinese community, and help to tackle the isolation and loneliness felt by so many. Service users have steadily grown in confidence with the continued hard work from the core group and volunteer team that support the work, and help encourage integration across the groups and into the wider community.

This drive for integration and support in the community is further echoed in the Integrated Voluntary and Community Service, commissioned by the Barnet, Enfield and Haringey Mental Health Trust (BEHMHT). Delivered as part of the Wellbeing Together CIC (WT CIC) consortium in partnership with other local mental health specialise charities, we have worked diligently to instil and embed the community approaches and encourage community-based interventions as a key component of the BEHMHT's Community Transformation programme. The service has continued to develop to marry the best practices in clinical intervention with the empowerment of individuals to engage, access and build connections in community-based wellbeing support. It has been highly encouraging to hear the multiple stories of individuals who previously accessed secondary care with community mental health teams, some over many years, to be supported by our team of Community and Peer Engagement Practitioners to access services in the community and build personal independence and resilience. We are pleased to share that the WT CIC consortium was successful in obtaining an extension to the programme to bring it to its third year. This provides the opportunity to continue working closely with BEHMHT, build on the foundation of the partnership and maintain the momentum to collaboratively implement a key component of the Community Transformation programme.

The close partnership working together with BEHMHT also continues in the Improving Access to Psychological Therapies (IAPT) service. Through our Multilingual Wellbeing Service (MWS) partnership consortium, the IAPT service has continued to be one of our core services as a key component of NHS primary care services. The service features as an integral component of the co-produced Wellbeing Plans across our services. We have successfully built on the development of the Step 3 CBT service, now in its second year, to be able to independently deliver a fully NICE Compliant episode of care. Across MWS, the service comfortably achieved all annual targets with 387 Step 2 triages completed, and 246 completed Step 2 Treatments. Over 1,450 people accessed psychoeducational wellbeing workshops throughout the year. The highlight has been our Step 3 Counselling and Step 3 CBT service with 145 people successfully completing treatment, over 21% above the annual target, and a key area where the NHS is experiencing extremely high waiting lists.

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Directors' Report

Objectives, achievements and performance and financial review Cont'd

The focused work to help tackle wait lists and hard to reach communities can be encapsulated with the newly introduced Graham Park Pilot Project. In partnership with Mind in Enfield and Barnet (MiEB) and Colindale Communities Trust (CCT), we have been successful in launching a pilot project in February 2023 delivering daytime support through an extension of the Emotional Health Checks, and evening support through MiEB's Crisis Café service. The team provide on-site support at the CCT premises in the heart of Graham Park, a large, diverse estate in a known area of high deprivation and mental health need; improving the support to those in need, that their voices are heard and that they are not a forgotten part of society. This targeted support has already shown great promise in what is early days. Service users who have struggled to engage with statutory services have built up the confidence to engage with activities and the support provided in the community setting, and showing the willingness to engage in supportive wellbeing activities elsewhere.

A wonderful platform to engage in Wellbeing Activities has been our Wellbeing Café in Hendon. As a peer-led, co-produced and facilitated service, it now boasts a regular attendance of over 25 strong on a bi-weekly basis. Critical to this success has been the support from the Prevention & Wellbeing Team and the Community Engagement Workers at LBB, who not only link their members up to the activities but provide support at the activities. So successful has this extension of our previous Peer Support work been, we were encouraged and successful in receiving a grant from LBB's Innovation Fund to develop a similar Peer-Led café in EN4. Many people struggled to get to our café in Hendon due to the travel and transport challenges, and in an exciting collaboration with the New Barnet Community Centre, we are rolling out a new wellbeing café in the coming year to help people connect and access our services. We look forward to sharing this new development and the connections it will create in the future.

It is these connections with people that have been so important through these challenging times. With the impact of successive Covid-19 lockdowns on people, and the ensuing Cost-of-Living crisis, Meridian Wellbeing created a Zero Waste Kitchen, as part of its winter pressures provision, to provide simple sustenance ideas for those who struggle to make ends meet. With food and utility costs rising at an unprecedented rate, this service proved hugely popular with over 70 people in need meeting once a week to share stories and a hot meal together over the long winter months.

The last two years have been extremely tumultuous to the community, their mental health and wellbeing, and the strain on services and organisations to adapt to the new demands. These have instigated the need to develop new ways of working, to continue with the drive for innovation and creativity amidst challenging circumstances. Coupled together with the closer than ever working relationships with the Local Authority and the NHS Mental Health Trust, it has motivated the team to grow our services and improve the provision to the community. The horizon continues to present with ongoing political and economic uncertainties, but the staff and volunteer team have remained unwavering and resolute in their determination and dedication to support those in need. Not only have the team achieved their goals, but a range of new services and activities continue to be added to the wide-ranging repertoire of wellbeing offers to the community. In a rapidly changing and uncertain environment it is easy to forget that 'Mental Health is a universal human right' – and it is with the team's sensitive person-centred approach and tailored support that we can continue to strive for a more integrated community and mental health provision, and make a positive difference to people's wellbeing.

As part of this business planning process Meridian Wellbeing has identified the following strategic objectives for the subsequent period:

- (1) To continue to provide a high quality of wellbeing services to the generic population in Barnet, the Chinese Community all over London and UK, setting the highest quality standard.
- (2) To identify new sources of funding for the organisation so that it can meet the increasing demand for its services
- (3) To promote the development of highly qualified workforce using comprehensive training programme.

We welcome the views and contributions of all our service users and their families. If any one wishes to comment on our strategic objectives or any other aspect of our annual report please write to:

Shun Au OBE

Chair

Meritage Centre

Church End

Hendon

NW4 4JT

Or e-mail; info@meridianwellbeing.com

Meridian Wellbeing

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Directors' Report

Investment power and policy

Under the Memorandum and Articles of Association, the charity has the power to invest in any way the trustees wish. However, bearing in mind the liquidity requirements of providing high quality direct services such as counselling, advice and information to the Charity's beneficiaries of all ages, the trustees have decided to keep available funds in an interest bearing deposit account.

Reserve Policy

The management committee has established a policy of working towards maintaining unrestricted funds of between 3 and 6 months, which is a general fund to be available for use at the discretion of the directors/trustees in furtherance of the general charitable objectives. The directors have identified three purposes to which the unrestricted fund is earmarked and note no.13 is showing the analysis of the fund.

Plans for future periods

A significant part of our work will be directed towards increasing capacity to provide a wider range of wellbeing services to the Charity's beneficiaries and developing a fully fledged Wellbeing Centre.

Indemnity insurance

The charity has insured against loss arising from the neglect or default of any of the Management Committee Members.

Insurance, against the possibility of claims, arising during the course of assistance provided by its workers, is already in place and is also continuing.

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

Directors' responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations and in doing so:

- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

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

On behalf of board of trustees

Shun Au OBE

Dated: 14th Dec 2023

Meridian Wellbeing

Statement of Directors' Responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Meridian Wellbeing
Independent examiner's report
to the trustees of Meridian Wellbeing

I report on the accounts of the company for the year ended 31 March 2023

This report is made solely to the charity's trustees, as a body, in accordance with the regulations under part 8 and section 130 to 173 of the Charities Act 2011. My work was undertaken so that I might state to the charity's trustees those matters I am required to state to them in an independent examiner's report and for no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the charity and the charity's trustees as a body, for my work, for this report, or for the opinion I have formed.

Respective responsibilities of trustees and the examiner

The trustees' (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed and I am qualified to undertake the examination by being a member of the Association of Chartered Certified Accountants.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- 1) examine the accounts under section 145 of the 2011 Act;
- 2) to follow the procedures laid down in the general directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- 3) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

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

- (1) which gives me reasonable cause to believe that in any material respect the requirements:
 - (a) to keep accounting records in accordance with section 386 of the Companies Act 2006 and section 130 of Charities Act ; and
 - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
 - (b) have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

R B Thakkar FCCA
Such & Co Associates Limited
Association of Chartered Certified Accountants
Paxton Terrace - 8
Grosvenor Road
London SW1V 3DA

Dated: 15 Dec 2023

Meridian Wellbeing
Statement of Financial Activities
for the year ended 31 March 2023

	Notes	Restricted £	Unrestricted £	Total 2023 £	Total 2022 £
INCOMING RESOURCES					
Income resources from generated funds:					
Voluntary income					
- Grants receivable		92,200		92,200	91,200
- Other income			601,987	601,987	435,097
- Fundraising				-	-
Income from grants and donations and activities	4	<u>92,200</u>	<u>601,987</u>	<u>694,187</u>	<u>526,297</u>
HMRC - JRS Grant			-	-	1,013
Bank deposit interest		<u>-</u>	<u>1,530</u>	<u>1,530</u>	<u>24</u>
		92,200	603,517	695,717	527,334
RESOURCES EXPENDED					
Cost of generating funds					
- Fundraising costs of grants and donations	5a	-	3,000	3,000	3,000
Charitable activities					
- Preservation and safeguarding of mental health and of the wellbeing of its beneficiaries					
	5b&5c	108,408	479,672	588,080	417,726
Governance costs	6	<u>9,715</u>	<u>49,508</u>	<u>59,223</u>	<u>54,598</u>
		118,123	532,180	650,303	475,324
EXCESS OF INCOME OVER OUTGOINGS		(25,923)	71,337	45,414	52,010
FUNDS BROUGHT FORWARD		<u>25,923</u>	<u>245,688</u>	<u>271,611</u>	<u>219,601</u>
FUNDS CARRIED FORWARD		<u>-</u>	<u>317,025</u>	<u>317,025</u>	<u>271,611</u>

Meridian Wellbeing
Income and expenditure account
for the year ended 31 March 2023

	Notes	2023 £	2022 £
INCOMING RESOURCES	4	694,187	526,297
CHARITABLE AND ADMINISTRATIVE EXPENSES		(650,303)	(475,324)
OPERATING SURPLUS		43,884	50,973
HMRC - JRS Grant		-	1,013
Interest receivable		1,530	24
SURPLUS BEFORE TAXATION		45,414	52,010
Taxation	8	-	-
Opening surplus of funds		271,611	219,601
SURPLUS CARRIED FORWARD		317,025	271,611

Meridian Wellbeing
Registered number - 03150505
Balance Sheet
as at 31 March 2023

	Notes	2023 £	2022 £
Fixed assets			
Tangible assets	9	10,344	9,275
Current assets			
Debtors	10	62,288	181,815
Cash at bank and in hand		272,077	156,209
		<u>334,365</u>	<u>338,024</u>
Creditors: amounts falling due within one year	11	(27,684)	(75,688)
Net current assets		<u>306,681</u>	<u>262,336</u>
Net assets		<u>317,025</u>	<u>271,611</u>
Capital and reserves			
- Restricted	13a	-	25,923
- Unrestricted	14a	317,025	245,688
Premises reserve fund		40,000	40,000
Contractual fund		20,000	20,000
Operational fund		257,025	185,688
		<u>317,025</u>	<u>245,688</u>
		<u>317,025</u>	<u>271,611</u>

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

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

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

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Shun Au OBE
 Director
 Approved by the board on 14 December 2023

**Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2023**

1 Accounting policies

The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts. The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011

The trustees consider that there are no material uncertainties about the Trust's ability to continue as a going concern.

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and local authorities grants, whether 'capital' grants or 'revenue' grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the Bank.

Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Designated funds are unrestricted funds of the charity which the trustees have decided at their discretion to set aside to use for a specific purpose. Restricted funds are donations which the donor has specified are to be solely used for particular areas of the Trust's work or for specific charitable projects being undertaken by the organisation.

Expenditure and irrecoverable VAT

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- Costs of raising funds comprise directly attributable costs and appropriate amount of overhead incurred for that purpose.
- Expenditure on charitable activities includes directly attributable costs and appropriate level of overheads incurred in respect of promoting and the preservation and safeguarding of mental health and the relief of persons who are Chinese origin suffering from mental illness and distress .
- Other expenditure represents those items not falling into any other heading.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2023**

Allocation of support costs

Support costs are those costs that assist the project and includes administration and establishment expenses incurred or attributed while carrying out the work of the project.

Tangible fixed assets

Individual fixed assets costing £250 or more are capitalised at cost.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant, machinery and MV	1/3rd of cost straight line
-------------------------	-----------------------------

Operating leases

The charity classifies the office lease as operating lease and rental and other related expenses paid under the lease are charged to Revenue Account as they are accrued.

Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash at bank and in hand

Cash at bank and cash in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Pensions

Existing employees of the charity were entitled to join the Workplace Pension Scheme which is funded by contributions from employee and employer. Additionally for one employee, the charity has undertaken to take out an Additional Voluntary Contribution scheme.

Legal status of the Trust

The Trust is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £5 per member of the charity.

Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2023

Resources expended

Charitable activities:

Directly attributable costs and appropriate level of overheads incurred in respect of promoting the preservation and safeguarding of mental health and the relief of persons suffering from mental illness and distress are treated as expenditure for charitable activities.

Governance costs:

This represents expenses relating to the management, organisational administration and compliance work and include the appropriate level of overheads. Such costs are allocated to each project on the basis of revenue generated by each project and estimated appropriation of some of the overheads by each project.

1 Cost of generating funds:

This represents fundraising costs which include appropriate apportionment of staff members' remuneration who are engaged directly in fundraising. Also apportioned is the appropriate level of overheads.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of resources. Costs relating to particular projects on hand are allocated directly where appropriate, others are apportioned on an appropriate basis e.g labour cost, revenue or estimated usage.

2 Employees			2023	2022
			Number	Number
Average number of persons employed by the company			22	18
4 INCOME RESOURCES	2023	2023	2022	2022
	£	£	£	£
Restricted				
Chinese Wellbeing Services - City Bridge Trust	52,600		51,600	
HK BNO Project	39,600		39,600	
		92,200		91,200
Unrestricted				
- Contract, donations and other income	558,821		435,097	
- Winter Pressures Project (BEH)	37,000		-	
- Inflation Pressures Payment - City Bridge Trust	6,166		-	
		601,987		435,097
Fundraising		-		-
		<u>694,187</u>		<u>526,297</u>

Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2023

	2023	2022
	£	£
5 Resources Expended		
a Fund raising costs of Grants and Donations		
Staff costs	3,000	3,000
Apportionment of Governance Costs	-	-
	<u>3,000</u>	<u>3,000</u>
b Charitable Activities - Restricted		
Staff Costs	80,073	62,202
Support and Project costs	28,335	4,929
	<u>108,408</u>	<u>67,131</u>
Apportionment of Governance Costs	9,715	8,046
	<u>118,123</u>	<u>75,177</u>
c Charitable Activities - Unrestricted		
Staff Costs	465,197	330,995
Support and Project costs	14,475	19,600
	<u>479,672</u>	<u>350,595</u>
Apportionment of Governance Costs	49,508	46,552
	<u>529,180</u>	<u>397,147</u>
6 Analysis of Governance Costs		
Staff Costs	2,755	2,927
Depreciation	4,038	2,342
Support costs	1,628	292
Accountancy & Independent examiners's fees	1,890	2,160
Consultancy incl. legal	-	11,517
General office administration and establishment	48,912	35,360
	<u>59,223</u>	<u>54,598</u>

	2023	2022
	£	£
7 Operating surplus		
This is stated after charging:		
Depreciation of owned fixed assets	5,122	2,342
Pension costs	13,337	19,782
Accountancy & Independent examiner's fees	1,890	2,160
Wages and Salaries	396,856	306,576
Sessional worker	106,527	42,401
Social security costs	<u>33,942</u>	<u>31,864</u>

The average number of employees, including volunteers employed by the organisation during the year was:

75

65

8 Taxation

As the organisation's activities are exempt from taxation, no provision for corporation tax has been made.

Meridian Wellbeing
Notes to the Accounts
for the year ended 31 March 2023

9 Tangible fixed assets

	Plant and machinery etc £
Cost	
At 1 April 2022	67,168
	<u>6,192</u>
At 31 March 2023	<u>73,360</u>
Depreciation	
At 1 April 2022	57,893
Charge for the year	<u>5,123</u>
At 31 March 2023	<u>63,016</u>
Net book value	
At 31 March 2023	<u>10,344</u>
At 31 March 2022	<u>9,275</u>

10 Debtors	2023 £	2022 £
Accrued income and prepaid expenses	<u>62,288</u>	<u>181,815</u>

11 Creditors: amounts falling due within one year	2023 £	2022 £
Creditors	16,000	63,188
Taxation and social security costs	<u>11,684</u>	<u>12,500</u>
	<u>27,684</u>	<u>75,688</u>

12 Other information

Meridian Wellbeing is a private company limited by guarantee and has no shares capital. Each member's liability in the event of being wound up is not exceeding ten pounds.

Meridian Wellbeing
Notes to the accounts
for the year ended 31 March 2023

	Balance 01-Apr-22	Grants & Donations	Staff Costs	Project Costs	Other Costs	Governance Cost Shared	Balance 31 March 2023
	£	£	£	£	£	£	£
13a Restricted - This year							
Chinese Wellbeing Services - City Bridge Trust	-	52,600	38,631	4,431	5,212	4,326	-
HKBNO - Welcome Programme	25,923	39,600	41,442	18,692	-	5,389	-
	<u>25,923</u>	<u>92,200</u>	<u>80,073</u>	<u>23,123</u>	<u>5,212</u>	<u>9,715</u>	<u>-</u>
13b Restricted - Last year							
Chinese Wellbeing Services - City Bridge Trust	-	51,600	42,641	675	3,030	5,254	-
Covid 19 - Winter Project -	9,900	-	8,892	-	-	1,008	-
HKBNO - Welcome Programme	-	39,600	10,669	1,224	-	1,784	25,923
	<u>9,900</u>	<u>91,200</u>	<u>62,202</u>	<u>1,899</u>	<u>3,030</u>	<u>8,046</u>	<u>25,923</u>
14a Unrestricted - This year							
	Balance 01-Apr-22	Grants & Donations	Staff Costs	Project Costs	Other Costs	Governance cost shared	Balance 31 March 2023
Contract, donations and other income	245,688	558,821	425,581	14,475	-	45,958	318,495
Inflation Pressures Payment - City Bridge Trust	-	6,166	5,659	-	-	507	-
Winter Pressures Project (BEH)	-	37,000	33,957	-	-	3,043	-
Bank deposit interest	-	1,530	-	-	-	-	1,530
Fund raising	-	-	3,000	-	-	-	(3,000)
	<u>245,688</u>	<u>603,517</u>	<u>468,197</u>	<u>14,475</u>	<u>-</u>	<u>49,508</u>	<u>317,025</u>
14b Unrestricted - Last year							
Contract, donations and other income	209,701	435,097	330,995	19,600	-	46,552	247,651
Bank deposit interest	-	24	-	-	-	-	24
Fund raising	-	-	3,000	-	-	-	-3,000
HMRC - JRS Grant	-	1,013	-	-	-	-	1,013
	<u>209,701</u>	<u>436,134</u>	<u>333,995</u>	<u>19,600</u>	<u>-</u>	<u>46,552</u>	<u>245,688</u>