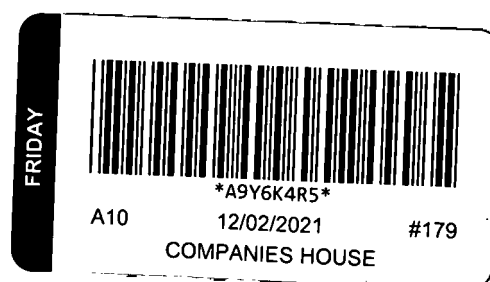


Registered number  
3150505

Meridian Wellbeing  
(Previously - Chinese Mental Health Association)

Report and Accounts

31 March 2020



**Meridian Wellbeing  
(Previously - Chinese Mental Health Association)  
Report and accounts  
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**Meridian Wellbeing**  
(Previously - Chinese Mental Health Association)  
Registered number: 3150505

#### **Directors' Report**

The directors present their report and accounts for the year ended 31 March 2020.

#### **Change of name**

Organisation changed its name to Meridian Wellbeing effective from 1 December 2020.

#### **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  
Office D 160  
New Covent Garden Market  
London  
SW8 5LL

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 council:

Shun Au - OBE	- Chair
Dr. Stephen Hiew	- Treasurer
Lulu Langtree	- Honorary Secretary
Jason Chan	
Siew Tin P'ng	- Retired

Chief Executive Officer & Company Secretary - L Lee

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

##### Governing Document

Chinese Mental Health Association 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 4 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.

**Meridian Wellbeing**  
**(Previously - Chinese Mental Health Association)**  
**Registered number: 3150505**

## **Directors' Report**

### Related parties

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

### 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**

It has been another mixed year of challenges and exciting developments, which culminated with CMHA rebranding as the Meridian Wellbeing in 2020! The Chinese Wellbeing Service has continued in part with the support of its volunteers and members after its funding came to an end; our IAPT service has continued to exceed its contract targets across all services despite some operational difficulties; and the Barnet Wellbeing Hub has continued to expand its reach and include new developments to add to the burgeoning range of services and activities on offer. Over 4,200 unique individuals accessed our services over the course of the year, with footfall into the Meritage Centre increasing to over 17,500. Further improvements to the premises were also achieved with the completion of works to add an additional office space and to improve the restrooms.

This year has also brought a once in a generation pandemic which has proven to be a test of the resilience and resolve of the managerial and staff team. The impact of the national lockdown and the need to quickly implement a digital solution to ensure business continuity was compounded by the need to increase our effort in fundraising for resources to meet the cost of adding and moving services online.

Although the funding for the Chinese Wellbeing Service ended in February 2019, the core activities continued to be delivered by volunteers, where possible, with reduced scale and size. A group of committed volunteers helped to maintain the momentum and kept the activities running on a shoestring. It was heart-warming to see both volunteers and service users band together to support the organisation and each other. The decision to open up the activities to other ethnicities improved integration and social interaction with more non-Chinese members enjoying the activities than ever. A new singalong group has also been established adding a new wellbeing activity to the range of activities on offer.

The determination of the volunteers had kept us going with our fundraising efforts for this project and after a minor setback we were finally successful in securing a grant from the City Bridge Trust in the early Spring of 2020. This has enabled us to reintroduce our main befriending service and to reinstate the service coordinator for the project. It was through this adversity that many of our long-term members and service users had come through for us to ensure that we do not lose the core parts of the project and to minimise the impact on our beneficiaries. We could not have asked for more in these circumstances and we are most grateful for their unwavering commitment and contribution.

Meridian Wellbeing remains a key member of the Multilingual Wellbeing Service (MWS), maintaining the delivery of the IAPT contract with a stronger drive to support those in the BAME and harder to reach communities in Barnet. Our contract with Barnet, Enfield and Haringey Mental Health Trust (BEHMHNT) was extended for another year with a twofold increase in the Step 2 access target. This expansion caused some initial operational difficulties but they were quickly overcome by the team, and we managed to meet the increased contractual performance targets. A consistent high quality service was maintained with over 50% of the clients seen achieving recovery.

Despite a lower than expected direct referrals and coupled with the immense challenge of encouraging engagement with psychoeducation workshops, the team delivered an astonishing 1,114 Step 2 access. This is over 200 more than the previous year, and an increase of more than 25%. Our Step 3 therapists have performed equally well by comfortably meeting both the access target and achieving an impressive recovery rate above 50% in each calendar month. The solid therapeutic work has established Meridian Wellbeing's ability and competence to deliver a clinical service in line with the NHS service standards. Our work has undoubtedly had a positive impact in improving people's access and recovery through talking therapies in Barnet, and exhibits the resourceful and dynamic nature of the team to utilise the local connections and partnerships made through the Barnet Wellbeing Hub.

## Directors' Report

### Objectives, achievements and performance and financial review - cont'd

The challenging socio-economic climate has undoubtedly led to an increase in the number of complex cases being brought to the weekly Joint Case Management meetings, which is a multi-disciplinary team discussion (MDT) involving health and social care professionals. Founded by the Barnet Wellbeing Hub in 2017, we have continued to chair these weekly meetings bringing together a range of partners including 'The Network' (part of the enablement service of Barnet Adult Social Care), the GP Linkworking team, the Barnet Let's Talk IAPT service and Barnet Mencap continue to participate in the meetings. Over 30 complex cases were brought to the meeting for MDT input, with recent indications that this is unfortunately on the rise. The allocated time for these discussions had naturally been extended this year as a result of growing cross sector concerns around mental health and wellbeing in the community. This forum of experts also doubles up as a development platform, and this has helped to streamline referrals across sectors and services.

Many of the complex cases involved suicide interventions and we supported 30 individuals this year, which is significantly more than last year. All these cases needed direct input from emergency services, and involvement of the metropolitan police were required in some cases. With the impending impact of the pandemic on people's lives, the team expects this trend to continue to rise in the coming months and year ahead.

Thankfully, with members of the team having attended an internationally recognised suicide prevention training with Papyrus-UK, as well as the added support from an experienced clinical lead, the team have been well prepared to handle the increasing need for safeguarding and risk management to keep people safe.

Meridian Wellbeing hosted the 2019 World Mental Health Day for the fourth consecutive year in a row. This year's theme was 'Focus on Suicide Prevention', and we invited a wide variety of speakers from the Samaritans, Public Health, and Barnet CCG amongst others to speak at the event.

We also facilitated a wide range of events throughout the year, the highlights of which include wellbeing days for International Women's Day, Mental Health Awareness Week and Suicide Prevention Day. This created ample opportunities for our volunteers and service users to get involved and to learn through participation, apply their skills through volunteering, socialise through networking and for many a bit of everything.

Meridian Wellbeing have built on its ties with the Job Centre Plus, with bespoke workshop programmes designed for JCP customers and with more direct referrals from work coaches. The Chair Yoga sessions delivered by a local health champion have continued to grow and prosper, and similarly with the demand for housing support from our volunteer solicitor continues on an upward trajectory. This year we have also introduced a new Flower Craft activity working in partnership with Flowerbank, a local charity. This has added a much needed and well received vibrant and creative activity to our wellbeing programme.

The monthly Wellbeing Café launched early in the year is growing from strength to strength. This is a peer-led Café and each event is co-produced with select partners from the statutory or VCS sectors. The Café provides a warm and welcoming space to network, socialise, learn about new services and take part in taster sessions of activities. We were successful in inviting dance exercise classes and Pilates sessions delivered by Better Gym GLL, mindfulness and relaxation from Barnet & Southgate college, Zumba sessions, Tai Chi, Live music and much more, with the Christmas Café a particular highlight. The café has developed as a co-produced platform for volunteering opportunities and incorporates elements of Peer Support that we're looking to further develop in the coming year.

As we head into a national lockdown as a result of the unprecedented pandemic, formidable challenges lie ahead for all charitable organisations to survive and continue to provide support to the community. However, with the strategic leadership and forward planning by our Chief Executive Leon Lee, we are confident that Meridian Wellbeing are in a strong position to remain resilient in these unpredictable times, and have the aptitude and skills necessary to adapt flexibly to the situation as it arises. With staff moving swiftly to remote delivery with little to no disruption to services, a digital future lies ahead, and Meridian Wellbeing are poised to not only make the transition, but to become one of the pioneers on this front. Our impact is set to grow with the new brand as we continue to diversify and expand the support we offer and reach more vulnerable people in need.

Our thanks go to the Management Committee for their steadfast support, providing the encouragement and positive enthusiasm to help the organisation continue to develop and grow. We go into the new financial year with caution and prudence, but with determination and confidence to tackle this adversity through creativity and innovation, and the belief we will come out of this pandemic with renewed vigour and dynamism as a stronger organisation.

As part of this business planning process Chinese Mental Health Association 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
- (2) To identify new sources of funding for the organisation so that it can meet the increasing demands for its services.
- (3) To promote the development of a highly qualified workforce using a comprehensive training programme.

We welcome the views and contributions of all our service users and their families. If any one wishes to comment on

Shun Au - OBE  
Chair  
Meritage Centre  
Church End  
Hendon  
NW4 4JT

Or e-mail: [info@meridianwellbeing.com](mailto:info@meridianwellbeing.com)

Meridian Wellbeing  
(Previously - Chinese Mental Health Association)  
Registered number: 3150505

## 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.

### Reserve Policy

The management committee has established a policy of working towards maintaining unrestricted funds 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.14 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.

### Directors' responsibilities

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

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to

- 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.

On behalf of board of trustees

-Shun Au



Dated: 10 Dec 2020

**Meridian Wellbeing**  
**(Previously - Chinese Mental Health Association)**

**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  
(Previously - Chinese Mental Health Association)  
Independent examiner's report  
to the trustees of Meridian Wellbeing**

I report on the accounts of the company for the year ended 31 March 2020

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
  - (b) 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charitieshave 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  
Office D-160  
New Covent Garden Market  
London SW8 5LL

Dated: 10th Dec 2020



**Meridian Wellbeing**  
**Statement of Financial Activities**  
**for the year ended 31 March 2020**

	Notes	Restricted £	Unrestricted £	TOTAL 2020 £	TOTAL 2019 £
<b>INCOMING RESOURCES</b>					
Income resources from generated funds:					
<i>Voluntary income</i>					
- Grants receivable		-	-	-	93,304
- Other income			368,894	368,894	307,181
- Fund raising			17	17	27
Income from grants and donations and activities	2	-	368,911	368,911	400,512
Bank deposit interest		-	219	219	153
		-	369,130	369,130	400,665
<b>RESOURCES EXPENDED</b>					
Cost of generating funds					
- Fundraising costs of grants and donations	3	-	(2,500)	(2,500)	(2,500)
Charitable activities					
- Preservation and safeguarding of mental health and of the wellbeing of its beneficiaries	4 & 5	-	(303,151)	(303,151)	(355,896)
Governance costs		-	(39,903)	(39,903)	(34,014)
		-	(345,554)	(345,554)	(392,410)
<b>NET (OUTGOING)/SURPLUS</b>		-	23,576	23,576	8,255
<b>FUNDS BROUGHT FORWARD</b>	13b & 14b	-	149,223	149,223	140,968
<b>FUNDS CARRIED FORWARD</b>	13a & 14a	-	172,799	172,799	149,223

**Meridian Wellbeing  
Income and Expenditure Account  
for the year ended 31 March 2020**

	Notes	2020 £	2019 £
<b>INCOMING RESOURCES</b>	<b>2</b>	368,911	400,512
<b>CHARITABLE AND ADMINISTRATIVE EXPENSES</b>		<u>(345,554)</u>	<u>(392,410)</u>
<b>Operating surplus</b>	<b>7</b>	23,357	8,102
Interest receivable		<u>219</u>	<u>153</u>
<b>Surplus on ordinary activities before taxation</b>		23,576	8,255
Tax on surplus on ordinary activities	<b>8</b>	<u>-</u>	<u>-</u>
<b>Surplus for the financial year</b>		23,576	8,255
Opening surplus of funds		149,223	140,968
<b>Surplus carried forward</b>		<u><u>£172,799</u></u>	<u><u>£149,223</u></u>

**Meridian Wellbeing  
Balance Sheet  
as at 31 March 2020**

	Notes	2020 £	2019 £
<b>Fixed assets</b>			
Tangible assets	9	11,838	28,649
<b>Current assets</b>			
Debtors	10	39,544	16,228
Cash at bank and in hand		<u>145,622</u>	<u>123,671</u>
		<u>185,166</u>	<u>139,899</u>
<b>Creditors: amounts falling due within one year</b>	11	<u>(24,205)</u>	<u>(19,325)</u>
<b>Net current assets</b>		<u>160,961</u>	<u>120,574</u>
		<u>£172,799</u>	<u>£149,223</u>
<b>Capital and reserves</b>			
Called up share capital	12	-	-
Funds:			
- Restricted	13a&b	-	-
- Unrestricted			
Premises reserve fund		30,000	30,000
Contractual fund		15,000	15,000
Operational fund		<u>127,799</u>	<u>104,223</u>
	14a&b	<u>172,799</u>	<u>149,223</u>
<b>Total charity fund</b>		<u>£172,799</u>	<u>£149,223</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.

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 provision applicable to companies subject to the small companies regime.

The profit and loss account is not delivered to the Registrar of Companies

Shun Au  
Director

Approved by the board on 10 December 2020

**Meridian Wellbeing  
Notes to the Accounts  
for the year ended 31 March 2020**

**1 Accounting policies**

***Basis of preparation***

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows: a) Basis of preparation The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

***Income***

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 artistic projects being undertaken by the Trust.

***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 2020**

***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 £150 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 MPV	25% straight line
--------------------------	-------------------

***Operating leases***

The charity classifies the office lease as operating lease and rental paid under the lease are charged to Revenue Account on a straight line basis over the period of the lease.

***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.

***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.

**Meridian Wellbeing**  
**Notes to the Accounts**  
**for the year ended 31 March 2020**

**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.

**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.

<b>2 INCOME RESOURCES</b>	<b>2020</b>	<b>2020</b>	<b>2019</b>	<b>2019</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Restricted</b>				
<b>Grants, donations and other income</b>				
Big Lottery Fund - Chinese Wellbeing Service	-	-	93,304	93,304
<b>Unrestricted</b>				
Contract, donations and other income	368,894		307,181	
Fundraising events	17	27		
		368,911		307,208
		<u>£368,911</u>		<u>£400,512</u>
<b>3 RESOURCES EXPENDED</b>		<b>2020</b>		<b>2019</b>
		<b>£</b>		<b>£</b>
<b>Fund raising costs of Grants and Donations</b>				
Staff costs		2,500		2,500
Support costs		-		-
		2,500		2,500
Apportionment of Governance Costs		1		2
		<u>£2,501</u>		<u>£2,502</u>
<b>4 Charitable Activities - Restricted</b>				
Staff costs		-		61,679
Support costs		-		32,859
		-		94,538
Apportionment of Governance Costs		-		9,030
				<u>£103,568</u>
<b>5 Charitable Activities - Unrestricted</b>				
Staff costs		275,442		254,590
Support costs		27,709		6,768
		303,151		261,358
Apportionment of Governance Costs		39,903		24,969
		<u>£343,054</u>		<u>£286,327</u>
<b>6 Analysis of Governance Costs</b>				
Staff cost		3,516		928
Depreciation		-		2,750
Support cost		503		-
Accountancy & Independent examiner's fees		2,080		2,800
General office administration and establishment		33,803		27,536
		<u>£39,902</u>		<u>£34,014</u>

**Meridian Wellbeing**  
**Notes to the Accounts**  
**for the year ended 31 March 2020**

<b>7 Operating surplus</b>	<b>2020</b>	<b>2019</b>
Apportionment of Governance Costs	£	£
This is stated after charging:		
Depreciation of owned fixed assets	8,294	12,957
Pension costs	8,616	7,547
Accountancy & Independent examiner's fees	2,080	2,800
Wages and Salaries	204,000	190,413
Sessional & freelance worker	48,857	96,867
Social security costs	<u>21,369</u>	<u>23,982</u>

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

**55** **50**

**8 Taxation**

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

**9 Tangible fixed assets**

	<b>Plant, machinery and MV £</b>
<b>Cost</b>	
At 1 April 2019	160,452
Additions	1,443
Cost of assets scrapped	<u>(106,992)</u>
At 31 March 2020	<u>54,903</u>
<b>Depreciation</b>	
At 1 April 2019	131,803
Charge for the year	8,294
Depreciation of assets scrapped	<u>(97,032)</u>
At 31 March 2020	<u>43,065</u>
<b>Net book value</b>	
At 31 March 2020	<u>£11,838</u>
At 31 March 2019	<u>£28,649</u>

<b>10 Debtors</b>	<b>2020</b>	<b>2019</b>
	£	£
Debtors and accrued income	38,733	15,417
Prepayments and deposits	<u>811</u>	<u>811</u>
	<u>£39,544</u>	<u>£16,228</u>

<b>11 Creditors: amounts falling due within one year</b>	<b>2020</b>	<b>2019</b>
	£	£
Creditors and accruals	19,400	13,781
Deferred income	-	-
PAYE & NI	<u>4,805</u>	<u>5,544</u>
	<u>£24,205</u>	<u>£19,325</u>

**12 Share capital**

The company is limited by guarantee and has no share capital. Each member's liability in the event of being wound up is not exceeding ten pounds.

Meridian Wellbeing  
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13a Restricted funds - This year	Balance 1 April 2019 £	Grants & donations £	Staff costs £	Project costs £	Other costs £	Governance cost shared £	Balance 31 March 2020 £
Big Lottery Fund - Chinese Wellbeing Service	-	-	-	-	-	-	-
13b Restricted funds - Last year	Balance 1 April 2018 £	Grants & donations £	Staff costs £	Project costs £	Other costs £	Governance cost shared £	Balance 31 March 2019 £
Big Lottery Fund - Chinese Wellbeing Service	10,264	93,304	(61,679)	(5,547)	(27,312)	(9,030)	-
	10,264	£93,304	£(61,679)	£(5,547)	£(27,312)	£(9,030)	-



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14a Unrestricted Funds - This year

Interpretation, collection, donations  
- and miscellaneous income  
Bank deposit interest  
Fund raising

Balance 1 April 2019 £	Grants & donations £	Staff costs £	Project and other costs £	Funds Reallocated £	Governance cost shared £	Balance 31 March 2020 £
140,807	368,894	(275,442)	(27,709)		(39,902)	166,648
8,416	219	-	-	-	-	8,635
-	17	(2,500)	-	-	(1)	(2,484)
<u>£149,223</u>	<u>£369,130</u>	<u>£(277,942)</u>	<u>£(27,709)</u>	<u>-</u>	<u>£(39,903)</u>	<u>£172,799</u>

14b Unrestricted Funds - Last year

Interpretation, collection, donations  
- and miscellaneous income  
Bank deposit interest  
Fund raising

Balance 1 April 2018 £	Grants & donations £	Staff costs £	Project costs £	Funds Reallocated £	Governance cost shared £	Balance 31 March 2019 £
122,428	307,181	(254,590)	(6,768)	(2,475)	(24,969)	140,807
8,276	153	-	-	-	(13)	8,416
-	27	(2,500)	-	2,475	(2)	-
<u>£130,704</u>	<u>£307,361</u>	<u>£(257,090)</u>	<u>(6,768)</u>	<u>-</u>	<u>£(24,984)</u>	<u>£149,223</u>