

# Annual Report October 2025

Including data from the 2024/2025 year



**MENTAL HEALTH  
FORUM**

The service user and carer voice of lived experience in developing mental health services, and in supporting individual and community awareness, wellbeing and resilience across Southern Trust area

# Charity Information

**Established in August 1993**

## **Current Management Committee**

Chairperson: Teresa Nugent  
Treasurer: Margaret McGuire  
Secretary: Caroline Ferguson  
Trustee: RoseMarie McDonnell  
Trustee: Laurence Bradley

**Forum Manager** Karl Hughes  
[lobby@mentalhealthforum.co.uk](mailto:lobby@mentalhealthforum.co.uk)

**Development Officer** Elaine Fogarty  
[elainefogarty42@gmail.com](mailto:elainefogarty42@gmail.com)

## **Address & Contact Points**

The Mental Health Forum, Ballybot House, 28 Corn Market, Newry, BT35 8BG  
Office telephone number: 028 3025 2423

Website: [www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk) Facebook: @serviceuservice

## **Registrations and Affiliations**

Charity Commission Northern Ireland:	NIC104166
HMRC Charity Reference:	XR28528
Information Commissioners Office:	ZA125814
Zero Suicide Alliance:	Member
Northern Ireland Council for Voluntary Action:	Member
Confederation of Community Groups:	Affiliate
Institute of Leadership & Management:	Staff Membership
British Association for Counselling & Psychotherapy:	Counsellor Accreditation

## **Advice and Support Services**

Banking: Allied Irish Bank  
42-44 Hill Street, Newry, BT34 1AU

Payroll: Confederation of Community Groups  
Ballybot House, 28 Corn Market, Newry, BT35 8BG

Insurance: Autoline Direct Insurance Consultants Ltd  
2 Ashtree Enterprise Park, Rathriland Rd, Newry, BT34 1BY

Independent External Examiner: Marian Shields



# Foreword

By *Teresa Nugent*

Chairperson, The Mental Health Forum

2024 has proved to be a difficult and challenging time for all agencies working across the statutory and community / voluntary sectors. Reduced funding opportunities and a lack of significant investment across both sectors has seen our health service challenged like never before. As a consequence, more is then asked of community and voluntary providers. The Forum has been actively developing stronger links with other agencies across the C&V sector in order to address these challenges.

We greatly welcome the reconfiguration of statutory mental health services in the Southern Trust and the implementation of the Encompass Digital Platform which provides regional consistency and access to patient records across services.

Our volunteering programme continues to engage persons with lived experience and, by building connections with further education institutions, we are able to offer student placements to individuals studying to complete qualifications in health and social care.

We continue to engage regularly with Trust managers, MDT Teams and our political representatives in order to collaboratively work together to address the challenges we face daily and to address the blight of poverty, homelessness and mental ill health across our communities.

I want to thank our staff, volunteers, Trustees and the Southern Health Trust for their continued support and commitment to enabling the Forum to continue to serve the communities across the Trust area and to provide a much need resource in the midst of such challenging times.

*Teresa Nugent*

Chairperson

Mental Health Forum



## Supporting Community Development and Resilience



By *Karl Hughes*, Manager, Mental Health Forum

Throughout 2024 / 25 the Forum has continued to grow and develop our outreach across the community and voluntary sector as well as strengthening our relationship with the Southern Trust. We engaged directly with political representatives and the Department of Health in order to lobby on behalf of the community we serve and to make representation on the need to commit to sustainable investment in the 3<sup>rd</sup> sector.

We are acutely aware of the continuing challenges facing our health service and the vital role that organisations such as ours will continue to play in supporting individuals and communities in addressing ongoing issues impacting on mental health and wellbeing. We are very grateful to the Southern Health and Social Care Trust for their continued financial support and engagement, and we will continue to work closely with partners and others to provide support, advice, signposting and assistance to as many people as possible.

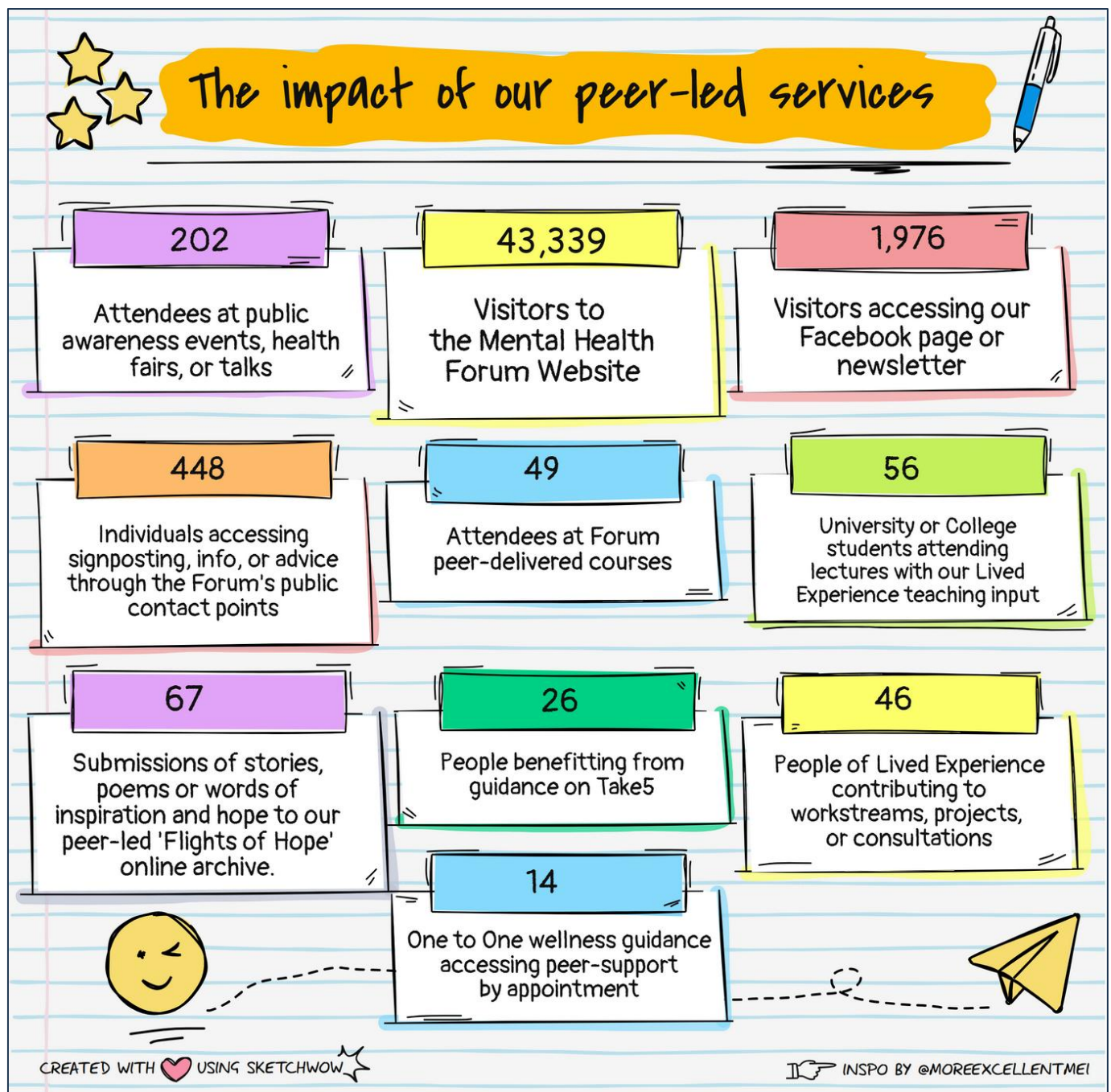
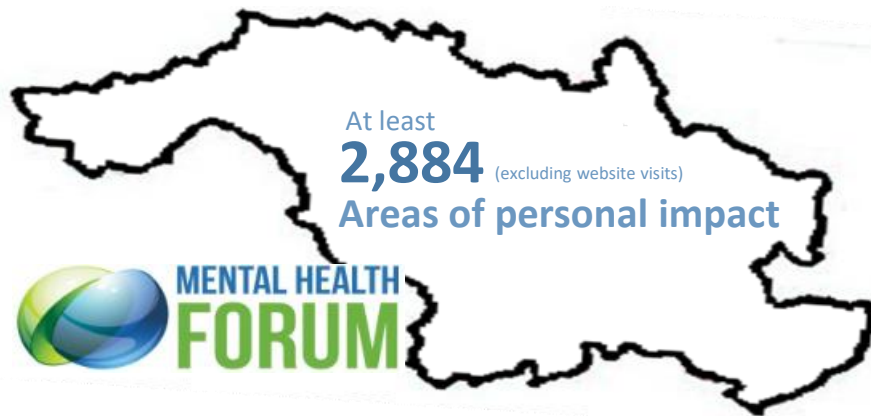
The following list reflects the Forum's engagement with agencies across a range of sectors:-

- SHSCT – Trust Board/Chair & CEO's Office/Director/Service Improvement Manager/Service User Consultant
- Daisy Hill Hospital Future Group – Political, Business and Civic society working in partnership with SHSCT
- Department of Health
- Wellness Action Partnership across Newry, Mourne, Down and South Armagh
- CAUSE – Carer Support Service
- NICVA
- Lifeline
- Mindwise
- Action Mental Health
- Community Advice – Newry, Mourne & Down
- Newry Mourne & Down District Council
- SEHSCT
- Housing Executive
- Newry Multi-Disciplinary Team
- Rural Health Partnership
- Clanrye Group
- Southern Regional College
- South-West Regional College
- Queens University
- Kilkeel Development Agency
- Women's Aid Newry & Armagh
- Newry Enterprise Association

The Forum will continue to engage with a wide range of agencies across both the C&V and Statutory sectors to ensure the very best outcomes for our clients and our communities.

*Karl Hughes*

Manager  
Mental Health Forum



Building on the Forum's 30+yrs of expertise in the field of User-Engagement & Peer-Leadership





## We are proud to be the voice of Lived Experience

We are committed to community development and along with other partner organisations, we carry the health & wellbeing priorities of our local people into rooms of influence and decision-making.

Our team and our membership are active across the SHSCT area raising awareness and delivering courses that help people feel more in control of their own wellbeing, as well as promoting tools to help others stay safe and well.

The Mental Health Forum was established in 1993 to facilitate authentic two-way communication between the local Mental Health Service and the service users and carers it serves. Since its beginning, we have been at the heart of improvement and planning within SHSCT Mental Health Division as both a critical friend and valued community partner.

We engage directly with service providers in planning, delivery, and monitoring of mental health services both locally and regionally, and a large part of that independent and vital role is still facilitated by our unique User & Carer Service Improvement Group (UCSIG), first established in 2007.

Our peer-involvement and peer-leadership priorities allow us to communicate and lobby with authenticity on behalf of service users

When our mental wellbeing is challenged, getting the right kind of help at the right time is very important. For 30+ years, we have provided information, signposting, and advice for service users, carers, and the general public about available supports and services in their local Trust area, and how to access them.

We are a peer-led organisation at all levels and so believe in person-centred, recovery-focused, trauma-informed, and strengths-based approaches. These also align with current HSC & government evidence and strategy.

We are leaders in coproduction practice and we support service user & carer members to get involved !!

Free group and one to one mentorship, support & capacity-building

Opportunities to use lived experience to help others, while building own skills and resilience



## THE MENTAL HEALTH FORUM

- Is the independent voice of everyday service users and carers in the Southern Trust Mental Health Division
- Focuses on an individual's strengths, abilities, and possibilities
- Acts as a pathway for the exchange of mental health information
- Participates equally in Trust workstreams and groups
- Provides access to support and advocacy services
- Promotes the concept of personal recovery and recovery focused care
- Provides opportunities for mutual support and discussion
- Is directly involved in programmes for learning and building resilience
- Works closely with other community and voluntary organisations to plan and improve services locally and regionally

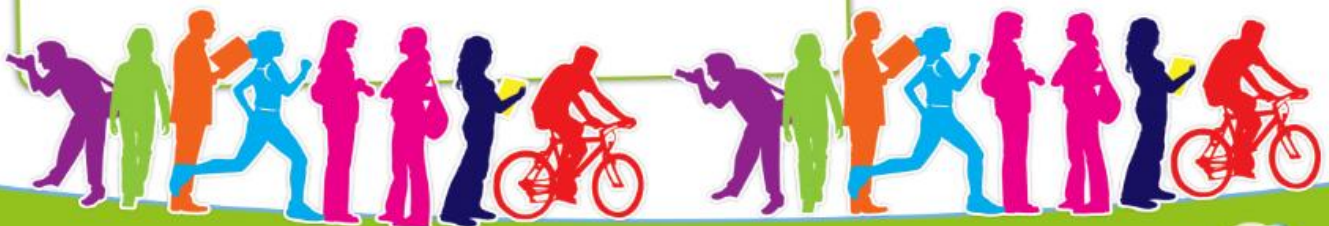
Activity with the Forum has boosted my confidence and connected me to the support of my peers

"the Mental Health Forum has supported, encouraged and inspired me"

"It feels great to be part of it"

"We don't just keep up with developments, we're part of them! It's so worthwhile"

"It's nice to be able to contribute, to know your voice gets heard"



**Getting involved is good for your mental health**  
Get in touch today. Service Users & Carers are welcome to join us.

Mon-Fri 9am-5pm | Elaine: elainefogarty42@gmail.com T: 078 7626 1033 | Karl: lobby@mentalhealthforum.co.uk T: 028 3025 2423





# Meet the Mental Health Forum Team

Staff, Volunteers, and Lived Experience Representatives



**Karl Hughes**  
Manager  
Mental Health Forum



**Elaine Fogarty**  
Project Development Officer  
Lived Experience Chair, UCSIG



**Pauline Reid**  
Public Awareness Coordinator.  
Editor in 'Flights of Hope' Project



**Lynn Els Hanna**  
Project Worker



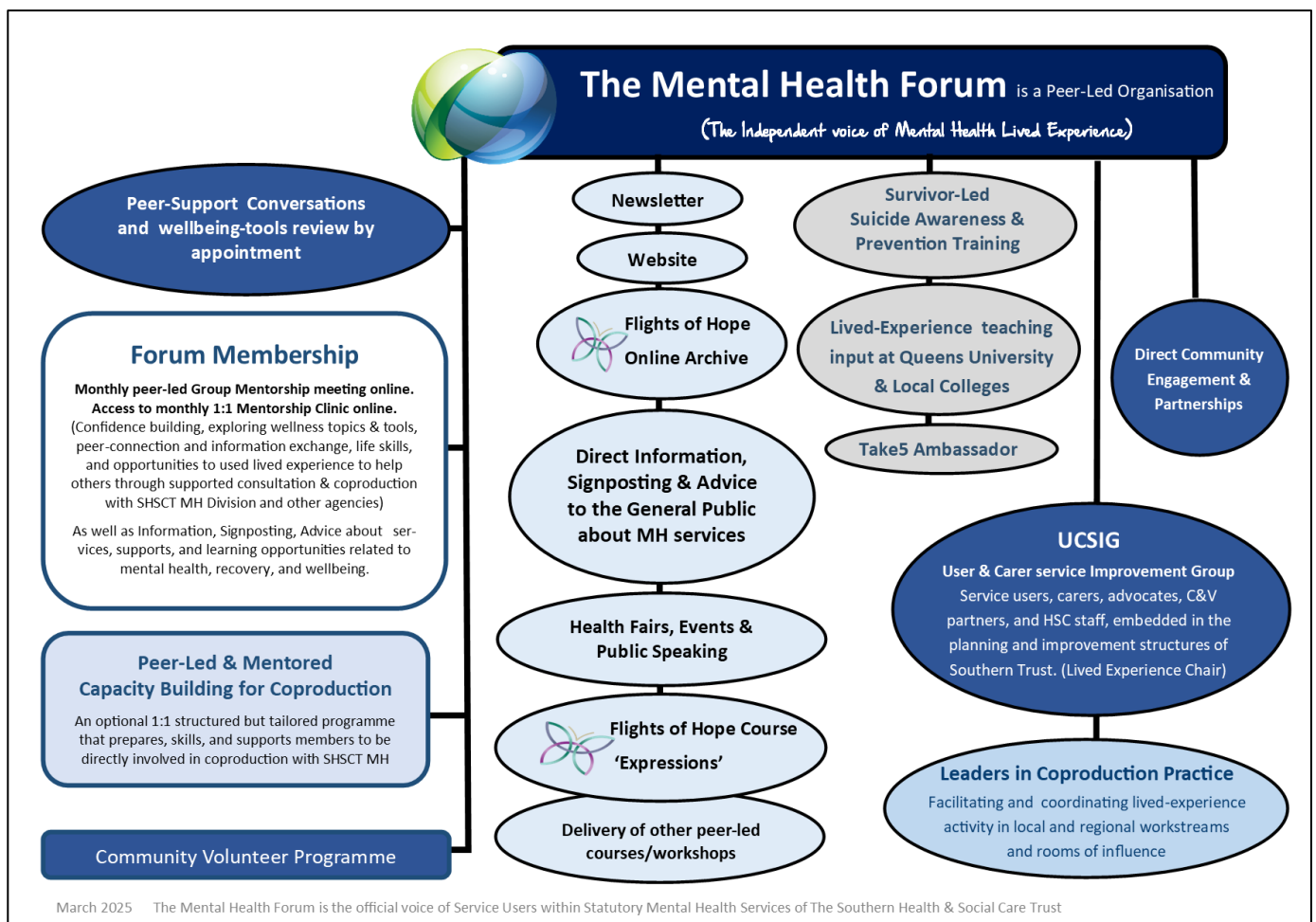
**Amy Finnegan**  
Project Worker



**Hannah Robinson**  
Project Worker



**Eoghan Heron**  
Digital Platforms Coordinator

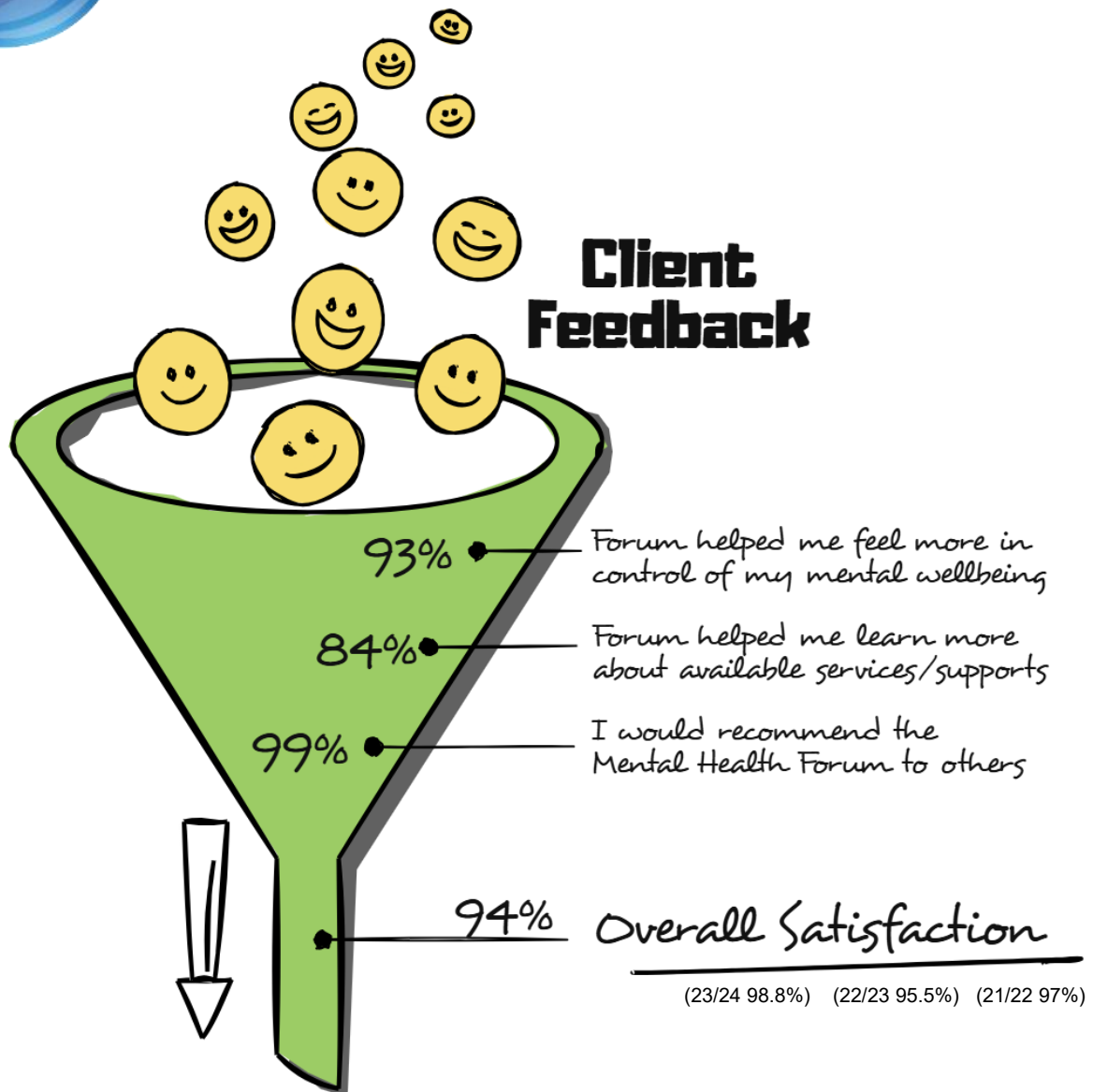


# Overview of main MHF services

- Accessible by the general public
- Open to Adult MH Service Users or Carers in SHSCT area (past or present)
- Self-referral by General Public (adults) in SHSCT area, but subject to clinical criteria
- Open to Businesses, Groups, Organisations, Services, HSC Teams
- Forum Members

Information, signposting & advice about mental health issues, services and supports.	■ ■ ■ ■
MHF Website Information, Facebook Page, YouTube channel	■ ■ ■ ■
MHF Monthly Newsletter	■ ■ ■ ■
<b>Forum Members meeting with peer-mentorship</b> Monthly meeting by Zoom with info exchange, wellness discussion, and learning	■ ■
<b>Service user &amp; carer Membership with Confidence Building, Wellness Tools, Peer Connection, and Capacity Building 18yrs+</b> Peer-Mentored opportunities to meet in a comfortable online environment, build skills for Involvement, Coproduction, and sharing of Lived Experience. (with group zoom sessions and 1:1 sessions via zoom)	■ ■
<b>PeerChat... 18yrs+</b> Peer-Led Service offering Peer-Support by appointment to any member of the public or service user/carers experiencing low level challenges or worries about their mental wellbeing or coping tool options	→ → ■ ■
<b>Peer-Led Workshops, Talks, Awareness sessions &amp; Info Stands</b> Suicide Awareness, MH & Wellbeing, MH Lived Experience, etc (subject to availability.) (Bespoke workshops can also be created for a small fee)	■ ■ ■ ■
<b>MHF Community Volunteer Programme 16yrs+</b> Opportunity for members of the public to support the activity of Mental Health Forum services (with 'office-based' and 'work-from-home' options as available)	■ ■ Placements (work preparedness, experience, university or college, volunteer element of youth programmes)





*"Your talk was amazing. It makes such a difference to hear this stuff from an actual service user. Thank you."*

*"Thank you for sending me the info. I'm sure there will be something in there to help my son. Glad I called x"*

*"I feel a lot more prepared to have one of those difficult conversations if the need comes up. I'm still nervous, but I know now that's ok"*

*"Didn't get filling out that feedback form so just wanted to let you know that I learnt a lot today. I thought I had the skills down, given my job, but the piece on language got me thinking about ways I could change up what I do a bit"*

*"My nurse does help me, but she doesn't listen the same way. Thanks for everything"*



## Mental Health Forum Membership

*Providing opportunities to meet, mix, and get peer support,  
while also sharing information and tools for wellbeing & growth*

**FREE, Fun, and For Ongoing Connection, Wellness Support, and Opportunities.**

### What is Forum Membership?

Forum Membership is not a fixed term programme. It is a free, on-going, peer-led space to explore and develop confidence and tools while connecting with others who have had similar challenges and share similar wellbeing goals.

The monthly meetings are held over zoom.

### Who can become a member?

You can join for free if you have accessed any kind of support or care for your mental wellbeing with a GP, therapist, counsellor, or support group. (Open N. Ireland only)

### What are the benefits?

- Ongoing structure & support of the monthly peer led zoom meetings
- Peer connection and exchange of insights on wellness topics
- Confidence building
- 1:1 Mentorship opportunities
- Development of communication & social skills
- Info and encouragement for selfcare, wellness, and community connection
- Opportunities for service user/carer involvement
- Information and context about Trust services
- Signposting and information about community supports and services
- Information and connection to advocacy and advice services
- Lived Experience involvement opportunities/feedback/story sharing
- Updates on learning and resilience-building opportunities in the community
- Access to training courses and skill-building opportunities
- Priority access to our 1:1 Recovery Journey Reviews or a 1:1 WRAP refreshers
- Priority access to our 'Peer Chat' service (peer support by appointment)\*
- Guidance on connecting with Care Opinion, 10,000voices, and SHSCT complaints and compliments processes
- Volunteering opportunities\*

\* Subject to criteria and possible wait list

**MENTAL HEALTH FORUM**

**Recruiting New Members**

**Free peer-led Support, Learning & Opportunities for MH Service Users & Carers**

- Information, signposting & advice from the MHF team re MH services/supports
- Peer-Led Monthly Zoom Membership Meeting - with discussions on wellbeing and personal development, information sharing, and confidence-building
- Access to 1:1 support conversations
- Opportunities for supported Lived Experience contribution and/or involvement with Southern Trust MH services
- Potential progression into the Forum's structured Capacity Building Programme if interested in becoming more skilled in Coproduction & Sharing Lived Experience
- Potential for involvement in MHF projects or dedicated volunteer roles.

Open to adults who have accessed any kind of community or statutory support to help manage their general mental wellness or a diagnosed MH condition.

Join Today  
or  
to learn more  
contact Elaine  
078 7626 1033

Online meetings held 3rd Wednesday of each month 7.00-8.30pm  
Help to set up and use ZOOM is available if needed

Mental Health Forum (NICO) 866, Ballycove House, 28 Corn Market, Newry, BT32BB - Office Telephone: 028 30252423 - [www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk)



Learn more...

## Member Meetings

Since the re-launch in 2025  
with new group discussion-based learning approach:

- 8 Online membership meetings held
- Up to 8% of list in attendance
- 75% of those polled with a satisfaction rating of Excellent

- 8 Online member 1:1 Clinics available
- 10 1:1 clinic conversations accessed

At date of Report (Nov25)  
66 Total member count  
2 Members active in CBP (@Stg2-H)

### What's new?

Members must still be 18yrs+, however...

- \* Expression of interest form now on Forum Website
- \* Open to general public for self-referral  
No history with statutory services necessary
- \* Meetings peer-led and wellness & life-skills focused
- \* Peer-mentorship available for coproduction activity

## Member Feedback

Being able to meet at the hotel was great because I could get over straight after work. Thank you!

The celebration event was interesting. I learned a lot about the services. Would be interested in more things like that.

I wasn't too sure what to expect but the membership meeting was ok. Comfortable and friendly :)

Fun group activity... I'm picking up confidence slowly. Liked the personality quiz discussion.

Liked - the people - nice  
Learned - tips for anxiety  
Surprised? - Time flew!

Glad i reconnected with the Forum again. It will be good to have reminders on the recovery tips from my old WRAP

Thank you for all the information and the one to one conversation. Confidential for those goals - just what I needed. 10/10\*

The idea of an affirmations jar is brilliant. I am so gonna try that one out Well explained. Good tip xx



## Peer-Led Services

### Peer Chat

#### Peer-Support by appointment

Peer-Led service offering a very flexible range of short term peer-support options with tailored approach and confidentiality.

**Referral pathway:** Self, via 'Contact Us' form on website, Social Prescribers

**Cost:** FREE at point of access

**Criteria:** 18+, live in SHSCT area, and living with Mental Health Challenges

**Open to** the public, service users, and carers.



Tailored Mental Health

**Peer Support**

by appointment



Is your mental health worrying you?

Would it help to:

- Talk with someone who 'gets it'
- Learn new ways to manage anxiety
- Explore wellbeing & coping tools
- Request some 'connection calls'
- Complete your 1:1 WRAP
- Find support or connection opportunities in your local area



Ask about our  
One-off appointments or  
Series of 4-6 weekly sessions.  
Face to face in Newry or by phone or zoom

Contact us today:  
**T: 07876 261033**  
E: [elaine.fogarty42@gmail.com](mailto:elaine.fogarty42@gmail.com)

Free peer delivered service for those over 18 and living in SHSCT area.  
Subject to criteria & potential waiting list



- Survivor-Led Suicide Awareness** (3.5hrs – Real room & Online)  
 Group delivery of the 'It's time to talk' online course from the Zero Suicide Alliance, expanded into a comfortable and safe learning and discussion space with no role-play. Learn the easy to apply steps for having a life-saving conversation and get some resources.
- Take5 – Make5** (2.5hrs – Real room)  
 Over 5 weeks, explore the themes and tools of the Take5 model of wellbeing & self-care. Each week, exploration, learning and discussion will include a chance to be creative. Material supplied, and you will keep your small craft items as tools in your wellness journey.
- Expressions** (2.5hrs – Real room & Online)  
 A facilitated but informal conversation about wellness & recovery tools, with option after the tea break, to express your own positive and hopeful story, poem or tips as contribution to the 'Flights of Hope' peer archive so it can help others  
 Mindful colouring, form drawing, etc also available for those who don't wish to write a piece.
- Toolbox Top-Up – Understanding Personality Types**  
 (2.5hrs – Real room & Online)  
 A relaxed and light-hearted exploration of different personality types and how understanding them can boost social confidence and connection.



# FLIGHTS OF HOPE

Stories of Hope and Inspiration with the Mental Health Forum

in partnership with Southern Protect Life Implementation Group



Our Project Team are excited to share our online archive of positive hopeful stories and inspiration on our Mental Health Forum website.

([www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk))

The generosity of sharing from the public has been encouraging and as the archive grows year on year, we'd like to recognise the dedication and hard work of our volunteer Team.

Another **452** hard copy booklets have been distributed in hardcopy during the past year and the website carries a FREE pdf download version and Audio. This mixed approach has allowed us to share the positive messages of hope, shared experience, and possibility.

Everyone has a story, insight, or example coping strategy ...

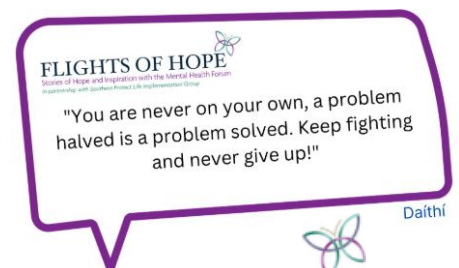
Please tell others about the Flights of Hope project, and consider sending us something yourself...


You can submit a short-phrase 'speech bubble' and it can be done anonymously or carry just the person's first name.

Focus is on the ways we choose to manage our every-day mental wellbeing or recovery.

In partnership with Southern Trust Protect Life Implementation Group, the Forum will continue to build this resource.


*The Flights of Hope Project Team*





## FLIGHTS OF HOPE

Stories of Hope and Inspiration with the Mental Health Forum  
in partnership with Southern Protect Life Implementation Group




### Red Sun

PAUL


Who am I? What am I? Where did I come from?  
Questions of life and the rain keeps on growing in the  
Back of the mind  
I am just a man  
Nothing special  
Yet I have my moments  
Such as watching the red sky  
As the birds fly over  
Much like black bats on a sea of roses  
I used to be an artist, if I want to  
I could paint the sunshine from my mind  
In fact,  
I will...  
Now.  
Once I paint this work of art  
It will be an image of hope

[www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk)



## FLIGHTS OF HOPE

Stories of Hope and Inspiration with the Mental Health Forum  
in partnership with Southern Protect Life Implementation Group



### Jigsaw

AMANDA

Jigsaws are a wonderful wellness tool for me. It quiets the mind, keeps the hands busy, and helps protect some personal me-time in the stretch of my busy week.

I can get lost in the process and I love the sense of achievement that comes with seeing the full picture....

It's not just a distraction technique for me...

It's a solid foundation tool. The focus it helps me cultivate is beneficial in lots of areas in life.

[www.thementalhealthforum.co.uk](http://www.thementalhealthforum.co.uk)

We invite people of all backgrounds and treatment pathways to be part of this positive movement by anonymously sharing something helpful and hopeful from their own journey. Contributions come from service users engaged with MH care, GP care, and from people using community treatment or support services to help with their mental wellbeing. We also get contributions from carers and professional or volunteer staff.

Information,  
Signposting &  
advice to the  
General Public  
about MH services  
and supports

## Helping Individuals find or access supports and services

Our team offers information,  
signposting, and advice by  
telephone or at our office.

Our Forum service user and carer  
members continue to play a leading role  
with outreach to local communities.

Health fairs, events, courses and other  
opportunities allowed us to reach people  
with mental health and wellbeing info  
and to provide tailored signposting.



At least **741** People  
benefited from signposting  
to crisis sup-port services  
during their Forum  
engagement in 24/25



*NEW*  
*Take5 Interactive Resource*



MHF Newsletter



**1167** Newsletter shares in 24/25  
to MHF mailing list members,  
with extrapolated additional **4300**  
via partnership arrangements with other  
organisation's mailing lists.

# UCSIG

## User and Carer Service Improvement Group



By *Elaine Fogarty* Chair, and person of Lived Experience

# What is UCSIG ?

and why does it matter ?

## User and Carer Service Improvement Group

### Context

UCSIG is a core part of the Forum's work, and was established in 2007.

It is regionally unique and was created in partnership with SHSCT to provide an independent, articulate, and informed voice that could monitor and influence its services and act as critical friend.

### Role

UCSIG is a two way conduit between the mental health division and lived experience and community voices, informing and active in monitoring & development of MH services. It is inwardly embedded and deeply connected to core mental health service priorities & improvements.

### Members

UCSIG is always chaired by a lived experience member of the Forum. Other service user & carer members are joined by the MH service improvement manager and MH service user consultant, staff from other key Trust areas, and representatives of five community organisations.

### Meetings

The Group meets monthly, informed by a separate monthly interface with the Director of MH Services.

The agenda updates on and discusses the main local and regional developments & challenges, allowing collaborative working and authentic consultation, info exchange and coproduction.

UCSIG models and facilitates excellence in Coproduction Practice, and in performing it's role is aligned with and complements the Trust's legal requirement for PPI (Personal & Public Involvement), a commitment to put those who use service at the heart of developing them. As a Group we align ethically with the principles of 'Recovery -Focussed care' and so also act as a consultation & approval gateway for new public-facing resources and documents coming out of the local teams and workstreams. We also have representative active in both local and regional fora, collaboratives, initiatives and workstreams. The Mental Health Forum facilitates UCSIG and the support and skill-building of it's service user & carer members. Any adult (SHSCT) interested in joining as a Lived Experience member should contact the Forum.

### Local Examples of MHF members contributing their Lived Experience

- Direct UCSIG & Forum interfaces with Divisional Management and Service User Consultant.
- Contribution to development of SHSCT MH services including the new MH Collaborative
- SHSCT Working Together Steering Group
- Newry Wellbeing Action Partnership
- Towards Zero Suicide Workstreams
- Contribution to and approval of various internal policy, strategy and procedure documents for SHSCT, as well as public-facing resources
- Membership of various QI project teams
- SHSCT staff access to LE-Led training / direct Q&A

### Regional Examples of MHF members contributing their Lived Experience

Southern Protect Life Implementation Group

Workstream activity and contribution towards the goal of a regional MH service.

Department of Health Engagement Events

10,000voice Surveys on multiple topics

Contribution to development of various resources and documents for regional use/learning

Direct input to student learning spaces in QUB and SWC for their HSC-related courses





**Members of the Community of Involvement, SHSCT (PPI) Celebration & Pathfinder Workshop, Oct 2025**



**Karl Hughes (Manager) - left**  
Member of Daisy Hill Future Group on behalf of MHF  
Photo 2024



**Elaine Fogarty (MHF), Lara Sutton (SU Consultant, SHSCT), Hayley Smith (Lived Experience Ambassador)**  
Speakers at the CMHS Celebration Event, Oct2025



**Elaine Fogarty (Development Officer) - front centre**  
Member of Southern Area Mental Health Collaborative  
On behalf of MHF Photo 2025



**Sinead Newbert (User Involvement, SHSCT), Elaine Fogarty (MHF), John McEntee (Asst. Dir, SHSCT),**  
CMHS Celebration Event, Oct2025



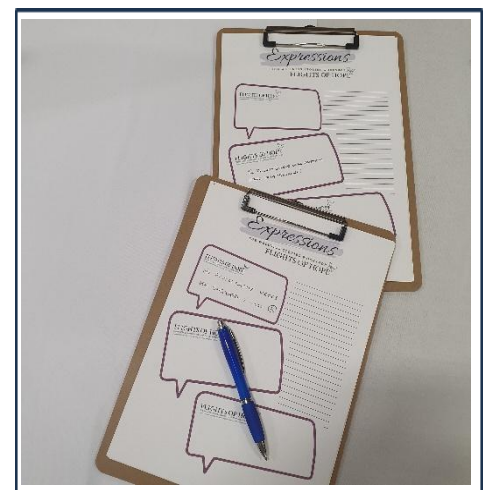
**Pauline Reid (MHF Public Awareness Coordinator)**  
Southern Regional College Freshers Fair, 2025



**Elaine Fogarty (MHF), Jan McCall (Dir MH, SHSCT)**  
Recording an interview for the 'Flights of Hope' online archive



**Members of SWC Student & LE Engagement Committee**  
Mary (Lecturer), Elaine (MHF), Shaleah (SW student)  
South-West College Campus, Oct2025



**Flights of Hope Insight Gathering at the MHF stand –**  
Banbridge High School Community Wellbeing Event. 2025



## Photo Board for 2024 / 2025



# Financial Statement 2024/2025

## THE MENTAL HEALTH FORUM

### FINANCIAL STATEMENT 1ST APRIL 2024 TO 31ST MARCH 2025

<u>RECEIPTS</u>	Restricted	Unrestricted	Total
Southern Health & Social Care Trust	88,638.36	0.00	88,638.36
Rural Health Partnership	0.00	1000.00	1,000.00
	<b>£88,638.36</b>	<b>£1,000.00</b>	<b>£89,638.36</b>

### PAYMENTS

Salaries, Inland Revenue & Pension	56,463.32	0.00	56,463.32
Bank Charges	161.86	0.00	161.86
Lease & Utility Charges	4,015.52	0.00	4,015.52
Insurance	878.99	0.00	878.99
Payroll Service	210.00	0.00	210.00
Travel	8,431.50	0.00	8,431.50
Telephone	1,592.61	0.00	1,592.61
Digital Tools & Subscriptions	2,238.87	0.00	2,238.87
Equipment	586.27	0.00	586.27
Stationery	969.52	0.00	969.52
Expenses	1,600.00	0.00	1,600.00
Flights Of Hope Project	1,936.53	0.00	1,936.53
Hospitality	245.93	0.00	245.93
Counselling Service	288.00	1,002.00	1,290.00
Membership Fees	170.00	0.00	170.00
Training & Development	541.11	0.00	541.11
Facilitation Costs	1,200.00	0.00	1,200.00
Gifts	150.00	50.00	200.00
PAT Test	72.24	0.00	72.24
Health & Safety	110.99	0.00	110.99
Promotion & Publicity	115.00	0.00	115.00
Project Management Fee	2,969.52	0.00	2,969.52
Cleaning	10.99	0.00	10.99
	<b>£84,958.77</b>	<b>£1,052.00</b>	<b>£86,010.77</b>

<b>Excess of Receipts Over Payments</b>	<b>£3,679.59</b>	<b>-£52.00</b>	<b>£3,627.59</b>
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### **ACCUMULATED FUND**

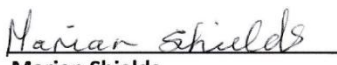
Balance as at 1st April 2024	7046.83	-879.13	6,167.70
Surplus/Deficit for the Year	3679.59	-52.00	3627.59
<b>Balance as at 31st March 2025</b>	<b>£10,726.42</b>	<b>-£931.13</b>	<b>£9,795.29</b>

### **REPRESENTED BY**

<b>Bank Current Accounts</b>	<b>£10,726.42</b>	<b>-£931.13</b>	<b>£9,795.29</b>
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Other than our Bank Account, we have no other Assets or Liabilities

In my opinion, from the records and books I received, the above Financial Statement gives a true and fair view of the state of The Mental Health Forum's financial position for the year ended 31st March, 2025.

  
**Marian Shields**  
 Independent Examiner  
 25th August 2025

0 Formal complaints  
 0 Adverse incidents

0 Safeguarding issues  
 0 Data Breaches

The Mental Health Forum would like to thank our funders



Southern Health  
and Social Care Trust

*Quality Care - for you, with you*

and the local community for supporting our work  
with donations, expertise, and volunteer contribution.