



Gateshead Clubhouse

Worcester Green

Gateshead, Tyne & Wear

NE8 1NH

Trustees' Annual Report

1/4/2018 – 31/3/2019

Published for the Annual General Meeting on
Thursday 12th December 2019

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Registered charity number: 1160853

1 The Structure, Governance & Management of Gateshead Clubhouse

- Gateshead Clubhouse is a Charitable Incorporated Organisation
- Type of governing document: Constitution
- Trustee Selection Method: Clubhouse members elected at AGM / co-opted by Trustees

1.1 Current Trustees (All will step down at the beginning of the AGM & stand for re-election)

Trustee Name	Office
Tee Morley	Chair
Paul Gwynn	Secretary
Jeff Harris	
Alan Jeavons	
Elaine Allen	
Michael Armstrong	
Ruth Morris	

1.2 Trustees that have stepped down in this financial year

Stephen Bell
Paul Ogle
Dave Walton
Pauline Hawkins
Anthony Johnson

1.3 Clubhouse Member wanting to be elected at this AGM

Joanne Mitchell

1.4 Gateshead Clubhouse Advisers

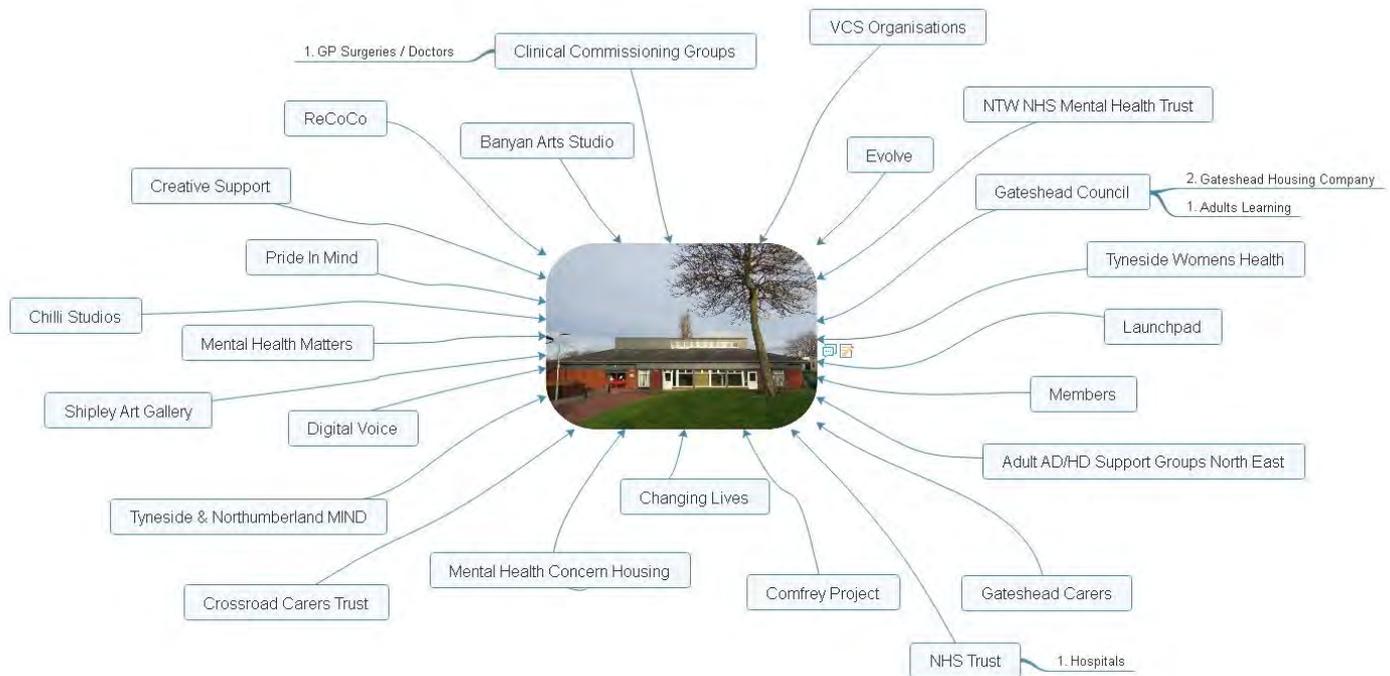
Type of Adviser	Name
Mental Health Professional	Andrew Jay
Mental Health Professional	Lorna Sherriff
Service User Involvement Worker MHM	Bill Scott
Member Adviser	Anthony Johnson
Member Adviser	Stephen Bell
Member Adviser	Paul Ogle

2 Overview

Trustees have had regard to the guidance issued by the Charity Commission on public benefit.

We believe that Gateshead Clubhouse can truly be described as a unique and inspirational model of operation. It is an entirely peer-led project, with no paid workers. All of our trustees are members and mental health service users. The trustees have subgroups relating to funding and finance, the Clubhouse café, health and safety. To be a member of a subgroup one has to be a member of the Clubhouse but not necessarily a trustee. The majority of decisions are taken at our monthly members' meetings.

Whilst we have strong connections across the voluntary and statutory sector, including primary and secondary health. Our key stakeholders are listed below:



We have continued to work with a large network of partners during this year to enhance our service provision.

3 Objectives & Vision

3.1 Our Mission Statement

Gateshead Clubhouse aims to provide a community hub where those with mental health needs can find, and help sustain, a supportive and safe place, where their process of recovery and self-growth can be facilitated through: -

- Ownership and involvement in the service.
- Building on existing skills and abilities, leading to personal development.
- Providing opportunities for education, training and work,
- Promoting empowerment and peer support in an authentic User Run Organisation.

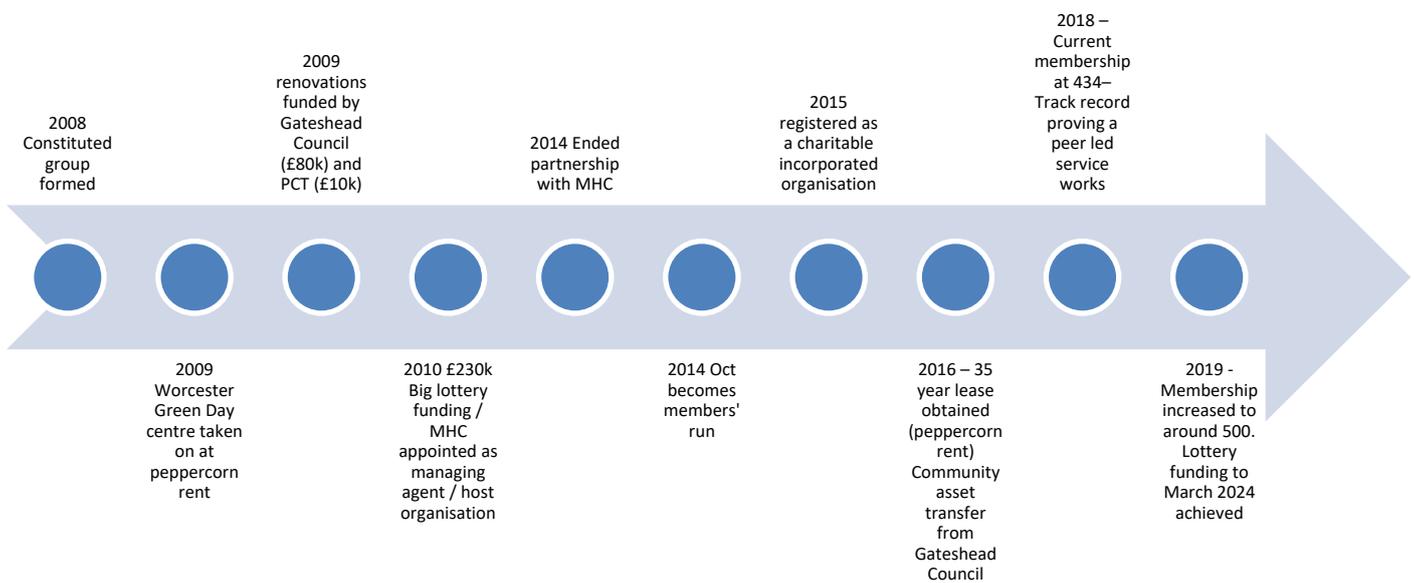
3.2 Our Main Aspirations: -

1. To continue to develop our role as a mental health community resource, which has access to and links with other services across Gateshead.
2. To continue to provide and enhance our community cafe and room hire functions.
3. To continue as a staff-free service and enhance our multi-stranded approach to groups & activities (see below)
4. To continue to look towards accessing statutory funding and light touch monitoring in the long term.

5. To continue to provide training courses for our member reps & Trustees in dealing with problems and to promote team building.
6. Further development of monitoring to chart and further demonstrate the impact of this way of working on individuals
7. Further development of the Gateshead Clubhouse ethos, with a view to it being piloted elsewhere.

4 Achievements & Performance

4.1 Clubhouse Milestones:



4.2 Our Background

Gateshead Clubhouse was established in 2008 as a community hub for people with mental health problems who live in the Gateshead Borough.

As of March 31st 2019, the Clubhouse has around 500 members and the membership is steadily growing.

In developing Gateshead Clubhouse, we have created a type of organisation that can be replicated elsewhere. In these times of austerity and acute lack of mental health services, organisations such as ours can provide a valuable contribution to what is already available for mental health service users. We respect the fact that we are all people with lived mental health experience and feel that it is better to grow our services organically, at a steady pace.

4.3 Clubhouse Website and Social Media

We have greatly enhanced our online presence with our own website, built from scratch by a member as well as creating a Facebook page and a Twitter account, all of which are frequently updated. The links for all of these can be found on the front page of this report. The website is a great user-interactive resource for our members.

4.4 Membership Involvement / Contribution

The Clubhouse has a very different dynamic to that of a staffed service. It puts the interests of its members at the center of everything it does and is based on a flat hierarchy.

We have no paid staff: members run all aspects of our organization, including its strategic and operational management. Everyone who helps run the service is a mental health service user and this encourages user empowerment, enhancing skills and abilities of all members. We believe this approach is unique and encourages members to use their experience to develop the services we offer. In effect, members to 'own' the service and contribute whatever they can offer in terms of the skills they have already developed or wish to develop. We have been hugely impressed by the expertise and the wide range of life-skills that members have to offer.

4.5 Gateshead Clubhouse Performance and Outcomes

- *“The Clubhouse is a safe place, everybody here has similar experiences, nobody judges, that makes your problems worse”.*
- *“What works for me is the friendly atmosphere and the chance to join in and take part in useful courses”.*

We support members on their own terms and deliver a wide range of health and well-being outcomes connected to social inclusion and community participation.

Our informal delivery model produces many qualitative outcomes, for example:

- The appreciation of peer support
- Improved health and emotional well-being
- Increased confidence and self esteem
- An improved quality of life
- Making a positive contribution to the community
- Increased choice and control of our facilities and the activities we offer
- An improvement of the experience of feeling valued
- Acknowledgement of the Clubhouse as a place of safety – a sanctuary

Throughout this financial year we have provided a weekday service from 11am to 4:30pm. The Clubhouse has also been open every Bank Holiday, including Christmas Day and closed only on New Year’s Day. The Clubhouse has become a focal point for people with mental health problems in Gateshead. We have a broad mix of members who can choose whether to talk to their peers or get involved in the many activities available.

Quantitative data monitoring is achieved through attendance records of the Clubhouse & groups. We are working hard to develop appropriate systems that can better record qualitative data.

4.6 Groups / Activities

“The Clubhouse in Gateshead has really helped me structure my day in a therapeutic way, I like to do courses, especially art and crafts. I really enjoy the company.”

203 groups and activities relating to a wide range of topics, skills and personal development took place during the last financial year

<ul style="list-style-type: none"> • Mindfulness • Hearing Voices • Women’s Friendship Group • Baking & Cooking Skills • Health Champions • Art Groups • Craft groups • Spirituality & Recovery • Hearing Voices group • Digital Life Skills • Video and Photography • Personality Disorder Support group 	<ul style="list-style-type: none"> • History group • WRAP • Yoga • Health, Nutrition & Wellbeing • Digital Media Savvy • Wellbeing • GHC Media Group • Jewellery Group • Anxiety Group • Gateshead User Forum <p>In addition, we have organised team building activities (for member reps) and several leisure activities and day trips for members.</p>
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4.7 Personal Development

“Coming to the clubhouse has really benefitted me. It's the focal point of my week. I have an unseen disability and I find everyone really friendly here and I know them all quite well”.

- Members are encouraged and supported to develop themselves and others, through our wide range of courses and activities. We believe that social interaction and participation in activities improves confidence and self-esteem.
- As part of this approach, we have installed high quality free Wi-Fi and we have six networked computers for members to access the Internet, learn online and generally keep in touch with the digital world.
- Overall, our cultivation of members' individual empowerment and responsibility has led to a significant increase in their positive mental health and well-being. Some of our members have moved onto employment, others have developed new skills that will lead them into recovery, future employment and education.

5.0 Financial Review

Please see 2018-2019 Independent Financial Examination

6.0 Declaration

The Trustees declare that they have approved the trustees' report above.

Signed on behalf of the Charity's Trustees by Tee Morley, Chair.

Date: 12th October 2019

Gateshead Clubhouse CIO

Charity Registration no 1160853

Financial Statements and Reports

For the year ended

31 March 2019

Worcester Green
GATESHEAD
Tyne & Wear
NE8 1NH

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Reference and Administrative Information

Name: Gateshead Clubhouse CIO

Charity No: 1160853

Trustees/Directors: Teresa Morley – Chair
Anthony Johnson – Treasurer – resigned during the financial year
David Walton – Secretary – resigned during the financial year
Paul Gwynn – Secretary
Paul Ogle – resigned during the financial year
Alan Jeavons
Geoffrey Harris
Elaine Allen
Pauline Hawkins – resigned during the financial year
Stephen Bell – resigned during the financial year
Michael Armstong
Ruth Morris

Advisors: Andrew Jay – Mental Health Professional
Lorna Sherriff - Mental Health Professional
Bill Scott – Service User Involvement Worker MHM
Anthony Johnson - Member
Stephen Bell - Member
Paul Ogle - Member

Registered Address: Worcester Green
GATESHEAD
Tyne & Wear
NE8 1NH

Bankers: Lloyds Bank plc
17 Ellison Walk
GATESHEAD
Tyne & Wear
NE8 1BF

Independent Examiner: Kate Tully FMAAT FCIE
20 Ennerdale Crescent
Winlaton
Blaydon on Tyne
NE21 6PS

Structure and Governance

Gateshead Clubhouse is a Charitable Incorporated Organisation managed by its Trustees.

Objectives

Gateshead Clubhouse is a mental health community hub run entirely by its members. It has a community café with internet access for our members, we run various activities from the clubhouse as well as out in the community.

Trustee's Report

Achievements

The way that the Clubhouse is managed and run is a very different dynamic to that of a staffed service. It puts the interests of its members at the centre of everything it does and values common sense. It is based on a flat hierarchy.

Having successfully established a safe and relaxed environment for our members, they are naturally encouraged to enjoy social interaction on a daily basis. Given that many of our members live on their own, the importance of this cannot be underestimated. In effect, we have created a genuinely inclusive community that embraces people who have experienced the corrosive effects of social-exclusion and a myriad of other negative life experiences which have contributed to / have amplified their mental health problems.

The Clubhouse also offers a wide range of social, training and other activities (including crafts, arts, wellbeing courses etc) which further encourage our members to lead fuller lives.

During the course of this year 207 groups and activities took place within the Clubhouse itself. In addition, a comprehensive range of external activities have been organised by the Clubhouse Reps, often in collaboration with cross-sector organisations, some of which have included outdoor fitness and well-being activities, including gardening, walking, football and cycling. There has also been regular trips to various geographical locations, local, regional and elsewhere e.g. Bill Quay Farm, Alnwick, Kendal & Bowness, Saltburn, Keswick and the North Lakes, Bury Market, York, Harrogate and Edinburgh. We were thrilled to successfully tender for BLF funding which will last until March 2024. This funding, alongside the funding generated through the Clubhouse itself (e.g. room bookings, catering and the community cafe) should cover the lion's share of our expenditure.

Public Benefit Statement

The trustees have considered the guidance produced by the Charity Commission on the provision of public benefit and they confirm that public benefit has been provided by the range of activities as described above.

Financial Review

The financial position for the year shows net incoming funds of £61,338 and total outgoing resources of £52,553 with funds brought forward from last year of £9,224 the total funds carried forward are £18,010.

Risk Management:

The Trustees are examining the major risks, which the charity faces in relation to external factors, governance and management, internal operations and business. They are considering the likelihood and the impact of risks and are reviewing what systems should be in place to control and reduce those risks. The systems are being designed to provide reasonable, but not absolute, assurance against material loss or misstatement of loss.

Reserves Policy

It is the policy of the charity to try to build up unrestricted funds, which are free reserves of the charity, to a level that equates to approximately 6 months unrestricted expenditure. This will provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time.

Plans for the Future

We will continue to develop the Clubhouse in its own right, but at the same time we wish to support other mental health communities in Tyne & Wear to develop their own models of user run services. Over the coming years we will be focusing on that, reaching out for partners to help develop these services working with all sectors in mental health so we could see similar projects to the clubhouse in Tyne & Wear. These would be completely independent services tailored to what local people want.

Trustees' Responsibilities

The Trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable Charity Law and United Kingdom Generally Accepted Accounting Practice.

Charity Law requires the Trustees to prepare financial statements for each financial year which show a true and fair view of the state of affairs of the charity and its financial activities for that period. In preparing those financial statements, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgements and estimates that are reasonable and prudent;
- Comply with applicable accounting standards, subject to any material departures disclosed and explained in the financial statements;
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operational existence.

The Trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the trustees and signed on their behalf:

Name:.....Signature:.....

Date:.....

Independent Examiners Report

Report to the trustees of Gateshead Clubhouse CIO on Accounts for the year ended 31 March 2019 set out on pages 7 to 11

Respective responsibilities of trustees and 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. The charity's gross income does not exceed £250,000.

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:

- examine the accounts under section 145 of the 2011 Act;
- 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
- 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 matter has come to my attention:

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

Kate Tully FMAAT FCIE AATQB

Date

Signed



Kate Tully is a Fellow Member of the Association of Charity Independent Examiners and a Fellow Member of the Association of Accounting Technicians

Statement of Financial Activities

for the year ended 31 March 2019

	Unrestricted	Designated	Restricted	Total Funds 2018-19	Total Funds 2017-18
Note	Funds £	Funds £	Funds £	£	£
Income and Endowments from:					
2					
<i>Donations and Legacies</i>	467	0	37,064	37,531	28,025
<i>Charitable Activities</i>	23,807	0	0	23,807	26,149
<i>Other Trading Activities</i>	0	0	0	0	977
<i>Investment Income</i>	0	0	0	0	2
<i>Other</i>				0	0
Total	24,274	0	37,064	61,338	55,153
Expenditure on:					
3					
<i>Raising Funds</i>	0	0	0	0	0
<i>Charitable activities</i>	24,436	0	28,117	52,553	61,741
<i>Other resources expended</i>				0	0
Total	24,436	0	28,117	52,553	61,741
Net income/(expenditure)	-162	0	8,948	8,785	-6,602
Transfers between funds				0	0
Net movement in funds	-162	0	8,948	8,785	-6,602
<i>Funds carried forward from 2017-18</i>	1,983	6,004	1,237	9,224	15,826
Total funds carried forward	1,821	6,004	10,185	18,010	9,224

The notes on pages 12-14 form an integral part of these financial statements.

Balance Sheet

as at 31 March 2019

	Note	2018-19 Funds £	2017-18 Funds £
Fixed Assets:			
<i>Tangible Assets</i>		0	0
Total Fixed Assets:		0	0
Current Assets			
<i>Debtors</i>	7		0
<i>Savings</i>		13	13
<i>Current Account</i>		18,047	9,443
<i>Cash in Hand</i>		350	168
Total Current Assets		18,410	9,624
Liabilities			
<i>Creditors: Amounts falling due within one year</i>	8	(400)	(400)
<i>Creditors: Amounts falling due after one year</i>			
Total Assets less total liabilities		18,010	9,224
The Funds of the Charity:			
Restricted funds		10,185	1,237
Designated Funds		6,004	6,004
Unrestricted funds		1,821	1,983
TOTAL CHARITY FUNDS		18,010	9,224

Approved by the trustees and signed on their behalf:

Name: Signature:

Date:

The notes on pages 12-14 form an integral part of these financial statements

Notes to the Financial Statements
for the period ending 31 March 2019

1 Accounting Policies

Basis of Preparation

These 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 January 2015) – Charities SORP (FRS 102).

Incoming Resources

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the resources;
- the trustees are virtually certain they will receive the resources; and
- the monetary value can be measured with sufficient reliability

Donations are only included in the SOFA when the charity has unconditional entitlement to the resources.

Capital Grants are released over the economic useful life of the asset to which they relate

Resources Expended and Liabilities

Resources expended have been analysed using a natural classification.

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible Fixed Assets

The Charity holds no assets of material worth at the present.

2 Funds

The Charity has one fund, an unrestricted general fund comprising accumulated surpluses and deficits which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity that have not been designated for other purposes.

Fund Name	Bal. b/f	Income	Expenditure	Transfers	Bal. c/f
Restricted Funds					
1987 Willan Trust - Activities 2018	0	3,136	(3,136)	0	0
1987 Willan Trust - Core Cost 2018	0	3,000	(3,000)	0	0
GP Risk Statement Charges	194	0	(10)	0	184
Gateshead Fund - Activities 2018	943	56	(999)	0	0
Greggs - Core Funding 18-19	0	7,020	(7,020)	0	0
John Bell Fund - activities	0	1,552	(1,552)	0	0
John Bell Fund - Core Costs	0	3,000	(3,000)	0	0
Radiators Grant BLF AFA	0	19,000	(9,000)	0	10,000
Xmas Events Fund	100	300	(400)	0	0
	1,237	37,064	(28,117)	0	10,184
General Fund					
General Funds	1,983	24,274	(24,436)		1,821
Reserves	6,004				6,004
	7,987	24,274	(24,436)	0	7,824
Total of All Funds	9,224	61,338	(52,553)	0	18,010

Analysis of Income and Expenditure 2018-19

Donations and Legacies from:

	Unrestricted £	Designated £	Restricted £	This Year Total £	Previous Year Total £
Donations and Legacies					
Grants			37,064	37,064	27,737
Donations	467			467	288
Total	467	0	37,064	37,531	28,025
Incoming resources from charitable activities					
Catering Income Room	16,057			16,057	19,543
Hire/Refreshments	5,469			5,469	6,416
Other	2,281			2,281	190
Total	23,807	0	0	23,807	26,149
TOTAL	24,274	0	37,064	61,338	55,153

Expenditure on:

	Unrestricted £	Designated £	Restricted £	This Year Total £	Previous Year Total £
Raising Funds					
Fundraising Costs					15
Total	0	0	0	0	15
Charitable activities					
Activities/Events	83		5,720	5,803	4945
Adverts/Publicity	55			55	716
Catering Costs	13,084			13,084	12,494
Computer Software/Expenses	3,092			3,092	2,840
Insurance	892			0	2,844
Equipment	204			204	2,981
Legal/Professional Fees	442			442	1,796
Licences/Affiliations/Subs	243			243	125
Maintenance/Refurbishment			15,178	15,178	13,832
Sanitary/Cleaning	1,271			1,271	1,106
Safety/Security	1,572			1,572	1,914
Stationery/Postage/Printing	1,764			1,764	609
Telephone/Internet	32		897	897	754
Travel Expenses	260			260	17
Utilities			6,322	6,322	8,208
Volunteer Expenses				0	1,179
Independent					
Examination/Accountancy	400			400	400
Other	1,042			1,042	4,981
Total	24,436	0	28,117	51,629	61,741
Total	24,436	0	28,117	52,553	61,756

3 Fixed Assets

There are no fixed assets of material worth at this time.

4 Debtors

There are no debtors at this time

5 Creditors

	2018-19 Amounts falling due within 1 year £	2017-18 Amounts falling due more than 1 year £
Trade Creditors	400	400
Other Creditors		
Accruals and Deferred Income		
Total	400	400

6 Trustees Expenses

No Trustees claimed any expenses during this financial year.