

Annual Report October 2025

Including data from the 2024/2025 year



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

**MENTAL HEALTH
FORUM**

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

Development Officer Elaine Fogarty
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 Facebook: @serviceuservoice

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

Direct
Community
Engagement &
Partnerships

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 3rd 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

At least
2,884 (excluding website visits)

Areas of personal impact



MENTAL HEALTH
FORUM



The impact of our peer-led services



202

Attendees at public awareness events, health fairs, or talks

43,339

Visitors to the Mental Health Forum Website

1,976

Visitors accessing our Facebook page or newsletter

448

Individuals accessing signposting, info, or advice through the Forum's public contact points

49

Attendees at Forum peer-delivered courses

56

University or College students attending lectures with our Lived Experience teaching input

67

Submissions of stories, poems or words of inspiration and hope to our peer-led 'Flights of Hope' online archive.

26

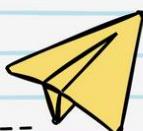
People benefitting from guidance on Take5

46

People of Lived Experience contributing to workstreams, projects, or consultations

14

One to One wellness guidance accessing peer-support by appointment



CREATED WITH ❤️ USING SKETCHWOW

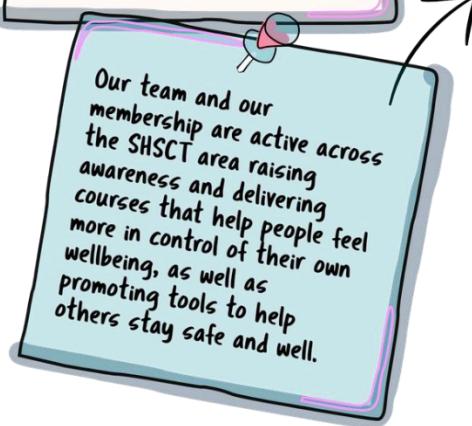
INSPO BY @MOREEXCELLENTME!



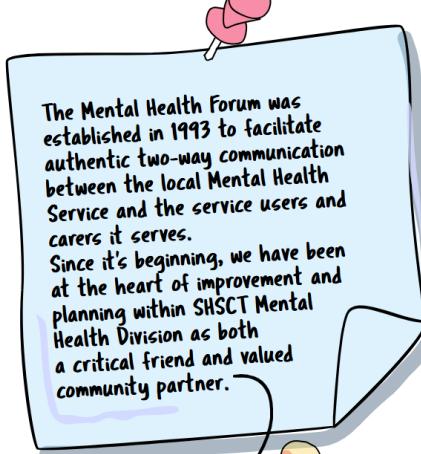
We are proud to be the voice of Lived Experience



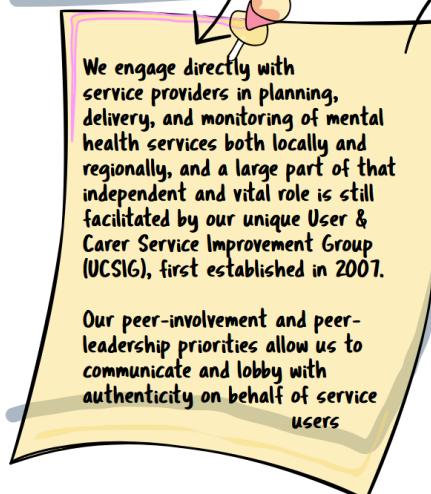
We are committed to community development and along with other partner organisations, we carry the health & wellbeing priorities of our local people into rooms of influence and decision-making.



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.

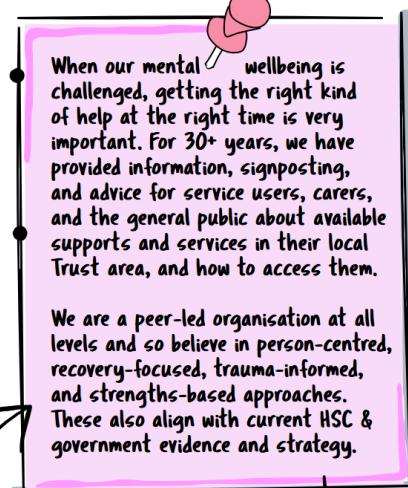


The Mental Health Forum was established in 1993 to facilitate authentic two-way communication between the local Mental Health Service and the service users and carers it serves. Since its beginning, we have been at the heart of improvement and planning within SHSCT Mental Health Division as both a critical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

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

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

"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

MENTAL HEALTH
FORUM



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



The Mental Health Forum is a Peer-Led Organisation

(The Independent voice of Mental Health Lived Experience.)

Peer-Support Conversations and wellbeing-tools review by appointment

Forum Membership

Monthly peer-led Group Mentorship meeting online.
Access to monthly 1:1 Mentorship Clinic online.
(Confidence building, exploring wellness topics & tools, peer-connection and information exchange, life skills, and opportunities to used lived experience to help others through supported consultation & coproduction with SHSCT MH Division and other agencies)

As well as Information, Signposting, Advice about services, supports, and learning opportunities related to mental health, recovery, and wellbeing.

Peer-Led & Mentored Capacity Building for Coproduction

An optional 1:1 structured but tailored programme that prepares, skills, and supports members to be directly involved in coproduction with SHSCT MH

Community Volunteer Programme

Newsletter

Website

Flights of Hope Online Archive

Direct Information, Signposting & Advice to the General Public about MH services

Health Fairs, Events & Public Speaking

Flights of Hope Course 'Expressions'

Delivery of other peer-led courses/workshops

Survivor-Led Suicide Awareness & Prevention Training

Lived-Experience teaching input at Queens University & Local Colleges

Take5 Ambassador

Direct Community Engagement & Partnerships

UCSIG

User & Carer service Improvement Group
Service users, carers, advocates, C&V partners, and HSC staff, embedded in the planning and improvement structures of Southern Trust. (Lived Experience Chair)

Leaders in Coproduction Practice

Facilitating and coordinating lived-experience activity in local and regional workstreams and rooms of influence

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

Information, signposting & advice about mental health issues, services and supports.



MHF Website Information, Facebook Page, YouTube channel



MHF Monthly Newsletter



Forum Members meeting with peer-mentorship

Monthly meeting by Zoom with info exchange, wellness discussion, and learning



Service user & carer Membership with Confidence Building,

Wellness Tools, Peer Connection, and Capacity Building 18yrs+

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)



PeerChat... 18yrs+

Peer-Led Service offering Peer-Support by appointment to any member of the public or service user/carer experiencing low level challenges or worries about their mental wellbeing or coping tool options



Peer-Led Workshops, Talks, Awareness sessions & Info Stands

Suicide Awareness, MH & Wellbeing, MH Lived Experience, etc

(subject to availability.) (Bespoke workshops can also be created for a small fee)

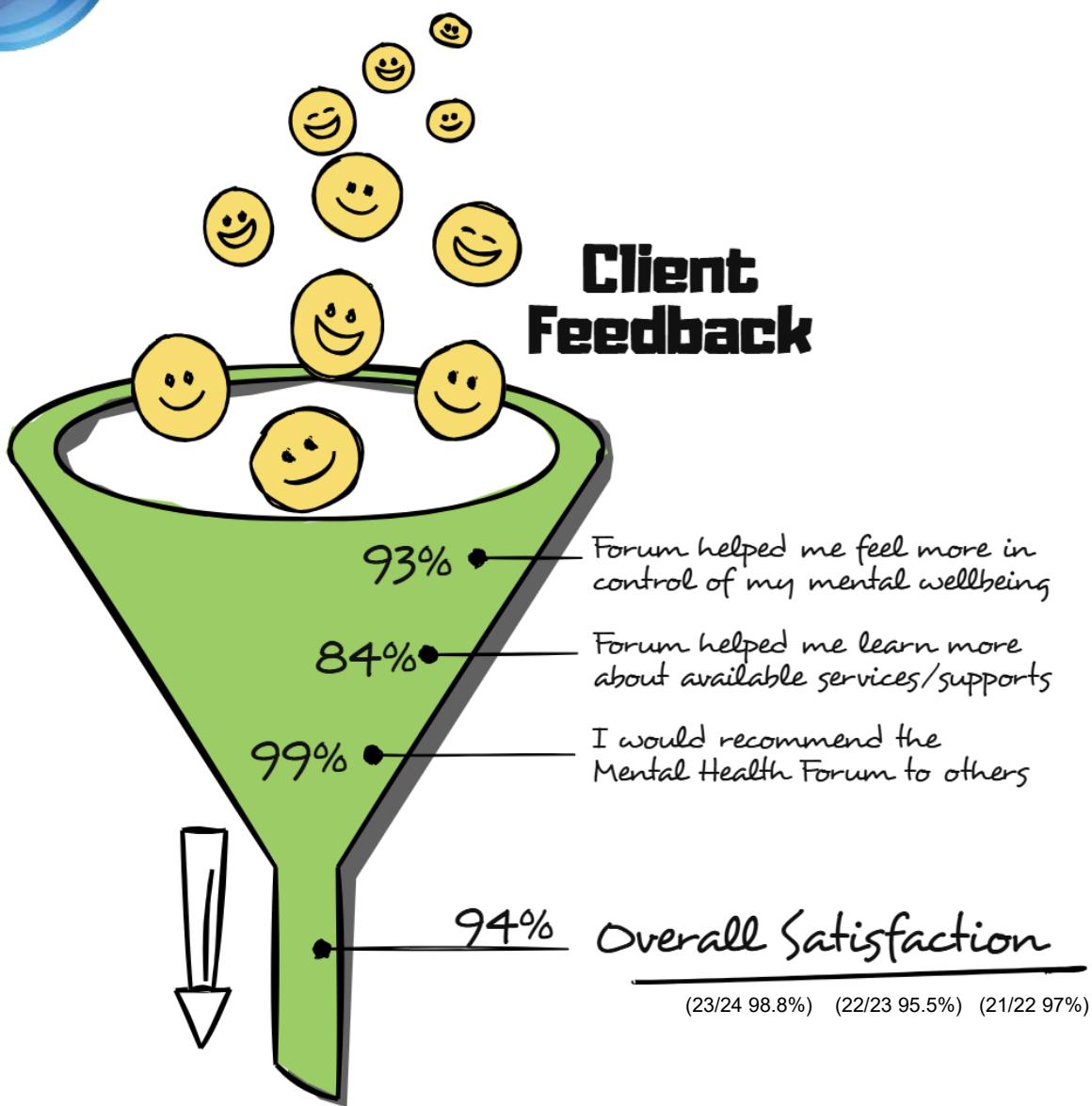


MHF Community Volunteer Programme 16ys+

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.

Join Today

or to learn more

contact Elaine 078 7626 1033

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.

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

www.mentalhealthforum.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

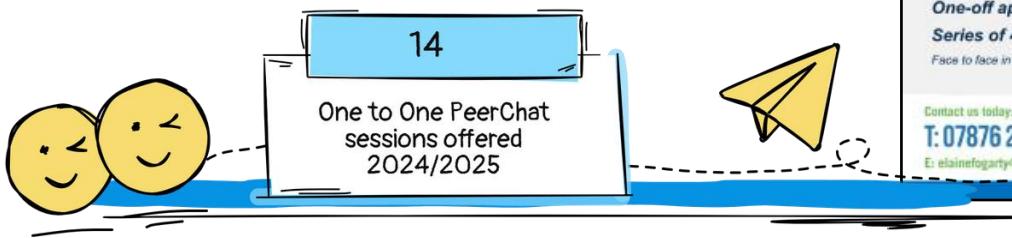
Peer-Led service offering a very flexible range of short term peer-support options with tailored approach and confidentiality.

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: elainefogarty42@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)

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

"Recovery isn't getting back to my old self... it's believing in my new self!"

Anonymous

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

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 quietens 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.

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

"You are never on your own, a problem halved is a problem solved. Keep fighting and never give up!"

Dalíth

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.



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.



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



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



MHF Newsletter



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 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, Oct 2025



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, Oct 2025



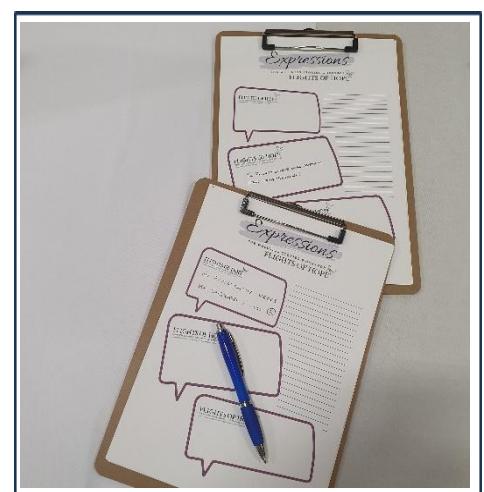
Pauline Reid (MHF Public Awareness Coordinator
Southern Regional College Freshers Fair, 2025



Elaine Fogarty (MHF), Jan McGall (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, Oct 2025



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

RECEIPTS	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
	£88,638.36	£1,000.00	£89,638.36
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
	£84,958.77	£1,052.00	£86,010.77
Excess of Receipts Over Payments	£3,679.59	-£52.00	£3,627.59
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
Balance as at 31st March 2025	£10,726.42	-£931.13	£9,795.29
REPRESENTED BY			
Bank Current Accounts	£10,726.42	-£931.13	£9,795.29
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.			
<u>Marian Shields</u> 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



Quality Care - for you, with you

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