

COMPANY NUMBER: 05378928 (England and Wales)
CHARITY NUMBER: 1110621

CAMPAIGN AGAINST LIVING MISERABLY
(A COMPANY LIMITED BY GUARANTEE)

REPORT & FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2009

Royce Peeling Green Limited
Chartered Accountants & Registered Auditors
The Copper Room
Deva Centre
Trinity Way
Manchester, M3 7BG

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for the year ended 31 March 2009**

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LEGAL AND ADMINISTRATIVE INFORMATION
for the year ended 31 March 2009

DIRECTORS

Dr Elaine Church (Chairman)
Janet Finucane
David Sweeney
Maggie Day
Aimee Luther
Indra Morris

TRUSTEES

Dr Elaine Church (Chairman)
Janet Finucane
David Sweeney
Maggie Day
Aimee Luther
Indra Morris

CHARITY CHIEF EXEC

Jane Powell

REGISTERED OFFICE

The Copper Room
Deva Centre
Trinity Way
Salford M3 7BG

ACCOUNTANTS

Royce Peeling Green Limited
Chartered Accountants & Registered Auditors
The Copper Room
Deva Centre
Trinity Way
Manchester, M3 7BG

BANKERS

Co-operative Bank plc
PO Box 250
Delf House
Southway
Skelmersdale
WN8 6WT

LEGAL ADVISORS

DWF Solicitors
Centurion House
129 Deansgate
Manchester
M3 3AA

TRUSTEES' REPORT
for the year ended 31 March 2009

Structure, Governance and Management

Nature of governing document / how constituted etc

The Company was incorporated on 28/07/05 via Memorandum and Articles of Association as a company limited by guarantee and not having share capital.

Methods for recruitment and appointment of trustees

The trustees are recruited as and when required

Organisational Structure

The charity has a Management Committee made up of members who meet on a regular basis and are responsible for the strategic direction and policy of the charity.

The delegation of the day to day responsibility for the running of the organisation rests with the National Director Jane Powell.

Objectives and Activities

The charities objectives are: the preservation and protection and improvement of mental health and well-being amongst young persons in England and Wales by offering but not limited to the use of support services, counseling, advice and/or information about depression and/or crisis management in whatever form is deemed most appropriate at that time to ensure that the services on offer are accessible to young people, and through but not limited to the advancement of health education and public awareness relating to young people's mental health issues.

The Charity runs a web-site targeted at men aged between 15 and 35. Within 'CALMzones' – areas where CALM works in collaboration with local health agencies - callers are able to access information about local services available to them. The charity runs a helpline, currently operating 4 days a week, 5pm until midnight, and a website where articles and details of issues of concern to young men, and of agencies offering help, can be found. These services are supported by marketing both directly to young men and to the general public. The information message to young men is that it is OK, and strong, to talk. The message aimed at the general public is about the sheer scale of suicide among young men.

Achievements and Performance

This year saw grants from the Mark McQueen Foundation and the James Wentworth-Stanley Memorial Fund to support the opening of a London office, where the Director was able to employ her first staff members. This year saw the final payment of the Dept of Health's initial grant for the start up of the charity. CALM was awarded £10,000 by the Mike Farrer Self Care Challenge, which will be used for the texting service.

During this financial year CALM received 6722 calls to the line. The strike rate (how easy it is to get through), sank during the second and third quarters of the year, but ended in the last quarter fairly evenly at 64%. CALM receives calls from across the UK, including a significant amount from Northern Ireland, Wales and Scotland, and from those areas where we operate a CALMzone, ie Merseyside and East Lancashire.

Since CALM launched in E Lancs, promoted by two part-time staff working locally within Burnley, Pendle and Accrington, awareness of CALM has risen from 3% to 18% and is very encouraging. Press coverage has been good, and CALM appears to have been well received in the colleges and clubs by the students.

On Merseyside. Developments include promotion at multiple college and university sites, links with local football team AFC Liverpool, partnerships with 2 national music events and presenting at a Student Mental Health & Wellbeing conference. In addition we have begun to work with all the PCTs across the Merseyside & Cheshire region to bring together suicide audit data to inform practice locally. We had hoped to secure additional local funding to have a second member of staff working within the Merseyside CALMzone but this has not yet happened.

TRUSTEES' REPORT
for the year ended 31 March 2009

Investment Policy

The Trustees have the power to invest in such assets as they see fit. Aside from retaining a prudent amount in reserves, it is intended that most of the charity's funds are to be spent in the short term, which leaves no funds for long term investment. The trustees, having regard to the liquidity requirements of operating the charity, have maintained a policy of keeping funds in an interest bearing deposit account.

Reserves Policy

The unrestricted, uncommitted funds generated this year were £61,999 (2008 - £5,047). The reserves policy is still being developed in line with our future activities. It is anticipated that a target of reserves amounting to at least twice the working capital requirements of the charity will be set.

Risk Management

The trustees have assessed the major risks to which the charity is exposed, in particular those related to its operations and finances, and are satisfied that systems are in place to mitigate our exposure to the major risks. Risk factors and control systems are reviewed regularly by the trustees.

Statement of Directors and Trustees' Responsibilities

Law applicable to charities in England and Wales requires trustees to prepare financial statements for each financial year which give a true and fair view of the financial activities of the charity during the year and state of affairs at the end of the year. 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;
- State whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements, and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

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 Companies Act 1985. 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.

Companies Act 1985

This report has been prepared in accordance with the special provisions relating to small companies within Part VII of the Companies Act 1985.

This report was approved by the board on 2nd February 2010

M Day - Director

**Independent examiners' report on the accounts
to the Trustees of Campaign Against Living Miserably**

We have examined the accounts of Campaign Against Living Miserably for the year ended 31 March 2009 set out on pages 8 to 15.

Respective responsibilities of the trustees and independent examiners

The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (The Act), as amended by section 28 of the Charities Act 2006) and that an independent examination is needed. It is our responsibility to:

- examine the accounts (under section 43 of the Act, as amended);
- follow the procedures laid down in the General Directions given by the Charity Commission (under section 43(7)(b) of the Act, as amended); and
- state whether particular matters have come to our attention.

Basis of independent examiner's report

Our 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 we do not express an audit opinion on the view given by the accounts.

Independent examiners' statement

In connection with our examination no matter has come to our attention:

(1) which gives us reasonable cause to believe that, in any material respect, the trustees have not met the requirements to ensure that:

- proper accounting records are kept (in accordance with section 41 of the Act); and
- accounts are prepared which accord with the accounting records and comply with the accounting requirements of the Act; or.

(2) which, in our opinion, attention should be drawn to in order to enable a proper understanding of the accounts to be reached.

A handwritten signature in black ink that reads "Royce Peeling Green Limited". The signature is written in a cursive, flowing style.

Royce Peeling Green Limited
Chartered Accountants & Registered Auditors
The Copper Room
Deva Centre
Trinity Way
Manchester, M3 7BG
2nd February 2010

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
for the year ended 31 March 2009**

	Notes	Unrestricted funds £	Restricted funds £	Totals 2009 £	Totals 2008 £
Incoming resources	3				
Donations		24,065	-	24,065	37,606
Grants received		40,000	181,777	221,777	66,423
Fundraising Activities		20,564	-	20,564	37,604
Investment Income		582	-	582	516
Total incoming resources		85,211	181,777	266,988	142,149
Costs of generating funds	4				
Fundraising costs		4,328	11,578	15,906	20,183
Charitable activities		16,917	128,689	145,606	87,417
Governance costs		1,967	2,638	4,605	29,502
Total resources expended		23,212	142,905	166,117	137,102
Net incoming resources before Transfers		61,999	38,872	100,871	5,047
Gross transfer between funds		-	-	-	-
Net incoming resources before other recognised gains/(losses)		61,999	38,872	100,871	5,047
Other recognised gains/(losses)					
Gains or losses on revaluation of fixed assets for the charity's own use		-	-	-	-
Gains or losses on investment assets		-	-	-	-
Net movements in funds		61,999	38,872	100,871	5,047
Total funds brought forward		4,303	23,737	28,040	22,993
Total funds carried forward		66,302	62,609	128,911	28,040

BALANCE SHEET
for the year ended 31 March 2009

	Notes	Unrestricted funds £	Restricted income funds £	Totals 2009 £	Totals 2008 £
CURRENT ASSETS:					
Accrued Income		-	-	-	9,797
Cash at bank and in hand		67,360	71,207	138,567	31,987
CREDITORS: amounts falling due within one year	6	(1,058)	(8,598)	(9,656)	(13,744)
NET ASSETS		66,302	62,609	128,911	28,040
 Funds of the Charity					
Unrestricted funds	8	66,302	-	66,302	4,303
Restricted income funds	8	-	62,609	62,609	23,737
TOTAL FUNDS		66,302	62,609	128,911	28,040

For the year ended 31st March 2009 the company was entitled to exemption under section 249A (1) of the Companies Act 1985. No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 249B (2). The directors acknowledge their responsibility for: i) Ensuring the company keeps accounting records which comply with section 221; and ii) Preparing accounts which give a true and fair view of the state of affairs of the company as at the end of its profit and loss for the financial year in accordance with section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

The financial statements on pages 4 to 8 were approved by the trustees on 2 February 2010 and signed on their behalf

J Finucane
Director

NOTES TO THE ACCOUNTS
for the year ended 31 March 2009

1. BASIS OF PREPARATION

These accounts have been prepared on the basis of historic cost (except that investments are shown at market value) in accordance with Accounting and Reporting by Charities – Statement of Recommended Practice (SORP 2005), Financial Reporting Standards for Smaller Enterprises (FRSSE) and with the Charities Act 1993.

2. ACCOUNTING POLICIES

Company status

The charity is a company limited by guarantee. The members of the company are the trustees named on page 2. In the event of the charity being wound up the liability in respect of the guarantee is limited to £1 per member of the charity.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Incoming resources

All incoming resources 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.

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

Grants and donations are only included in the SoFA when the charity has unconditional entitlement to the resources

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

Donated facilities are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received. No amounts are included in the financial statements for services donated by volunteers.

Investment income is included in the accounts when receivable.

Gifts in kind

Gifts in kind for use or distribution by the charity are valued at the estimated market value and accounted for as income with a corresponding expenditure item of equivalent value at the time of use or transfer to beneficiaries. Gifts of new and second hand goods subsequent auction or raffle are accounted for as income at amounts realised at the time of sale.

NOTES TO THE ACCOUNTS
for the year ended 31 March 2009

EXPENDITURE AND LIABILITIES

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

Governance costs include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and cost of any legal advice to trustees on governance or constitutional matters.

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, e.g. allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Fund raising costs are those incurred raising income for the charity through events and promotions. Management and administration costs are those incurred in connection with administration of the charity and compliance with constitutional and statutory requirements.

3. ANALYSIS OF INCOMING RESOURCES

		Analysis	2009	2008
			£	£
Donations			24,065	37,606
Grants				
	Dept of Health S64		66,500	14,883
	East Lancs PCT		31,778	27,979
	James Wentworth-Stanley Memorial Fund		28,000	-
	Mark McQueen Foundation		35,000	-
	Mike Farrer Self Care Challenge		10,000	-
	East Lancs Big Lottery Well Being		28,499	22,894
	Merseyside PCT – Helpline		12,000	667
	Mental Health Helpline Partnership		10,000	-
			221,777	66,423
Fundraising Activities				
	Events & sponsorship		725	26,154
	Online donations/fundraising		15,707	5,050
	Texting/online appeal		4,132	6,400
			20,564	37,604
Investment income	Bank Interest		582	516

NOTES TO THE ACCOUNTS
for the year ended 31 March 2009

4. ANALYSIS OF RESOURCES EXPENDED

		Analysis	2009 £	2008 £
Fundraising costs	Fundraising		6,246	10,590
	Marketing, Comms & Event		886	6,897
	Production		1,678	2,696
	Support costs		7,096	
			<u>15,906</u>	<u>20,183</u>
Charitable activities	Service Provision and Promotion		145,606	87,417
Governance costs	Audit costs		1,058	350
	Support costs		3,547	29,152
			<u>4,605</u>	<u>29,502</u>

5. DETAILS OF CERTAIN ITEMS OF EXPENDITURE

Dept. of Health – s64 Grant

	Costs	DH grant allocation	
Service Provision			
Helpline advisors, reporting, training texting	50,854	35,000	
Web development	<u>5,536</u>	<u>4,000</u>	
Total Service Provision	56,390		39,000
Events and Fundraising	6,245	2,500	
Marketing and Promotion	3,780	1,500	
Printing & Production	1,678	900	
Communications	<u>886</u>	<u>400</u>	
Total Marketing	12,589		5,300
Management			
Director, PAYE for HQ staff,	32,838	13,000	
Telephone and IT Equipment	5,389	3,000	
Premises and Services (Power, Rates)	7,618	4,000	
Volunteer Expenses	1,079	700	
Staff Travel	<u>3,409</u>	<u>1,500</u>	
Total Administration	50,333		22,200
Total Expenditure	<u>119,312</u>		<u>66,500</u>

**NOTES TO THE ACCOUNTS
for the year ended 31 March 2009**

Trustee expenses

The charity made the following payments or reimbursements of out of pocket expenses to trustees:

	2009	2008
Number of trustees who were paid expenses	Nil	Nil
Nature of the expenses	Travel	Travel
Total amount paid	£nil	£nil

Fees for examination or audit of the accounts

	2009	2008
Independent examiner's or auditors' fees for reporting on the accounts	1058	350
Other fees paid to the independent examiner or auditor	-	-

6. CREDITORS AND ACCRUALS

	Amounts falling due within one year		Amounts falling due after more than one year	
	2009	2008	2009	2008
	£	£	£	£
Trade Creditors	8,598	13,394	-	-
Accruals and deferred income	1,058	350	-	-
	<u>9,656</u>	<u>13,744</u>	<u>-</u>	<u>-</u>

7. ENDOWMENT AND RESTRICTED INCOME FUNDS

Fund Source	Purpose
Dept of Health S64	Phone helpline & support
East Lancs PCT	Service support in East Lancs.
Mark McQueen Foundation	Office set up and staffing
Mike Farrer Self Care Challenge	Texting service
East Lancs Big Lottery Well Being	Service support in East Lancs.
Mental Health Helpline Partnership	Phone helpline

NOTES TO THE ACCOUNTS
for the year ended 31 March 2009

8. STATEMENT OF FUNDS

	At 1 April 2008	Income	Expenditure	At 31 March 2009
	£	£	£	£
General Reserve	4,303	85,211	23,212	66,302
Total restricted funds	23,737	181,777	142,905	62,609
Total Funds	<u>28,040</u>	<u>266,988</u>	<u>166,117</u>	<u>128,911</u>

The General Reserve represents the free funds of the charity, which are not designated for particular purposes.