

SELF INJURY SUPPORT LTD

England & Wales · Charity number 1092299

Details

Other names	BRISTOL CRISIS SERVICE FOR WOMEN, BCSW, SIFT
Status	Registered
Legal form	Charitable company
Company number	04429818
Registered	2002-05-30
Register	View on the Charity Commission register

Contact

Address	14 Upper Maudlin Street Bristol BS2 8DJ
Phone	01179279600
Email	Hello@sift.org.uk
Website	www.sift.org.uk

Activities

Objects: 2 Objects2.1 The objects of the Charity are: 2.1.1 to relieve sickness and promote the health of individuals who self-harm and are emotionally distressed thereby, by offering support to such individuals, their families and those who support such individuals; and 2.1.2 to advance the education of the public about self-harm and mental health issues through the provision of training and information. 2.2 Nothing in these Articles shall authorise an application of the property of the Charity for purposes which are not charitable in accordance with section 7 of the Charities and Trustee Investment (Scotland) Act 2005 or section 2 of the Charities Act (Northern Ireland) 2008.

Activities: Self Injury Support (formerly Bristol Crisis Service for Women) provides support to women and girls affected by self-injury. We provide text and email support to girls and young women, and a telephone helpline for any women of any age. We also provide information and training about self-injury for those in contact with people who self-injure.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£385,449	£411,547	-	-
2024-03-31	£326,196	£301,570	-	-
2023-03-31	£208,320	£245,308	-	-
2022-03-31	£315,696	£262,867	-	-
2021-03-31	£235,377	£234,375	-	-

Trustees

Name	Role	Appointed
Eilish Geraldine Sorohan	Chair	2021-12-03
Amy Catherine Wells		2023-01-16
Eleanor Mary Staples		2022-12-05
Kathryn Byrne		2025-03-31
Lily Amber Wonham		2022-03-30

SELF INJURY SUPPORT LTD

England & Wales - Charity number 1092299

Accounts

SELF INJURY SUPPORT LTD

(Formerly Known As Bristol Crisis Service For Women)

ACCOUNTS

YEAR ENDED 31 MARCH 2025

Charity Number 1092299
Company Registration Number 04429818

SELF INJURY SUPPORT LTD
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

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SELF INJURY SUPPORT LTD

LEGAL AND ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2025

Trustees

The directors of the charitable company ("the charity") are its trustees for the purposes of the charity law and throughout this report are collectively referred to as the trustees.

The Trustees who served during the year and since the year end were as follows:

Eilish Sorohan	(Chair)
Charlotte Spires	
Jenny Ablett	resigned July 2024
Lily Wonham	
Eleanor Staples	(Secretary)
Amy Wells	appointed June 2023
Alice Trew	(Treasurer) resigned July 2024
Kathryn Bryne	(Treasurer) appointed March 2025
Dr Courtney Buckler	appointed Sept 2024 resigned June 2025

CEO

Dee lalljee

Company Secretary

Eleanor Staples

Registered Office

PO Box 3240, 14 Upper Maudlin Street, Bristol, England, BS2 8DJ

Independent Examiners

Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park,
Daventry Road,
Knowle,
Bristol
BS4 1DQ

Bankers

CAF Bank Ltd,
Kings Hill,
West Malling,
Kent
ME19 4TA

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2025

Introduction

The Trustees are pleased to present the annual report for year ending 31st March 2025 and the unaudited financial statements of the charity for the period therein.

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Structure, governance and management

Self Injury Support Ltd, originally registered as Bristol Crisis Service for Women in 1992 and incorporated as a company limited by guarantee in 2002, has undergone significant change since. In 2014 the organisation's name was changed to Self Injury Support Ltd.

In 2025 we took an important next step, developing a full rebrand to modernise our public image and align our identity with our updated Memorandum and Articles of Association. These amendments enable us to support people of all genders, not just women and girls, while maintaining a dedicated women-and-girls-only service strand in recognition of gendered patterns of self-injury. Our new brand better reflects our service users' needs and ensures greater reach in today's digital world. More detail is included below.

Self Injury Support Ltd is governed by its Memorandum and Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustees

Recruitment and appointment of trustees continues to follow our established process, with an emphasis on strengthening diversity and ensuring that the Board reflects the communities we serve. Responsibility for day-to-day operations is delegated to the CEO.

Company Directors also function as Charity Trustees. The Board of Trustees, also known as the Management Group, meets on the first Monday of every month wherever possible. The Board are responsible for the governance and strategic direction of the organisation, including approval of strategic changes, critical role development, determining funding priorities in line with strategic objectives and all other such tasks which impact the Charity's ability to achieve its strategic objectives. Responsibility for the day-to-day management of the organisation is delegated to the CEO.

The Board remains largely the same from previous years, reflecting the stability of the organisation at present. The Board continues to recruit for Trustees who may be of strategic benefit to the organisation. Furthermore, the Board continues to evaluate and reflect upon representations of identity, particularly with regards to the diversity of the Board. It is the Board's aim to properly reflect the demographic of service users supported by the Charity, and those demographics we are actively trying to reach.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2025

Risk management

The Board continues to review regularly the major risks to which the organisation is exposed, establishing and monitoring systems to mitigate those risks. Policies and procedures are reviewed to ensure relevance, compliance with legislation, and alignment with best practice.

Leadership

In 2024, the charity welcomed its new CEO, Dee Lalljee. Dee brings a wealth of leadership experience and has already made a significant impact, professionalising and revitalising the organisation. Dee has been tasked with bringing Self Injury Support's strategy for the next five years to fruition, ensuring that our services remain responsive, sustainable, and inclusive, and broadening our reach. Under Dee's leadership, the organisation has flourished with greater service user reach, staff satisfaction, and a stable but ambitious senior leadership team. We look forward to strengthening our impact and building on the strong foundations established in previous years, and welcome Dee to the team.

Our Activities

Listening Support Services

In February 2024, our Listening Support Services were relaunched. Building on this foundation, during 2024–25 we have gradually expanded opening hours to four nights per week, enabling us to reach significantly more people. Additionally, funding was sourced to begin a dedicated communications campaign with the aim of increasing awareness of the service. This work is currently underway and we look forward to reporting further in the 25/26 report.

From 1 April 2024 – 31 March 2025, volunteers provided:

582 helpline calls answered
136 hours of direct phone support
1415 conversation threads supported
20,718 messages responded to

The service continues to offer a women-and-girls-only helpline service, while now being fully inclusive of all genders across the rest of the week. This ensures both continuity with our roots and accessibility for everyone who self-injures.

Lived Experience Outreach Services

Our outreach team continued to support individuals across Bristol, North Somerset, and South Gloucestershire who present to A&E or urgent care with self-injury but do not meet thresholds for secondary care.

In 2024–25 the service received 131 referrals and supported 79 individuals, offering follow-up appointments to 100% of referrals. Service users rated the service highly, with 100% giving 4 or 5 stars out of 5.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2025

Group Work

We further developed our group work programme, bringing together 90 participants both online and in person, to share their experiences and reduce stigma, including a performance piece and exhibition about self-injury through time which attracted international attention. All group work is peer led and self-selecting, embedding the core principles of the organisation into the wider communities awareness.

Rainbow Journals

Our most popular resource, the Rainbow Journal, continues to be widely used. In 2024–25 we distributed 68 copies, with strong uptake from under-18s who receive it free of charge.

Website and Digital Resources

Our website continues to serve as a hub for information and access, though evaluation in 2024 determined it was not as effective as it could be. We have identified areas for improvement and have taken the rebrand as an opportunity to rework the structure, allowing for improved navigation and user experience, a more streamlined approach to accessing support, and an enhanced learning area for carers, supporters and those who work with individuals who self harm. We will be launching the new website in the 2025/26 financial year.

Website figures:

In 2024–25 it received 17,339 unique users, with the most accessed pages being:

- Support services/groups 1,554 active users
- Self-help resources – 30,881 page views
- Free downloads - 2,700 Downloads

Evidence of public benefit is clear in outcomes such as:

35% reduction in repeat A&E attendances among outreach service users (as reported by BNSSG ICB)
79% of individuals reported a decrease in their frequency of self-harm

Example of stakeholder feedback:

"Very welcome listening from experienced people who have been unwell in the past. A perfect pace without judgement or remotely patronising. I have to state these sessions to me I feel have been above and beyond and in my case, both life changing and life saving."

"This is such a valuable service for people like me, I didn't know where to turn but because of this service I feel less inclined to self-harm or kill myself"

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2025

Organisational Changes and Opportunities

Change Management

Self Injury Support underwent recruitment for a new CEO in January of 2024 and welcomes Dee Lalljee to the team. The team wish outgoing CEO Naomi Salisbury every success in her new life in America.

Funding

Funding this year has been consistent and steady, owing to the security of two primary contracts: the NHS outreach services contract and the National Lottery bid for the helpline services. This stability and calm have enabled us to take a step back and reflect on the functions of the organisation and the structures we are currently operating within. This in turn has enabled us to better improve our unrestricted cash flow, with the hope of enabling us to be more agile in response to changing service users needs and wider social or political environments.

Strategic Direction

Owing to the funding stability, Self Injury Support has been able to review and consider its strategic direction more comprehensively. Significant work is underway on this and we look forward to reporting further in the 2024-25 annual report.

Operational considerations

Reserves Policy

It is the policy of the charity to work towards a reserve fund level which equates to approximately three months unrestricted expenditure. Free reserves at the end of the year amounted to £58,022, and projects were bolstered with funding carried across the financial year.

Investment policy

As income from funders is utilised a short time after receipt, the Trustees consider that the most appropriate policy for investing funds is to place them on short-term deposit. This will be reviewed annually and investment will be considered if free reserves are substantial enough.

Public Benefit

Self Injury Support aims to reduce stigma and support those who self injure and are emotionally stressed thereby. The public benefits which flow from this are enabling individuals who are struggling with self injury to understand their own feelings and motivations better, often reducing rate or severity of self injury and therefore enabling service users to cope more effectively with their stresses, participate more fully in society and promote stigma-free, health focused, coping mechanisms more widely.

The outreach service also provides vital support for those who self injure. The public benefits from this are evidenced in the alleviated strain on traditional health services who are less well equipped to work with self injury. The outreach support services also offer bespoke support more quickly than many NHS services are able due to their lengthy wait times. Furthermore, estimations from the service indicate that only 3% of those that are referred return to A&E with self injury, further alleviating the pressure on health services while also ensuring specialist support for those that need it.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2025

Education and training arms of the organisation work to reduce stigma, particularly in the social and third sectors such as schools, hospitals, policing and social work, while promoting compassionate approaches to healthcare and wellness. This empowers members of the public and better equips individuals to work with those who self injure, reducing stress at work and increasing cooperation between existing services and state functions.

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit and consider that the information provided in this report, under the heading 'Public Benefit' and throughout the 'Trustees' Report', fully explains how the charity continues to meet the public benefit requirement

Responsibilities of the Trustees

The trustees (who are also directors of Self Injury Support Ltd for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies;
- make judgments 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 charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed by order of the Trustees

Eilish Sorohan
Chair

Signed by:
Eilish Sorohan
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Approved by the Trustees on 1/12/2025

SELF INJURY SUPPORT LTD

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 MARCH 2025

I report on the unaudited accounts for the year ended 31st March 2025 set out on pages 9 to 17.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

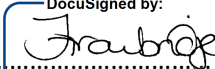
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT

DocuSigned by:

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1/12/2025

Bristol Community Accountants CIC
The Park,
Daventry Road,
Knowle,
Bristol,
BS4 1DQ

SELF INJURY SUPPORT LTD**STATEMENT OF FINANCIAL ACTIVITIES (Including Income
and Expenditure Account)****YEAR ENDED 31 MARCH 2025**

		Unrestricted Funds	Restricted Funds	Total Funds 2025	Total Funds 2024
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	3	56,007	191,576	247,583	220,285
Charitable activities	4	4,311	-	4,311	5,508
Other trading activities	5	130,513	-	130,513	97,484
Investments	6	3,042	-	3,042	2,919
Total Income		193,873	191,576	385,449	326,196
Expenditure On:					
Raising funds	7	949	4	953	1,247
Charitable activities	8	224,588	186,006	410,594	300,324
Total Expenditure		225,537	186,010	411,547	301,571
Net income		(31,664)	5,566	(26,098)	24,625
Gross transfers between funds		7,821	(7,821)	-	-
Net movement in funds		(23,843)	(2,255)	(26,098)	24,625
Total funds brought forward		81,865	78,194	160,059	135,433
Total funds carried forward	17	58,022	75,939	133,961	160,058

All of the activities of the charity are classed as continuing

The notes on pages 11 to 17 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

** See note 19 for full comparative for 2024

SELF INJURY SUPPORT LTD**BALANCE SHEET****YEAR ENDED 31 MARCH 2025**

	Note	2025 £	2024 £
Fixed Assets	16	3,311	825
Current assets			
Debtors	14	3,177	48,050
Cash at bank and in hand		143,633	163,919
<i>Total current assets</i>		<u>146,810</u>	<u>154,399</u>
Creditors : Amounts falling due within one year	15	(16,160)	(19,791)
<i>Net current assets or liabilities</i>		<u>133,961</u>	<u>135,433</u>
Total net assets or liabilities		<u><u>133,961</u></u>	<u><u>135,433</u></u>
The Funds of the Charity			
Restricted funds	17	75,939	31,467
Unrestricted funds	17	58,022	103,966
		<u>133,961</u>	<u>135,433</u>

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

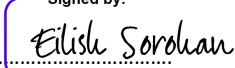
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

1/12/2025

These financial statements were approved by the trustees on and are signed on their behalf by:

Signed by:


 09483A4B4C3A4A0...
 Eilish Sorohan - Chair

The notes on pages 11 to 17 form part of these financial statements

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Given the current state of our funders and funding position, the organisation has no material uncertainties about the charity's ability to continue as a going concern for the foreseeable future.
- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:
- i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.
 - ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.
- b) Expenditure is recognised in the period in which they are incurred. Expenditure includes attributable VAT which cannot be recovered.
- c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.
- d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Computer equipment - 33% p.a. straight line
- e) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.
- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.
- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.
- i) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025****Income and Endowments From:**

3	Donations and Legacies	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
	Grants:				
	Grants	32,000	191,576	223,576	192,630
	Donations	23,203	-	23,203	27,130
	Miscellaneous	804	-	804	525
		<u>56,007</u>	<u>191,576</u>	<u>247,583</u>	<u>220,285</u>

Donations and Legacies prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
<i>Grants</i>	40,000	152,630	192,630
<i>Donations</i>	18,130	9,000	27,130
<i>Miscellaneous</i>	525	-	525
	<u>58,655</u>	<u>161,630</u>	<u>220,285</u>

4	Charitable Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
	Training/Workshops	4,311	-	4,311	5,508
		<u>4,311</u>	<u>-</u>	<u>4,311</u>	<u>5,508</u>

Charitable Activities prior year - all unrestricted

5	Other Trading Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
	Publications	468	-	468	320
	Contract Services	130,045	-	130,045	97,164
		<u>130,513</u>	<u>-</u>	<u>130,513</u>	<u>97,484</u>

Other Trading Activities prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £
<i>Publications</i>	320	-	320
<i>Contract Services</i>	97,164	-	97,164
	<u>97,484</u>	<u>-</u>	<u>97,484</u>

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2025**

6 Investments	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Bank Interest	3,042	-	3,042	2,919
	<u>3,042</u>	<u>-</u>	<u>3,042</u>	<u>2,919</u>

Investments prior year - all unrestricted

Expenditure on:

7 Fundraising Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2025 £	Total Funds 2024 £
Fundraising costs	949	4	953	1,247
	<u>949</u>	<u>4</u>	<u>953</u>	<u>1,247</u>

8 Charitable Activities	Staff costs £	Direct costs £	Support costs £	Total Funds 2025 £	Total Funds 2024 £
Contracted services	-	5,745	-	5,745	2,815
Direct project and service costs	176,721	43,514	-	220,235	170,108
Event costs	-	-	449	449	350
Publications	-	-	913	913	633
Training	-	-	3,195	3,195	1,698
Central Staff	68,857	21,738	19,318	109,913	75,982
Professional fees	-	-	15,332	15,332	5,407
Governance	-	-	1,525	1,525	1,500
Loss on disposal	-	-	942	942	-
Office admin costs	-	-	30,613	30,613	22,766
Premises costs	-	-	21,732	21,732	19,065
	<u>245,578</u>	<u>70,997</u>	<u>94,019</u>	<u>410,594</u>	<u>300,324</u>

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

Charitable Activities prior year

	<i>Staff</i>	<i>Other direct</i>	<i>Support</i>	<i>Total Funds</i>
	<i>Costs</i>	<i>costs</i>	<i>costs</i>	<i>2024</i>
	<i>£</i>	<i>£</i>	<i>£</i>	<i>£</i>
<i>Contracted services</i>	-	2,816	-	2,816
<i>Direct project and service costs</i>	129,271	40,836	-	170,107
<i>Event costs</i>	-	-	350	350
<i>Publications</i>	-	-	633	633
<i>Training</i>	-	-	1,177	1,177
<i>Central Staff</i>	72,514	3,468	-	75,982
<i>Governance</i>	-	-	7,428	7,428
<i>Office admin costs</i>	-	-	22,766	22,766
<i>Premises costs</i>	-	-	19,065	19,065
	<u>201,785</u>	<u>47,120</u>	<u>51,419</u>	<u>300,324</u>

9 Net incoming resources for the year

This is stated after charging:

	2025	2024
	£	£
Independent Examiner's Fees	<u>756</u>	<u>671</u>

10 Staff costs and numbers

The aggregate payroll costs were:

	2025	2024
	£	£
Wages and salaries	224,494	189,510
Social security costs	20,397	14,177
Less Employment allowance	(5,000)	(5,000)
Pension contribution	5,687	3,097
	<u>245,578</u>	<u>201,784</u>

No employee received emoluments of more than £60,000 (2024: £Nil)

The average monthly head count was 11 staff (2024: 11 staff)

The key management personnel of the charity comprise the board of trustees & senior staff members. The total employee benefits of key management personnel, during the year, total £48,167 (2024: £32,365).

11 Taxation

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

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

12 Trustee remuneration

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2024: £nil). No trustees were reimbursed expenses during the year (2024: £358). No charity trustee received payment for professional or other services supplied to the charity (2024: £nil).

13 Related Party Transactions

There were no related party transactions during the year

14 Debtors	2025	2024
	£	£
Trade debtors	-	7,677
Other debtors	1,669	200
Prepayments	1,508	5,782
	3,177	48,050

15 Accruals	2025	2024
	£	£
Trade creditors	5,185	6,725
PAYE & NIC	4,420	4,144
Pension	5,180	344
Accruals and deferred income	1,375	8,436
	16,160	19,649

16 Tangible fixed assets	Fixtures & Fittings	Equipment	Total
	£	£	£
Cost	1,108	9,738	10,846
Additions	204	4,080	4,284
Disposals	(1,108)	-	(1,108)
At 31 March 2025	204	13,818	14,022
Depreciation			
Brought forward	166	8,550	8,716
Charge for the year	31	2,130	2,161
Disposals	(166)	-	(166)
At 31 March 2025	31	10,680	10,711
Net book value			
At 31 March 2025	173	3,138	3,311
At 31 March 2024	942	1,188	2,130

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2025

17 Movement in funds

	At 01-Apr 2024 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2025 £
Restricted funds					
National Lottery Community Fund (20213303)	24,747	157,183	(137,983)	-	43,947
Quartet Community Foundation	-	10,000	-	-	10,000
Postcode Community Trust	19,992	3,313	(3,313)	-	19,992
ACTA	8,076	2,000	(8,076)	-	2,000
The Van Neste Foundation	4,485	-	(4,485)	-	-
Small Grants & donations	17,153	9,080	(22,153)	(4,080)	-
Edward Gostling Foundation	3,741	-	-	(3,741)	-
Betty Messenger Foundation	-	10,000	(10,000)	-	-
	<u>78,194</u>	<u>191,576</u>	<u>(186,010)</u>	<u>(7,821)</u>	<u>75,939</u>
Unrestricted funds	64,068	193,873	(207,740)	7,821	58,022
Designated Funds	17,797	-	(17,797)	-	-
Total funds	<u>160,059</u>	<u>385,449</u>	<u>(411,547)</u>	<u>-</u>	<u>133,961</u>

Purpose of restricted funds:

National Lottery Community Fund - relaunch and development of national helpline service

Quartet Community Foundation - Develop self help resources

Postcode Community Trust - Information and sign posting services

ACTA - Peer support community outreach arts project

The Van Neste Foundation - Towards the costs of providing people with experience of self harm to work with their peers.

Small Grants & donations - including Hobson Charity, Merchant Venturers Group, Betty Messenger Foundation

Edward Gostling Foundation - Core costs and expansion of community support

Betty Messenger Foundation - Core costs to support Listening Services

Purpose of designated funds:

Contracted service provision for 2024/2025

Transfer of funds:

Transfer of core cost allocation from service provision contract and grants during the year.

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2025

18 Analysis of net assets between funds

	Tangible Fixed assets £	Other Net assets £	Total £
Restricted Funds	-	75,939	75,939
Unrestricted Funds	3,311	54,711	58,022
Designated Funds	-	-	-
	<u>3,311</u>	<u>130,650</u>	<u>133,961</u>

19 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2024 £	Prior Year Restricted Funds 2024 £	Prior Year Total Funds 2024 £
Income and Endowments From:			
Donations and legacies	58,655	161,630	220,285
Charitable activities	5,508	-	5,508
Other trading activities	97,484	-	97,484
Investments	2,919	-	2,919
Total	<u>164,566</u>	<u>161,630</u>	<u>326,196</u>
Expenditure On:			
Charitable activities	203,874	90,268	294,142
Other	5,862	1,566	7,428
Total	<u>209,736</u>	<u>91,834</u>	<u>301,570</u>
Net income/(expenditure)	(45,170)	69,796	24,626
Transfers between funds	23,069	(23,069)	-
Net movement in funds	<u>(22,101)</u>	<u>46,727</u>	<u>24,626</u>
Reconciliation of Funds:			
Total funds brought forward	103,966	31,467	135,433
Total funds carried forward	<u>81,865</u>	<u>78,194</u>	<u>160,059</u>

20 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

Accounts

SELF INJURY SUPPORT LTD

(Formerly Known As Bristol Crisis Service For Women)

ACCOUNTS

YEAR ENDED 31 MARCH 2024

Charity Number 1092299
Company Registration Number 04429818

SELF INJURY SUPPORT LTD
FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

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SELF INJURY SUPPORT LTD

LEGAL AND ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2024

Trustees

The directors of the charitable company ("the charity") are its trustees for the purposes of the charity law and throughout this report are collectively referred to as the trustees.

The Trustees who served during the year and since the year end were as follows:

Eilish Sorohan	(Chair)
Charlotte Spires	
Jenny Ablett	resigned July 2024
Lily Wonham	
Eleanor Staples	(Secretary)
Amy Wells	appointed June 2023
Alice Trew	(Treasurer) resigned July 2024
Dr Courtney Buckler	appointed Sept 2024

CEO

Naomi Salisbury

Company Secretary

Naomi Salisbury

Registered Office

PO Box 3240, 14 Upper Maudlin Street, Bristol, England, BS2 8DJ

Independent Examiners

Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park,
Daventry Road,
Knowle,
Bristol
BS4 1DQ

Bankers

CAF Bank Ltd,
Kings Hill,
West Malling,
Kent
ME19 4TA

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

Introduction

The Trustees are pleased to present the annual report for year ending 31st March 2024 and the unaudited financial statements of the charity for the period therein.

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

Structure, governance and management

Bristol Crisis Service for Women registered as a charity in 1992 and incorporated as a company limited by guarantee in 2002. In 2014 the organisation's name was changed to Self Injury Support Ltd.

Self Injury Support Ltd is governed by its Memorandum and Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustees

Company Directors also function as Charity Trustees. The Board of Trustees, also known as the Management Group, meets on the first Monday of every month wherever possible. The Board are responsible for the governance and strategic direction of the organisation, including approval of strategic changes, critical role development, determining funding priorities in line with strategic objectives and all other such tasks which impact the Charity's ability to achieve its strategic objectives. Responsibility for the day-to-day management of the organisation is delegated to the CEO.

The Board remains largely the same from previous years, reflecting the stability of the organisation at present. The Board continues to recruit for Trustees who may be of strategic benefit to the organisation. Furthermore, the Board continues to evaluate and reflect upon representations of identity, particularly with regards to the diversity of the Board. It is the Board's aim to properly reflect the demographic of service users supported by the Charity, and those demographics we are actively trying to reach.

Risk management

The Board regularly reviews the major risks to which the organisation is exposed and has established systems to mitigate significant risks. Policies and procedures are reviewed periodically to ensure ongoing relevance and that they keep abreast of any changes in legislation. Internal risks are minimised by the implementation of effective internal control procedures, which ensure both appropriate authorisation of all transactions and consistent quality delivery for all operational aspects of the charity.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

Our Activities

Specialist Support for those who self injure

In our last report we shared that the Listening Support Services were temporarily closed to allow for more robust planning. We are thrilled to share that these services launched again in February 2024. Our Listening Support Services are a protected safe space for those who use self injury. The services are supported by a team of volunteers and led by a dedicated, knowledgeable staff team.

The helpline is now open to anyone who uses self injury, of any age or gender demographic.. Additionally, on Thursday evenings a secure service staffed by women and girls only is available, in keeping with SIS's roots. This recognises and reflects that self injury is highly patterned by gender experience and is more prevalent amongst non-binary people, women and girls.

Volunteers provide a listening support which is considerate of the often challenging experience individuals may have in accessing support or traditional avenues through healthcare, and of the compounding issues services users may face at the hands of the wider population or systems within which they operate, such as abuse, neglect, bullying, and medical or social stigma.

This year, from 12th February 2024 – 31st March 2024, volunteers offered over 126 hours of direct, immediate, compassionate support to service users:

- 62 helpline calls answered (198 calls received; 27 hang ups before connecting, 109 calls outside of opening hours)
- 18 hours of direct phone support
- Text figures: 12th Feb – 31st March 2024
 - 61 individuals supported over 136 text conversation threads
 - 1602 individual messages responded to (sent over 2825 text messages)
- Text figures: 1st Apr 2023 – 11th Feb 2024
 - We received an additional 82 text message threads from a further 80 individuals while we were closed. All received an automatic response advising of service closure and signposting to website and other support services
- Text figures 1st Apr 23 – 31st March 2024:
 - 218 text conversation threads
 - 141 individuals
 - 1717 individual messages received over 2944 text messages

Key service relaunch activities: rebuilt service strategy from the bottom up starting with core values and service user journey; used feedback from service users and potential service users to expand the scope of our support style to be more accessible, and to amend opening hours and days; upgraded our call handling system to future-proof our service; trained 9 brand new volunteers over 4 day/2 evening training course with reformatted and refreshed all training materials and structure; updated volunteer HR systems; restructured the volunteering experience to enhance retention and minimise burnout; updated all service policies and procedures; explored new methods of volunteer recruitment and service advertising/promotions; renovated our helpline room; upskilled staff and consolidated service staffing structure.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

“You are all amazing people here, making a massive difference to so many people. You’ve helped keep me alive. Thank you.”-

Anonymous feedback from Listening Support service user

Lived Experience Outreach Services

Launched in December 2020, our specialist Lived Experience Service provides support to all individuals across Bristol, North Somerset, and South Gloucestershire who are over 18 and attended A&E or Urgent Care Services, who do not qualify for secondary care mental health support through traditional NHS channels. Thus, the Lived Experience Services offer support to those who might otherwise fall through the gaps of traditional healthcare structures, and for whom specialised self injury support could be of real benefit.

The project began in recognition of the growing need for further support for self injury across Bristol and the surrounding areas. Grounded in the principles of individual experience, self-definition, and compassion, the team consists of three members of lived-experience workers who provide tailored support to referees.

The project aims to explore the benefits and limitations of a referral process for people who present to A&E and other urgent care providers with self-harm to access information and support services; provide an in-reach facility to users aged 18 and over who have attended one of the three NHS Bristol, North Somerset and South Gloucestershire (BNSSG) A&E departments having self-harmed or at risk of self-harming or who have accessed other Urgent Care Services in the area, including NHS Talking Therapies; and provide direct support via one-off appointments to discuss service users’ individual needs and enable the team to signpost to further community resources, tools and information.

Service User Journey

On initial presentation to the A&E department, individuals may be referred directly into the service by a member of A&E or Psychiatric Liaison staff. All referees are over 18, have attended an A&E department for self-harm, and have not been referred to a secondary care mental health team.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

Within 72 hours of referral	Service user contacted by support worker to book appointment
Within 1 week of initial contact being made	Support appointment held with service user unless service user availability requires a date outside of 1 week timeframe.
The support appointment	Face-to-face, video or phone appointments of up to 1.5 hours held with service user offering a non-medical, confidential space to explore their self injury. Support workers offer a person-centred, holistic approach allowing the service user to direct the appointment around what they would find most helpful. Service user and support worker work together to identify a range of local and online resources, services, and information helpful for managing self injury and other areas of life that may be impacting wellbeing.
Appointment follow-up	Resources sent out to service user along with appointment summary letter and discharge letter to GP.
2 weeks after appointment	Follow-up phone call appointment held with service user for up to 30 minutes to check-in, explore resources already provided and identify any additional support, resources or signposting needed. Service user asked to complete feedback form.
3 months after appointment	Email or letter sent out to client requesting completion of a second evaluation form.

IMPACT

“This is a great service. Very supportive and made me feel understood and heard. I’m originally from Manchester and there are no services like this up there. Even just having one appointment made me feel like I was not alone.”

– Anonymous feedback from A&E service user

The team offered support to 128 individuals reporting to A&E and Urgent Care Services with self injury during 2023-24. The team offered follow up appointments 100% of referees and when surveyed, service users rated the quality of the services highly, with 96% giving 4 or more stars out of 5.

Group Work

In 2024, Self Injury Support launched a pilot group work project to create a space for individuals who self injure to come together and share their experiences with others who have lived experience of self injury. One of the primary goals of the project was to raise awareness of the varied circumstances, demographics and experiences of those who self injury, and to tackle the stigmas surrounding self-injury, which service users had repeatedly reported to our Outreach Services as a concern or a compounding issue they faced particularly when interacting with health or social care services. The groups recognised that the assumptions, actions and negative responses from healthcare professionals impacted their self perception and ultimately limited their capacity to access and receive care.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

We aimed to reach people in our community who were 18+ with experience of self-harm, to participate, and to then collaborate with members to determine ways to raise awareness to a wider audience. Our initial goal was to reach 15 participants. Throughout the project, we had 9 individual members and 18 written submissions, covering a diverse range of participants aged 20-75.

Upon formation, the groups decided to create a theatre performance which considered Self Injury through a historical lens and discussed stigma directly, with service users acting in the performance. They wrote, designed and performed 'I Am Worthy', a community theatre piece, in collaboration with ACTA. The production and development of the show took place over 6 months, creating a space through which participants could fully explore their experiences and contribute throughout. The team also offered a breakout area for those who needed it and the opportunity at any point to come and talk to two members of the lived experience team.

The performance ran for two nights at the ACTA community theatre, one of which sold out (80 seats). Feedback from the project has been positive, with participants and audience members alike sharing that the work helped them to reframe self injury and consider it from a more holistic perspective.

Rainbow Journals

Throughout 2023-24 we continued to provide our most popular resource, the Rainbow Journal. Available for free to anyone under the age of 18 and for a small fee to those over 18, The Rainbow Journal was designed by a collective of individuals who have lived-experienced of self injury. It includes poems, images and tools which those individuals have created, and provides blank spaces and guided exercises for services users to complete. The journal helps individuals to explore their self injury and better understand their feelings towards it. In 2023-24 we sent out over 200 free copies of the journal.

Website

Our website's most popular pages are: Webchat support; Support groups; Support Services; Self help resources; and free downloads. This suggests that users are actively searching for channels to use and access services offered by Self injury Support directly and are also interested and actively searching for and downloading the numerous resources available for downloading online.

The Board have long recognised the need for improved usability and functionality of the website. This year, the Board motioned to actively recruit funding and skills to update the website, and completion of this is planned for the 2024-25 year. The Board's priority in terms of Communications is to improve the website and redevelop and redesign the content structure of the website so it is more targeted towards user needs as well as highlighting the impact and effectiveness of Self injury Support's services for any external stakeholders. We look forward to updating further on this in due course.

Training

During the COVID-19 pandemic, the decision to formally suspend our training provision was taken. The Trustees felt that a clearer vision for training needed to be defined and resources properly allocated to ensure sustainability of the training programme.

It is the goal of the Trustees to re-establish the training programmes during the 2024-25 year. We hugely look forward to reporting more on this in the next report.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

Organisational Changes and Opportunities

Change Management

Self Injury Support underwent recruitment for a new CEO in January of 2024 and welcomes Dee Lalljee to the team. The team wish outgoing CEO Naomi Salisbury every success in her new life in America.

Funding

Funding this year has been consistent and steady, owing to the security of two primary contracts: the NHS outreach services contract and the National Lottery bid for the helpline services. This stability and calm have enabled us to take a step back and reflect on the functions of the organisation and the structures we are currently operating within. This in turn has enabled us to better bolster our reserves and work is underway to improve our unrestricted cash flow, with the hope of enabling us to be more agile in response to changing service users needs and wider social or political environments.

Strategic Direction

Owing to the funding stability mentioned above, Self Injury Support has been able to review and consider its strategic direction more comprehensively. Significant work is underway on this and we look forward to reporting further in the 2024-25 annual report.

Operational considerations

Reserves Policy

It is the policy of the charity to work towards a reserve fund level which equates to approximately three months unrestricted expenditure; approximately £60,000 in free reserves, though this figure continues to be assessed and updated in line with activity. Free reserves at the end of the year amounted to £61,938.

Designated Funds

Due to the increasing amount of contracted services work being undertaken by the charity, designated funds are being used for monies received for contracted service delivery that falls within the following financial year, in line with SORP recommendations. Designated funds at end of the year amount to £17,797 for contracted service delivery in 2024/2025.

Investment policy

As income from funders is utilised a short time after receipt, the Trustees consider that the most appropriate policy for investing funds is to place them on short-term deposit. This will be reviewed annually and investment will be considered if free reserves are substantial enough.

Public Benefit

Self Injury Support aims to reduce stigma and support those who self injure and are emotionally stressed thereby. The public benefits which flow from this are enabling individuals who are struggling with self injury to understand their own feelings and motivations better, often reducing rate or severity of self injury and therefore enabling service users to cope more effectively with their stresses, participate more fully in society and promote stigma-free, health focused, coping mechanisms more widely.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

The outreach service also provides vital support for those who self injure. The public benefits from this are evidenced in the alleviated strain on traditional health services who are less well equipped to work with self injury. The outreach support services also offer bespoke support more quickly than many NHS services are able due to their lengthy wait times. Furthermore, estimations from the service indicate that only 3% of those that are referred return to A&E with self injury, further alleviating the pressure on health services while also ensuring specialist support for those that need it.

Education and training arms of the organisation work to reduce stigma, particularly in the social and third sectors such as schools, hospitals, policing and social work, while promoting compassionate approaches to healthcare and wellness. This empowers members of the public and better equips individuals to work with those who self injure, reducing stress at work and increasing cooperation between existing services and state functions.

Responsibilities of the Trustees

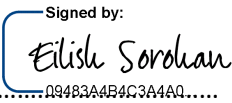
The trustees (who are also directors of Self Injury Support Ltd for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies;
- make judgments 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 charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed by order of the Trustees

Signed by:

Eilish Sorohan
Chair

Approved by the Trustees on 25th October 2024

SELF INJURY SUPPORT LTD

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 MARCH 2024

I report on the unaudited accounts for the year ended 31st March 2024 set out on pages 11 to 19.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

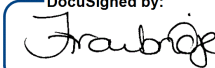
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT

DocuSigned by:

C2F8368E1B574FA.....

20/12/2024

.....

Bristol Community Accountants CIC
 The Park,
 Daventry Road,
 Knowle,
 Bristol,
 BS4 1DQ

SELF INJURY SUPPORT LTD**STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)****YEAR ENDED 31 MARCH 2024**

		Unrestricted Funds	Restricted Funds	Total Funds 2024	Total Funds 2023
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	3	58,655	161,630	220,285	174,699
Charitable activities	4	5,508	-	5,508	2,800
Other trading activities	5	97,484	-	97,484	29,900
Investments	6	2,919	-	2,919	921
Total Income		<u>164,566</u>	<u>161,630</u>	<u>326,196</u>	<u>208,320</u>
Expenditure On:					
Charitable activities	7	203,874	90,268	294,142	243,964
Other	8	5,862	1,566	7,428	1,344
Total Expenditure		<u>209,736</u>	<u>91,834</u>	<u>301,570</u>	<u>245,308</u>
Net income		(45,170)	69,796	24,626	(36,988)
Gross transfers between funds		23,069	(23,069)	-	-
Net movement in funds		<u>(22,101)</u>	<u>46,727</u>	<u>24,626</u>	<u>(36,988)</u>
Total funds brought forward		103,966	31,467	135,433	172,421
Total funds carried forward	17	<u>81,865</u>	<u>78,194</u>	<u>160,059</u>	<u>135,433</u>

All of the activities of the charity are classed as continuing

The notes on pages 13 to 19 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

** See note 19 for full comparative for 2023

SELF INJURY SUPPORT LTD
BALANCE SHEET
YEAR ENDED 31 MARCH 2024

	Note	2024 £	2023 £
Fixed Assets	16	2,130	825
Current assets			
Debtors	14	13,659	48,050
Cash at bank and in hand		163,919	106,349
Total current assets		177,578	154,399
Creditors : Amounts falling due within one year	15	(19,649)	(19,791)
Net current assets or liabilities		160,059	135,433
Total net assets or liabilities		160,059	135,433
The Funds of the Charity			
Restricted funds	17	78,194	31,467
Unrestricted funds	17	81,865	103,966
		160,059	135,433

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

20/12/2024

These financial statements were approved by the trustees on and are signed on their behalf by:

..... Signed by:
Eilish Sorohan
Eilish Sorohan - Chair 09483A4B4C3A4A0...

The notes on pages 13 to 19 form part of these financial statements

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2024

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Given the current state of our funders and funding position, the organisation has no material uncertainties about the charity's ability to continue as a going concern for the foreseeable future.

- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

- b) Expenditure is recognised in the period in which they are incurred. Expenditure includes attributable VAT which cannot be recovered.

- c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.

- d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Computer equipment - 33% p.a. straight line

- e) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.

- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

- i) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****Income and Endowments From:**

3	Donations and Legacies	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
	Grants:				
	Heritage Lottery Fund	-	-	-	8,273
	National Lottery Community Fund (20163832)	-	-	-	61,857
	National Lottery Community Fund (20213303)	-	113,201		
	University of Reading	-	9,739	9,739	-
	Zedra Trust	-	3,000	3,000	-
	Postcode Local Trust	-	24,990	24,990	-
	Screwfix	-	-	-	5,000
	Edward Gostling Foundation	-	-	-	5,000
	The Van Neste Foundation	-	-	-	10,000
	David Riddell Foundation	-	-	-	5,000
	Bristol Community Health and Wellbeing Grant	-	-	-	19,678
	Betty Messenger Foundation	-	-	-	25,000
	Transpetrol Foundation	5,000	-	5,000	-
	Pantheon Charitable Trust	5,000	-	5,000	-
	Garfield Weston	30,000	-	30,000	-
	Small Grants	-	1,700	1,700	11,084
	Donations	18,130	9,000	27,130	23,765
	Miscellaneous	525	-	525	42
		<u>58,655</u>	<u>161,630</u>	<u>107,084</u>	<u>174,699</u>

Donations and Legacies prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £
Grants:			
Heritage Lottery Fund	-	8,273	8,273
National Lottery Community Fund (20163832)	-	61,857	61,857
Screwfix	-	5,000	5,000
Edward Gostling Foundation	-	5,000	5,000
The Van Neste Foundation	-	10,000	10,000
David Riddell Foundation	-	5,000	5,000
Bristol Community Health and Wellbeing Grant	-	19,678	19,678
Betty Messenger Foundation	25,000	-	25,000
Small Grants	5,084	6,000	11,084
Donations	23,765	-	23,765
Miscellaneous	42	-	42
	<u>53,891</u>	<u>120,808</u>	<u>174,699</u>

4	Charitable Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
	Training/Workshops	5,508	-	5,508	2,800
		<u>5,508</u>	<u>-</u>	<u>5,508</u>	<u>2,800</u>

Charitable Activities prior year - all unrestricted

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024**

5	Other Trading Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £	
	Publications	320	-	320	400	
	Contract Services	97,164	-	97,164	29,500	
		97,484	-	97,484	29,900	
	Other Trading Activities prior year	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £		
	Publications	400	-	400		
	Contract Services	29,500	-	29,500		
		29,900	-	29,900		
6	Investments	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £	
	Bank Interest	2,919	-	2,919	921	
		2,919	-	2,919	921	
	Investments prior year - all unrestricted					
	Expenditure on:					
7	Charitable Activities	Staff Costs £	Other direct costs £	Support costs £	Total Funds 2024 £	Total Funds 2023 £
	Central costs	73,965	7,019	45,567	126,551	79,293
	Support services costs	127,819	31,612	308	159,739	138,722
	Project costs	-	7,419	433	7,852	25,949
		201,784	46,050	46,308	294,142	243,964
	Charitable Activities prior year	Staff Costs £	Other direct costs £	Support costs £	Total Funds 2023 £	
	Central costs	44,827	1,850	32,616	79,293	
	Support services costs	109,235	26,566	2,921	138,722	
	Project costs	16,301	5,354	4,294	25,949	
		170,363	33,770	39,831	243,964	

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****8 Other**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2024 £	Total Funds 2023 £
Independent examination	671	-	671	610
Accounts preparation fee	829	-	829	499
Professional advice	2,761	1,566	4,327	-
Governance cost	1,080	-	1,080	-
Management committee training and development	521	-	521	235
	<u>5,862</u>	<u>1,566</u>	<u>7,428</u>	<u>1,344</u>

Other prior year - all unrestricted

9 Net incoming resources for the year

This is stated after charging:

	2024 £	2023 £
Independent Examiner's Fees	<u>671</u>	<u>610</u>

10 Staff costs and numbers

The aggregate payroll costs were:

	2024 £	2023 £
Wages and salaries	189,510	163,457
Social security costs	9,177	4,775
Pension contribution	3,097	2,131
	<u>201,784</u>	<u>170,363</u>

No employee received emoluments of more than £60,000 (2023: £Nil)

The average monthly head count was 11 staff (2023: 6 staff)

The key management personnel of the charity comprise the board of trustees & senior staff members. The total employee benefits of key management personnel, during the year, total £32,365 (2023: £33,817).

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****11 Taxation**

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

12 Trustee remuneration

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2023: £nil). Two trustees were reimbursed travel and training expenses during the year totalling £358 (2023: £nil). No charity trustee received payment for professional or other services supplied to the charity (2023: £nil).

13 Related Party Transactions

There were no related party transactions during the year

14 Debtors

	2024	2023
	£	£
Trade debtors	7,677	40,978
Other debtors	200	1,035
Prepayments	5,782	6,037
	<u>13,659</u>	<u>48,050</u>

15 Accruals

	2024	2023
	£	£
Trade creditors	6,725	8,495
PAYE & NIC	4,144	1,800
Pension	344	1,076
Accruals and deferred income	8,436	8,420
	<u>19,649</u>	<u>19,791</u>

16 Tangible fixed assets

	Fixtures & Fittings	Equipment	Total
	£	£	£
Cost	-	8,358	8,358
Additions	1,108	1,380	2,488
At 31 March 2024	<u>1,108</u>	<u>9,738</u>	<u>10,846</u>
Depreciation			
Brought forward	-	7,533	7,533
Charge for the year	166	1,017	1,183
At 31 March 2024	<u>166</u>	<u>8,550</u>	<u>8,716</u>
Net book value			
At 31 March 2024	<u>942</u>	<u>1,188</u>	<u>2,130</u>
At 31 March 2023	<u>-</u>	<u>825</u>	<u>825</u>

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2024****17 Movement in funds**

	At 01-Apr 2023 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2024 £
Restricted funds					
National Lottery Community Fund (20213303)	-	113,201	(67,765)	(20,689)	24,747
Screw Fix	6,364	-	(2,967)	(1,271)	2,126
Quartet Community Foundation	8,879	-	(4,957)	-	3,922
Postcode Community Trust	-	24,990	(4,998)	-	19,992
ACTA	-	9,739	(1,663)	-	8,076
The Van Neste Foundation	10,000	-	(5,515)	-	4,485
Small Grants & donations	2,483	13,700	(3,969)	(1,109)	11,105
Edward Gostling Foundation	3,741	-	-	-	3,741
	<u>31,467</u>	<u>161,630</u>	<u>(91,834)</u>	<u>(23,069)</u>	<u>78,194</u>
Unrestricted funds	74,466	68,902	(130,688)	51,388	64,068
Designated Funds	29,500	95,664	(79,048)	(28,319)	17,797
Total funds	<u>135,433</u>	<u>326,196</u>	<u>(301,570)</u>	<u>-</u>	<u>160,059</u>

Purpose of restricted funds:

National Lottery Community Fund - relaunch and development of national helpline service

Screw Fix - Facility improvements

Quartet Community Foundation - Develop self help resources

Postcode Community Trust - Information and sign posting services

ACTA - Peer support community outreach arts project

The Van Neste Foundation - Towards the costs of providing people with experience of self harm to work with their peers.

Small Grants & donations - Listening Services

Edward Gostling Foundation - Core costs and expansion of community support

Purpose of designated funds:

Contracted service provision for 2024/2025

Transfer of funds:

Transfer of core cost allocation from service provision contract and grants during the year

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2024

18 Analysis of net assets between funds

	Tangible Fixed assets £	Other Net assets £	Total £
Restricted Funds	-	78,194	78,194
Unrestricted Funds	2,130	61,938	64,068
Designated Funds	-	17,797	17,797
	<u>2,130</u>	<u>157,929</u>	<u>160,059</u>

19 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2023 £	Prior Year Restricted Funds 2023 £	Prior Year Total Funds 2023 £
Income and Endowments From:			
Donations and legacies	53,891	120,808	174,699
Charitable activities	2,800	-	2,800
Other trading activities	29,900	-	29,900
Investments	921	-	921
Total	<u>87,512</u>	<u>120,808</u>	<u>208,320</u>
Expenditure On:			
Charitable activities	119,486	124,478	243,964
Other	1,344	-	1,344
Total	<u>120,830</u>	<u>124,478</u>	<u>245,308</u>
Net income/(expenditure)	(33,318)	(3,670)	(36,988)
Transfers between funds	14,356	(14,356)	-
Net movement in funds	<u>(18,962)</u>	<u>(18,026)</u>	<u>(36,988)</u>
Reconciliation of Funds:			
Total funds brought forward	122,928	49,493	172,421
Total funds carried forward	<u>103,966</u>	<u>31,467</u>	<u>135,433</u>

20 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

Accounts

SELF INJURY SUPPORT LTD

(Formerly Known As Bristol Crisis Service For Women)

ACCOUNTS

YEAR ENDED 31 MARCH 2023

Charity Number 1092299
Company Registration Number 04429818

SELF INJURY SUPPORT LTD

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

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SELF INJURY SUPPORT LTD

LEGAL AND ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2023

Trustees

The directors of the charitable company ("the charity") are its trustees for the purposes of the charity law and throughout this report are collectively referred to as the trustees.

The Trustees who served during the year and since the year end were as follows:

Eilish Sorohan (Chair)
Charlotte Spires (Co-Chair until December 2022)
Jenny Ablett
Lily Wonham
Eleanor Staples
Amy Wells
Alice Trew

Directors
Naomi Salisbury
Savita Ayling (Interim Director from September 2021 to June 2022)

Company Secretary

Naomi Salisbury

Registered Office

PO Box 3240, 14 Upper Maudlin Street, Bristol, England, BS2 8DJ

Independent Examiners

Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park,
Daventry Road,
Knowle,
Bristol
BS4 1DQ

Bankers

CAF Bank Ltd,
Kings Hill,
West Malling,
Kent
ME19 4TA

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

Introduction

The Trustees have the pleasure of presenting their report and unaudited financial statements of the charity for the year ended 31 March 2023. In this report, we provide an overview of our charity's activities, achievements, financial performance, governance, and plans for the future.

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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 2019).

Self injury Support has employed a total of 11 employees over the past financial year. One employee contract came to an end and one employee was made redundant following the planned closure and restructure of the Listening Support services in January 2023. All remaining employees are permanently employed by the organisation subject to funding for each of the services they support.

Structure, governance and management

Bristol Crisis Service for Women registered as a charity in 1992 and incorporated as a company limited by guarantee in 2002. In 2014 the organisation's name was changed to Self Injury Support Ltd.

Self Injury Support Ltd is governed by its Memorandum and Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Following a strategic away day in August 2022, in which all staff and trustees participated, the organisation highlighted the need for a consultation process regarding the role and understanding of gender within the organisation and consideration of whether the Memorandum and Articles of Association remain relevant to the organisation's charitable aims.

Gender Consultation at Self Injury Support

Self Injury Support (SiS) began in the 1980's as a peer-led safe space for women to seek support and assistance with their self injury, and with wider mental health problems. SiS, formerly Bristol Crisis Service for Women, recognised that women were being treated differently by the health care services and aimed to provide a space in which women could be heard and supported. The team at SiS understood that sex and gender were intimately linked to many of the issues women were facing and wished to provide a service which reflected that.

More than 30 years later, the services SiS provides, and the service users it serves, have evolved and changed. Additionally, education and understanding around gender identity has advanced significantly since the 1980's. In 2022, it became clear that the Memorandum and Articles SiS holds did not adequately cover these developments. To better understand the current landscape, how these changes have impacted services, and what SiS can and should be doing for service users in the future, a consultation was carried out with Board and staff members. This process continues now with additional organisational stakeholders such as service users and volunteers.

This consultation aimed to:

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

1. Further understanding of how Self Injury Support defines and includes service users
2. Consider how the services provided can be protected and ringfenced wherever necessary
3. Determine how the former two points will be included at a governance level to avoid miscommunication, misunderstanding or misinterpretation both now and in the future.

Methodology

Starting in October 2022, semi-structured 1:1 consultation interviews were carried out with all members of staff in their preferred format (Teams, Phone call, face-to-face). All consultations were confidential and conducted with Eilish Sorohan (Chair, Board of Trustees). Notes were taken and then shared with the interviewee via email. Interviewees had the opportunity to amend their notes before resharing with Ms Sorohan. A thematic analysis was carried out on the finalised interviews to determine how frequently suggestions or recommendations occurred as a whole and the level of agreement between and within teams. Recommendations which occurred with a frequency and agreement rate of 80% or more from either the whole staff team or, for services, the team which works on the service and the supporting roles which work with them.

Next steps

We have commissioned a solicitor to rewrite the organisations Memorandum and Articles and are working to communicate these changes to external stakeholders. The aim is to have these in place with the Charity Commission by the 2023 AGM in December.

Recruitment and appointment of trustees

Company Directors also function as Charity Trustees. The Board of Trustees, also known as the Management Group, meets on the first Monday of every month wherever possible. The Board are responsible for the governance and strategic direction of the organisation, including approval of strategic changes, critical role development, determining funding priorities in line with strategic objectives and all other such tasks which impact the Charity's ability to achieve its strategic objectives.

Responsibility for the day-to-day management of the organisation is delegated to the Director.

Following a period of high turnover rate and instability following the COVID-19 pandemic, and following internal organisational staff shortages and funding shortfalls, the Board has stabilised considerably since the 21-22 financial year. At the end of the financial reporting year 2023, the Board has retained the previous year's five members: Eilish Sorohan remains in her role as Chair, taking over as sole chair at the AGM in December 2022; Jenny Ablett remains and has taken the role of Secretary; Lily Wonham remains; Eleanor Staples remains; and Charlotte Spires remains, having stepped down from her role as co-chair at the AGM in December 2022. This cohort of members continuing their role of chair has afforded the organisation with continuity of historical and contextual organisational knowledge and has helped the Board further develop and implement a recruitment strategy to bring on new board members who may offer additional knowledge and expertise on a wide range of areas, as well as offer a robust induction package to both support and retain trustees in their position.

The Board has welcomed Amy Wells, a communications and media professional, in the 2022-2023 financial year. Amy brings knowledge which was previously missing from the Board of Directors and is

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

further enabling the team to achieve the objectives of the organisation. Later in 2023 Alice Trew joined the Board and has taken on the position of Treasurer, bringing her financial and accountancy knowledge to the team.

The Board continues to recruit for Trustees who may be of strategic benefit to the organisation, specifically those with skillsets relating to HR, legal and contracting knowledge, GDPR and data management, and as ever commercial and philanthropic fundraising backgrounds.

Furthermore, the Board continues to evaluate and reflect upon representations of identity, particularly with regards to the diversity of the Board. It is the Board's aim to properly reflect the demographic of service users supported by the Charity, and those demographics we are actively trying to reach. Following the gender consultation (detailed above), the Board will seek to recruit members who fit within the updated Memorandum and Articles of Association once this has been approved.

In October 2022, the Board hosted an Away Day during which the strategic plan for the next 3 years agreed. Within this we have considered risk mitigation and incorporated plans to diversify funding, which remains our biggest external risk. We have also included goals to develop further training and outreach projects.

Trustee training and development

Trustees have developed a training and development mandate for all trustees to take part in annual training. Trustees may expand on their preference, and the Board aims to cover a broad range of training across its members with a view to sharing best practice.

Trustees have completed training in the following areas within the 22-23 financial year:

- 'Beyond the role description: Becoming a great trustee', delivered by Getting On Board (November 2022)
- 'Setting Direction in Changing Times', delivered by the NCVO (November 2022)
- 'Being a Charity Trustee in the Current Climate', delivered by the NCVO (November 2022)
- 'Intersectional Reporting Programme', delivered by the Media Trust (March 2023)

Risk management

The Management Group regularly reviews the major risks to which the organisation is exposed and has established systems to mitigate the significant risks. Policies and procedures are reviewed periodically to ensure ongoing relevance and that they keep abreast of any changes in legislation.

Internal risks are minimised by the implementation of effective internal control procedures, which ensure both appropriate authorisation of all transactions and consistent quality delivery for all operational aspects of the charity.

In light of this, in later 2022 following a review of our Listening Services, we took the carefully considered decision to close and restructure the service. This decision was based on a range of reasons and included the hugely changed volunteering landscape and changes in how, when and why people seek support post-Covid19; the need to redesign and modernise a service which had been running on

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

the same model since opening, to better make use of technology and to offer a broader and more flexible service. We also wanted to work with funders to develop a sustainable funding model which secured the future of the service and we are happy to report we have succeeded.

A key component of the organisation's risk management has been to draft and implement a set of contingency policies should the organisation face challenges similar to previous financial years, especially in the wake of the covid-19 pandemic and the resultant staff absences and funding shortfalls of 2020-21 and 2021-22. The Board has compiled a 'lessons learned' document with input from all staff members enrolled over these years and has drafted a set of policies to be rolled out and implemented by the staff team over the 2023-24 financial year, including ensuring that unrestricted free reserves continue to grow. This document aims to provide guidance to Trustees and Management teams at Self Injury Support in the event of a service closure, funding limitation, or unforeseen event which impacts the ability of the team to continue work. The primary function of this guide is to map out best practice and preferred process for the difficult decisions which may need to be taken to protect Self Injury Support and its employees, or to better manage resource.

Lived Experience Urgent Care Follow-Up Service

Launched in December 2020, our specialist A&E service commissioned by the NHS Bristol, Bath and South Gloucestershire Integrated Care Board was established to respond to the increased need for self-injury mental health support in the BNSSG. The overall aims of the service are to offer targeted support to all individuals over 18 who otherwise do not qualify for secondary mental health support through traditional NHS channels, specifically those who have been discharged from A&E after attending for self injury, or (since August 2022) have been discharged from VitaMinds NHS Talking Therapies. Thus, the Urgent Care Follow-Up Service offers support to those who might otherwise fall through the gaps in current universal mental health services provision, and for whom specialised self injury support could be of real benefit.

This support provides a targeted local service offering one-stop personalised support by phone and email, and signposting to information, self-help materials and other local services. An objective of the service is to also strengthen the local capacity to support people affected by self-harm by evaluating the impact of the intervention to improve understanding of how to support for people affected by self-harm. Finally, part of the service's purpose includes to test whether an information and navigation services fills a gap in overall current services around self-harm.

The project began in recognition of the growing need for further support for self injury across Bristol and the surrounding areas. Grounded in the principles of individual experience, self-definition, and compassion, the team consists of five members of lived-experience workers who provide tailored support to referees.

In August 2022, we've partnered with VitaMinds NHS Talking Therapies to open up an additional pathway into the service. The addition of this pathway means that our service has been able to support significantly more people this year and our service is now operating at its full capacity (approximately 22 referral per month).

SELF INJURY SUPPORT LTD

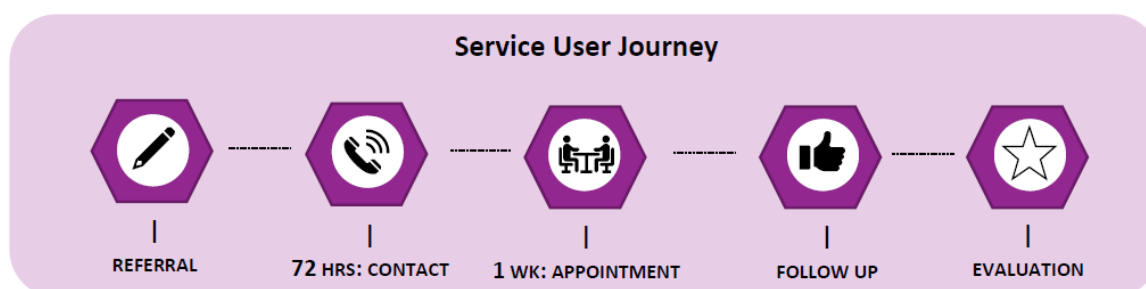
TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

The team has also been actively working to share learning from the service and have presented impact reports and insights into their service delivery at the University of Cork's '*critical perspectives on the lived experience of distress and mental health services*' in November 2022, and again at Healthcare Conferences UK's online '*Improving Services & Outcomes for People who Self Harm*' in January 2023.

Service user journey

On initial presentation to the A&E department, individuals may be referred directly into the service by a member of A&E or Psychiatric Liaison staff. All referees are over 18, have attended an A&E department for self harm, and have not been referred to a secondary care mental health team.



Within 72 hours of referral	Service user contacted by support worker to book appointment
Within 1 week of initial contact being made	Support appointment held with service user unless service user availability requires a date outside of 1 week timeframe.
The support appointment	Face-to-face, video or phone appointments of up to 1.5 hours held with service user offering a non-medical, confidential space to explore their self injury. Support workers offer a person-centred, holistic approach allowing the service user to direct the appointment around what they would find most helpful. Service user and support worker work together to identify a range of local and online resources, services, and information helpful for managing self injury and other areas of life that may be impacting wellbeing.
Appointment follow-up	Resources sent out to service user along with appointment summary letter and discharge letter to GP.
2 weeks after appointment	Follow-up phone call appointment held with service user for up to 30 minutes to check-in, explore resources already provided and identify any additional support, resources or signposting needed. Service user asked to complete feedback form.
3 months after appointment	Email or letter sent out to client requesting completion of a second evaluation form.

The total number of referrals received in the 2022 – 2023 reporting period (4.04.22 – 4.04.23) was **175** individuals, with a total of **170** eligible referrals. This resulted in **137** booked appointments, of which **119** appointments were attended by service users. Finally, **90** of these service users attend a 2-week follow up appointment offered to them.

Since partnering with VitaMinds in August 2022 referrals have increased significantly, ensuring that the service now operates at capacity in line with updated KPI targets.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

Impact

"I would like to say thank you and express my appreciation for this service and everyone involved in trying to help individuals like myself, it has given me some hope for the world of mental health professionals."

Anonymous feedback from service user

As part of the service, 2-week evaluation forms were sent to all service users who attended appointments. 35% of service users responded in the reporting period from 2022-23.

Qualitative impact

Key themes from this evaluation included the quality of the service being focused on **feeling understood** and **feeling heard**, included reflections on the **importance of being able to talk openly about self injury** in a setting where they felt **safe** and **not judged**. Service users frequently commented on the **kindness and compassion of the support workers** during their appointment. Service users also commented on the **quick appointment timings** and the **flexibility surrounding arranging appointments**.

Quantitative impact

Service users who responded to the feedback survey result in the following:

- The average overall rating of the service out of 5 stars is 4.9/5
- 100% of clients rated the service 4 or 5 stars out of 5
- 90.5% of clients reported following up on resources and services provided, or were planning to
- Of those using the resources, the average rating of the resource and information quality was 4.5 out of 5 stars
- 74% of clients reported feeling safer or somewhat safer (i.e. having more understanding/control of their self harm) since their appointment

Finally, 24% of respondents commented on possible improvements or additions to the services. These focused on offering more appointments or longer term support (70%), being given more information about what to expect prior to the appointment (20%), and the quality or availability of external resources (10%).

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

Future developments

As of summer 2023, we will be launching two pilot support groups in an endeavour to help meet the gap in long term support for people affected by self injury.

1. The first pilot group, Therapeutic Expressive Arts (TEA), will be a 12-week creative arts course delivered by a trained Creative Therapeutic Practitioner. This project is funded externally and will be open access, although we will be signposting people who have accessed this service to the group.
2. The second group will be a confidential open access support group for anyone affected by self injury who is able to attend a face-to-face support in Bristol. This group will be modelled on the now-closed self harm support group Self Injury Self Help (SISH). This group is also funded externally to this service, but we will be encouraging any service users who are looking for a self harm support group to make use of the space if they think it would be beneficial to them.

We have begun offering some face-to-face appointments at our office in central Bristol in response to feedback from service users suggesting that a non-clinical setting outside a hospital setting would have been more encouraging for them.

Over 2023-24, the service itself will continue working in line with the same ethos, aims, and KPIs as it has done over the last year, and we will be exploring future possibilities and sustainability as well investing time into researching the service's impact in more detail.

Helpline service

Our Listening Support Services are a protected safe space for women and girls only. The services are supported by a team of female volunteers and led by dedicated, knowledgeable women from the staff team.

This service recognises and reflects that self injury is highly patterned by gender and is more prevalent amongst women and girls. The services are designed to provide a space which is responsive to women and girls' needs.

Volunteers provide listening support which is considerate of the gendered experience individuals may have in accessing healthcare, and of issues such as physical, emotional, or sexual abuse, and provides a place within which service users can connect with other women who share understanding and often, experience.

Service suspension

The support services also include a text, webchat and email contact option. This service is particularly recognisant of the challenges younger service users may face speaking on the phone and provides opportunities for those without the space to speak freely to receive help. The text, webchat and email services were particularly important for service users throughout the COVID-19 pandemic, during which indoor spaces would often be shared and access to privacy was limited.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

The organisation took the difficult decision to suspend the Listening Services in December 2022 with a view to reviewing all operations and assessing capacity across the services. The capacity across the Listening Services had been steadily declining for a multitude of reasons, including difficulties recruiting adequate numbers of volunteers in the post-COVID 19 pandemic landscape, and staff capacity within the team as the organisation has prioritised long-term stability, strategic direction and funding bids.

The organisation made this decision following repeat temporary service closures and regular reductions in services and in order to prioritise the safety of the service, its users, staff and volunteers.

Service impact through third quarter

This year, volunteers offered over 1000 hours of direct, immediate, compassionate support to service users:

- 387 helpline calls answered
- 157 hours of direct phone support
- 398 individuals supported over text
- Over 13,000 messages responded to
- 156 individuals supported via email

"I feel like a bit of weight has already been lifted just by saying it (well typing it) out aloud so thank you for listening to me tonight. I really appreciate it."

Feedback from anonymous listening services user

Next steps and future direction

The next steps include:

- A consultation period with both service users and volunteers about what works, what doesn't, and identify service improvements;
- A review of current capacity within the service and addressing volunteer recruitment gaps, including working in partnership to establish new recruitment strategies and approaches to broaden the current volunteer pool;
- Establish routes to offer accredited training to our volunteers;
- Restructuring the internal staff team in line with new funding and strategic developments across the organisation.

Digital communications plans

The Board has actively sought to recruit trustees with Communications and Marketing expertise and backgrounds. The Board has considered a service-wide digital redesign and is currently seeking the appropriate resources to implement this plan. This redesign will focus on a content restructure to ensure that digital services are accessible within GDS guidelines, and that the user journey is supported and targeted to ensure the website is functioning to the demands and needs of its users.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

Training

Training has always been a core activity of our work although in recent years this has been delivered in a slimmed down format due to capacity and the need to develop a wider range of training delivery formats. In the 22-23 financial year we delivered a small number of training sessions in-house for different organisations as well as holding several training development sessions with an external consultant. In the 23-24 financial year we aim to build on the development work to explore workforce wide training with regional partners, as well as develop resources available on our website as well as continue to provide bespoke in-house training.

Organisational challenges

Staffing and Trustee changes

Self injury Support experienced significant absence and staff/trustee turnover in the year 2021-22. Fortunately, the overall structure of the organisation has stabilised with the long-term return of the director and recruitment of further management posts across key services and finance. However, there continues to be a trend of low volunteer recruitment, which is in keeping with the national post-COVID 19 volunteer landscape. This has led to the temporary closure of the Listening Support services (explored fully above) and the necessary ending of two staff posts within the service.

Despite this closure, the organisation's staff and Management group team have managed this closure in a planned way to ensure that service users are signposted to alternative support elsewhere through partner organisations. Furthermore, the staff team and Management group are using this time to evaluate services with a view to re-opening with creative solutions to the volunteer shortage which will still enable services to be offered to our client base.

The Board continues to expand its numbers. We are pleased that with recent funding bids the staff team are able to recruit key posts which will support the sustainable running and expansion of services over the next three years.

Funding

The funding landscape for Self injury Support has considerably improved in the last two quarters of the financial year.

However, given the ambitions of the organisation to both maintain and expand its services, and particularly ensure sustainable delivery of the Listening Support services, funding continues to be a key priority to ensuring future stability for the organisation as it looks to grow and develop.

Self injury support is grateful to its donors and contributors, especially in the current context of the cost of living crisis and in which many financial opportunities are necessarily restricted.

Reserves policy

It is the policy of the charity to work towards a reasonable reserve fund level, which equates to approximately three months' unrestricted expenditure, which is equivalent to approximately £60,000 in free reserves. This is in keeping with the previous financial year, which outlined a comprehensive review of total costs to run the charity. The charity has been able to build reserves by £38,859 and the total reserve funds at the end of the 2022-23 financial year are £74,466.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

Designated funding

Due to the ongoing contracted services work being undertaken by the charity, designated funds are being used for monies received for contracted service delivery that falls within the following financial year, in line with SORP recommendations. Designated funds at end of the year amount to £29,500 for contracted service delivery in 2023-24.

In the financial year 2022-23 Self injury Support received a total of £120,808 in restricted grant funding and £30,084 in unrestricted grant funding.

Investment policy

As income from funders is utilised within a short time after receipt, the Trustees consider that the most appropriate policy for investing funds is to place them on short-term deposit.

Public benefit

Self injury Support aims to relieve sickness and promote the health of women who self injure and are emotionally stressed thereby. The public benefits which flow from this include: enabling individuals who are struggling with self injury to understand their own feelings and motivations better, often reducing the rate, severity or chronicity of self injury and therefore enabling service users to cope more effectively with their stresses. This in turn enables service users to participate more fully in society and promotes stigma-free, health focused coping strategies more widely. Furthermore, the public benefits of de-stigmatising self injure extend to promoting the awareness of self injury as a condition or experience that warrants legitimate health attention, and enables more individuals experiencing self injury to seek appropriate support where they otherwise may have suffered in silence.

The Lived Experience Urgent Care follow-up service provides vital health support to those who self injure. The public benefits from this service are evidenced in the alleviated strain on traditional and universal health services who are less well equipped to work with self injury. The expansion of this service enables extended bespoke support more quickly than many NHS frontline services are able to offer due to increasingly lengthy wait times and staff shortages.

Responsibilities of the Trustees

The trustees (who are also directors of Self Injury Support Ltd [formerly Bristol Crisis Service for Women] for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2023

- select suitable accounting policies;
- make judgments 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 charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed by order of the Trustees

Eilish Sorohan
Chair

Charlotte Spires.....

19/12/2023
Approved by the Trustees on

SELF INJURY SUPPORT LTD

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 MARCH 2023

I report on the unaudited accounts for the year ended 31st March 2023 set out on pages 15 to 23.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

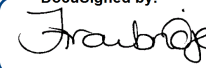
Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT

DocuSigned by:

C2F8368E1B5745A.....

19/12/2023

Bristol Community Accountants CIC
 The Park,
 Daventry Road,
 Knowle,
 Bristol,
 BS4 1DQ

SELF INJURY SUPPORT LTD**STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)****YEAR ENDED 31 MARCH 2023**

		Unrestricted Funds	Restricted Funds	Total Funds 2023	Total Funds 2022
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	3	53,891	120,808	174,699	152,317
Charitable activities	4	2,800	-	2,800	6,622
Other trading activities	5	29,900	-	29,900	156,745
Investments	6	921	-	921	12
Total Income		87,512	120,808	208,320	315,696
Expenditure On:					
Charitable activities	7	119,486	124,478	243,964	261,836
Other	8	1,344	-	1,344	1,031
Total Expenditure		120,830	124,478	245,308	262,867
Net income		(33,318)	(3,670)	(36,988)	52,829
Gross transfers between funds		14,356	(14,356)	-	-
Net movement in funds		(18,962)	(18,026)	(36,988)	52,829
Total funds brought forward		122,928	49,493	172,421	119,592
Total funds carried forward	17	103,966	31,467	135,433	172,421

All of the activities of the charity are classed as continuing

The notes on pages 17 to 23 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

** See note 19 for full comparative for 2022

SELF INJURY SUPPORT LTD**BALANCE SHEET****YEAR ENDED 31 MARCH 2023**

		2023	2022
	Note	£	£
Fixed Assets	16	825	3,592
Current assets			
Debtors	14	48,050	19,309
Cash at bank and in hand		106,349	170,188
<i>Total current assets</i>		<u>154,399</u>	<u>189,497</u>
Creditors : Amounts falling due within one year	15	(19,791)	(20,668)
<i>Net current assets or liabilities</i>		<u>135,433</u>	<u>172,421</u>
Total net assets or liabilities		<u><u>135,433</u></u>	<u><u>172,421</u></u>
The Funds of the Charity			
Restricted funds	17	31,467	49,493
Unrestricted funds	17	103,966	122,928
		<u><u>135,433</u></u>	<u><u>172,421</u></u>

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

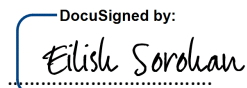
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

19/12/2023

These financial statements were approved by the trustees on and are signed on their behalf by:

DocuSigned by:

 09483A4B4C3A4A0...
 Eilish Sorohan - Chair

The notes on pages 17 to 23 form part of these financial statements

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2023

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Given the current state of our funders and funding position, the organisation has no material uncertainties about the charity's ability to continue as a going concern for the foreseeable future.
- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:
- i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.
 - ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.
- b) Expenditure is recognised in the period in which they are incurred. Expenditure includes attributable VAT which cannot be recovered.
- c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.
- d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Computer equipment - 33% p.a. straight line
- e) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.
- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.
- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.
- i) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023****Income and Endowments From:****3 Donations and Legacies**

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Grants:				
Heritage Lottery Fund	-	8,273	8,273	33,720
National Lottery Community Fund (20163832)	-	61,857	61,857	61,857
Tudor Trust	-	-	-	40,000
James Tudor Foundation	-	-	-	5,000
Lush	-	-	-	7,000
Screwfix	-	5,000	5,000	-
Edward Gostling Foundation	-	5,000	5,000	-
The Van Neste Foundation	-	10,000	10,000	-
David Riddell Foundation	-	5,000	5,000	-
Bristol Community Health and Wellbeing Grant	-	19,678	19,678	-
Betty Messenger Foundation	25,000	-	25,000	-
Small Grants	5,084	6,000	11,084	-
Donations	23,765	-	23,765	3,286
JRS Grant	-	-	-	1,369
Miscellaneous	42	-	42	85
	53,891	120,808	174,699	152,317

Donations and Legacies prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Grants:			
Heritage Lottery Fund	-	33,720	33,720
National Lottery Community Fund (20163832)	-	61,857	61,857
Tudor Trust	40,000	-	40,000
James Tudor Foundation	-	5,000	5,000
Lush	-	7,000	7,000
Donations	2,901	385	3,286
JRS Grant	1,369	-	1,369
Miscellaneous	85	-	85
	44,355	107,962	152,317

4 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Training/Workshops	2,800	-	2,800	6,622
	2,800	-	2,800	6,622

Charitable Activities prior year - all unrestricted

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023**

5	Other Trading Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £	
	Publications	400	-	400	699	
	Contract Services	29,500	-	29,500	156,046	
		29,900	-	29,900	156,745	
	Other Trading Activities prior year	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £		
	Publications	699	-	699		
	Contract Services	156,046	-	156,046		
		156,745	-	156,745		
6	Investments	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £	
	Bank Interest	921	-	921	12	
		921	-	921	12	
	Investments prior year - all unrestricted					
	Expenditure on:					
7	Charitable Activities	Staff Costs £	Other direct costs £	Support costs £	Total Funds 2023 £	Total Funds 2022 £
	Central costs	44,827	1,850	32,616	79,293	105,459
	Support services costs	109,235	26,566	2,921	138,722	102,522
	Project costs	16,301	5,354	4,294	25,949	53,855
		170,363	33,770	39,831	243,964	261,836
	Charitable Activities prior year	Staff Costs £	Other direct costs £	Support costs £	Total Funds 2022 £	
	Central costs	28,049	49,155	28,255	105,459	
	Support services costs	78,857	14,530	9,135	102,522	
	Project costs	30,773	20,534	2,548	53,855	
		137,679	84,219	39,938	261,836	

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2023 £	Total Funds 2022 £
Independent examination	610	-	610	554
Accounts preparation fee	499	-	499	454
Management committee training and development	235	-	235	23
	<u>1,344</u>	<u>-</u>	<u>1,344</u>	<u>1,031</u>

Other prior year - all unrestricted

9 Net incoming resources for the year

This is stated after charging:

	2023 £	2022 £
Independent Examiner's Fees	<u>610</u>	<u>554</u>

10 Staff costs and numbers

The aggregate payroll costs were:

	2023 £	2022 £
Wages and salaries	163,457	132,807
Social security costs	4,775	2,969
Pension contribution	2,131	1,903
	<u>170,363</u>	<u>137,679</u>

No employee received emoluments of more than £60,000 (2022: £Nil)

The average monthly head count was 11 staff (2022: 6 staff)

The key management personnel of the charity comprise the board of trustees & senior staff members. The total employee benefits of key management personnel, during the year, total £33,817 (2022: £36,158).

Termination payments

During the year the charity agreed termination packages with one of its employees. On termination of employment, ex-gratia payments were paid as part of the agreed termination terms. The total amount paid in termination payments was £1,016 (2022: £nil)

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

11 Taxation

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

12 Trustee remuneration

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2022: £nil) neither were they reimbursed expenses during the year (2022: £nil). No charity trustee received payment for professional or other services supplied to the charity (2022: £nil).

13 Related Party Transactions

There were no related party transactions during the year

14 Debtors

	2023	2022
	£	£
Trade debtors	40,978	10,715
Other debtors	1,035	1,035
Prepayments	6,037	7,559
	<u>48,050</u>	<u>19,309</u>

15 Accruals

	2023	2022
	£	£
Trade creditors	8,495	12,524
PAYE & NIC	1,800	-
Pension	1,076	617
Accruals and deferred income	8,420	7,527
	<u>19,791</u>	<u>20,668</u>

16 Tangible fixed assets

	Equipment	Total
	£	£
Cost	8,358	8,358
At 31 March 2023	<u>8,358</u>	<u>8,358</u>
Depreciation		
Brought forward	4,766	4,766
Charge for the year	2,767	2,767
At 31 March 2023	<u>7,533</u>	<u>7,533</u>
Net book value		
At 31 March 2023	<u>825</u>	<u>825</u>
At 31 March 2022	<u>3,592</u>	<u>3,592</u>

SELF INJURY SUPPORT LTD**NOTES TO THE FINANCIAL STATEMENTS****YEAR ENDED 31 MARCH 2023****17 Movement in funds**

	At 01-Apr 2022 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2023 £
Restricted funds					
Heritage Lottery Fund	(1,886)	8,273	(6,357)	(30)	-
National Lottery Community Fund (20163832)	17,579	61,857	(78,638)	(798)	-
Allen Lane Foundation	7,155	-	(6,833)	(322)	-
Screw Fix	2,257	5,000	(893)	-	6,364
Quartet Community Foundation	2,812	19,678	(7,708)	(5,903)	8,879
Postcode Community Trust	13,437	-	(12,879)	(558)	-
David Riddell Foundation	-	5,000	(2,584)	(2,416)	-
Lush	7,000	-	(4,862)	(2,138)	-
The Van Neste Foundation	-	10,000	-	-	10,000
Small Grants & donations	1,139	6,000	(2,465)	(2,191)	2,483
Edward Gostling Foundation	-	5,000	(1,259)	-	3,741
	<u>49,493</u>	<u>120,808</u>	<u>(124,478)</u>	<u>(14,356)</u>	<u>31,467</u>
Unrestricted funds	35,607	58,012	(72,715)	53,562	74,466
Designated Funds	87,321	29,500	(48,115)	(39,206)	29,500
Total funds	<u>172,421</u>	<u>208,320</u>	<u>(245,308)</u>	<u>-</u>	<u>135,433</u>

Purpose of restricted funds:

Heritage Lottery Fund - Oral history project

National Lottery Community Fund - relaunch and development of national helpline service

Allen Lane - Peer support and advocacy project

Screw Fix - Facility improvements

Quartet Community Foundation - Develop self help resources

Postcode Community Trust - Information and sign posting services

David Riddell Foundation - staffing and volunteers costs

Lush - Listening Services

The Van Neste Foundation - Towards the costs of providing people with experience of self harm to work with their peers.

Small Grants & donations - Listening Services

Edward Gostling Foundation - Core costs and expansion of community support

Purpose of designated funds:

Contracted service provision for 2023/2024

Transfer of funds:

Transfer of core cost allocation from service provision contract and grants during the year

Funds in deficit:

National Lottery Community Fund

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2023

18 Analysis of net assets between funds

	Tangible Fixed assets	Other Net assets	Total
	£	£	£
Restricted Funds	-	31,467	31,467
Unrestricted Funds	825	73,641	74,466
Designated Funds	-	29,500	29,500
	<u>825</u>	<u>134,608</u>	<u>135,433</u>

19 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2022 £	Prior Year Restricted Funds 2022 £	Prior Year Total Funds 2022 £
Income and Endowments From:			
Donations and legacies	44,355	107,962	152,317
Charitable activities	6,622	-	6,622
Other trading activities	156,745	-	156,745
Investments	12	-	12
Total	<u>207,734</u>	<u>107,962</u>	<u>315,696</u>
Expenditure On:			
Charitable activities	124,771	137,065	261,836
Other	1,031	-	1,031
Total	<u>125,802</u>	<u>137,065</u>	<u>262,867</u>
Net income/(expenditure)	81,932	(29,103)	52,829
Transfers between funds	7,790	(7,790)	-
Other Reconginsed Gains/Losses	-	-	-
Net movement in funds	<u>89,722</u>	<u>(36,893)</u>	<u>52,829</u>
Reconciliation of Funds:			
Total funds brought forward	33,206	86,386	119,592
Total funds carried forward	<u>122,928</u>	<u>49,493</u>	<u>172,421</u>

20 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

SELF INJURY SUPPORT LTD

England & Wales - Charity number 1092299

Accounts

SELF INJURY SUPPORT LTD

(Formerly Known As Bristol Crisis Service For Women)

ACCOUNTS

YEAR ENDED 31 MARCH 2022

Charity Number 1092299

Company Registration Number 04429818

SELF INJURY SUPPORT LTD

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

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SELF INJURY SUPPORT LTD

LEGAL AND ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2022

Trustees

The directors of the charitable company ("the charity") are its trustees for the purposes of the charity law and throughout this report are collectively referred to as the trustees.

The Trustees who served during the year and since the year end were as follows:

Eilish Sorohan (Co-Chair)
Charlotte Spires (Co-Chair)
Jenny Ablett
Lily Wonham

DIRECTOR
Naomi Salisbury
Savita Ayling (Interim Director from September 2021 to June 2022)

Company Secretary _____

Naomi Salisbury

Registered Office

PO Box 3240, 14 Upper Maudlin Street, Bristol, England, BS2 8DJ

Independent Examiners

Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park,
Daventry Road,
Knowle,
Bristol
BS4 1DQ

Bankers

CAF Bank Ltd,
Kings Hill,
West Malling,
Kent
ME19 4TA

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

The Trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 March 2022.

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Bristol Crisis Service for Women registered as a charity in 1992 and incorporated as a company limited by guarantee in 2002. In 2014 the organisation's name was changed to Self Injury Support Ltd.

Self Injury Support Ltd is governed by its Memorandum and Articles of Association. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

Recruitment and appointment of trustees

Company Directors also function as Charity Trustees. The Board of Trustees, also known as the Management Group, meets on the final Monday of every month wherever possible. The Board are responsible for the governance and strategic direction of the organisation, including approval of strategic changes, critical role development, determining funding priorities in line with strategic objectives and all other such tasks which impact the Charity's ability to achieve its strategic objectives. Responsibility for the day-to-day management of the organisation is delegated to the Director.

Reflecting trends throughout the UK and following a period of immense upheaval both externally due to the COVID-19 pandemic and internally due to short staffing and funding shortfalls, the Board of Trustees has experienced a high turnover rate during the financial year of 21-22. As a result, a new cohort of five Board members have joined the organisation; Eilish Sorohan, Jenny Ablett and Lily Wonham have completed their induction and are full members of the board, and Wafa Jafri and Eleanor Staples are currently undergoing induction and expected to officially join the board imminently. Charlotte Spires continues her term and stepped into the role of Co-Chair (along with Eilish Sorohan). Each of the new Trustees brings knowledge which was previously missing from the Board of Directors and is further enabling the team to achieve the objectives of the organisation.

The Board continues to recruit for Trustees who may be of strategic benefit to the organisation. Furthermore, the Board continues to evaluate and reflect upon representations of identity, particularly with regards to the diversity of the Board. It is the Board's aim to properly reflect the demographic of service users supported by the Charity, and those demographics we are actively trying to reach. We are also currently undertaking a review piece to better define who we support and how this needs to be reflected within our organisation.

In October 2022, the Board hosted an Away Day during which the strategic plan for the next 3 years was agreed. Within this we have considered risk mitigation and incorporated plans to diversify funding, which remains our biggest external risk. We have also included goals develop further training and

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

outreach projects and have considered how best to utilise our communications to achieve our charitable aims.

Risk Management

The Management Group regularly reviews the major risks to which the organisation is exposed and has established systems to mitigate the significant risks. Policies and procedures are reviewed periodically to ensure ongoing relevance and that they keep abreast of any changes in legislation. Internal risks are minimised by the implementation of effective internal control procedures, which ensure both appropriate authorisation of all transactions and consistent quality delivery for all operational aspects of the charity.

Our Activities

Specialist Support for Women and Girls

Our Listening Support Services are a protected safe space for women and girls only. The services are supported by a team of female volunteers and led by dedicated, knowledgeable women from the staff team.

This service recognises and reflects that self injury is highly patterned by gender and is more prevalent amongst women and girls. The services are designed to provide a space which is responsive to women and girls' needs. Volunteers provide listening support which is considerate of the gendered experience individuals may have in accessing healthcare, and of issues such as physical, emotional, or sexual abuse, and provides a place within which service users can connect with other women who share understanding and often, experience.



The support services also include a text, webchat and email contact option. This service is particularly recognizant of the challenges younger service users may face speaking on the phone and provides opportunities for those without the space to speak freely to receive help. The text, webchat and email services have been particularly important for service users throughout the COVID-19 pandemic, during which indoor spaces would often be shared and access to privacy was limited.

This year, volunteers offered almost 2000 hours of direct, immediate, compassionate support to service users:

- 708 helpline calls answered
- 278 hours of direct phone support
- 411 individuals supported over text
- 12,000 messages responded to

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

- 157 individuals supported via email

*"You are all amazing people here, making a massive difference to so many people. You've helped keep me alive. Thank you." -
Anonymous feedback from Listening Support service user*

A&E NHS Lived Experience Follow-up Services

Launched in December 2020, our specialist A&E service provides support to all individuals over 18 who do not qualify for secondary care mental health support through traditional NHS channels. Thus, the A&E services offer support to those who might otherwise fall through the gaps, and for whom specialised self injury support could be of real benefit.

The project began in recognition of the growing need for further support for self injury across Bristol and the surrounding areas. Grounded in the principles of individual experience, self-definition, and compassion, the team consists of four members of lived-experience workers who provide tailored support to referees.

The project aims to explore the benefits and limitations of a referral process for people who present to A&E with self-harm to access information and support services; provide an in-reach facility to users aged 18 and over who have attended one of the three NHS Bristol, North Somerset and South Gloucestershire (BNSSG) A&E departments having self-harmed or threatened self-harm; and provide direct support via one-off appointments to discuss service users' individual needs and enable the team to signpost to further tools and information.

Service User Journey

On initial presentation to the A&E department, individuals may be referred directly into the service by a member of A&E or Psychiatric Liaison staff. All referees are over 18, have attended an A&E department for self harm, and have not been referred to a secondary care mental health team.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

Within 72 hours of referral	Service user contacted by support worker to book appointment
Within 1 week of initial contact being made	Support appointment held with service user unless service user availability requires a date outside of 1 week timeframe.
The support appointment	Face-to-face, video or phone appointments of up to 1.5 hours held with service user offering a non-medical, confidential space to explore their self injury. Support workers offer a person-centred, holistic approach allowing the service user to direct the appointment around what they would find most helpful. Service user and support worker work together to identify a range of local and online resources, services, and information helpful for managing self injury and other areas of life that may be impacting wellbeing.
Appointment follow-up	Resources sent out to service user along with appointment summary letter and discharge letter to GP.
2 weeks after appointment	Follow-up phone call appointment held with service user for up to 30 minutes to check-in, explore resources already provided and identify any additional support, resources or signposting needed. Service user asked to complete feedback form.
3 months after appointment	Email or letter sent out to client requesting completion of a second evaluation form.

IMPACT

The service saw more referrals during the second and third quarters of 2021/22, with the exception of August where referral numbers were low. The fourth quarter of 2021/22 saw a significant decrease in referral numbers due to a surge in Covid-19 cases in Bristol causing all face-to-face appointments to be suspended throughout January and early February.

"This is a great service. Very supportive and made me feel understood and heard. I'm originally from Manchester and there are no services like this up there. Even just having one appointment made me feel like I was not alone."
– Anonymous feedback from A&E service user

Despite the limitations placed on services as a result of COVID-19, the team offered support to 97 individuals reporting to A&E with self injury during 2021-22. The team offered follow up appointments 100% of referees and when surveyed, service users rated the quality of the services highly, with 96% giving 4 or more stars out of 5.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

Oral History Project

Conceived as a way of enabling the public to explore and understand the unique space Self Injury Support, and previously Bristol Crisis Service for Women (BCSW), has occupied over the last three decades, the Oral History Project brings together memories, resources and records and showcases them through an exhibition and online portal. The project offered Self Injury Support the opportunity to highlight our pioneering work in understanding self-harm in the context of women's lives and the impact Self Injury Support has had on approaches to self-harm across the health and social care sector in the UK, now reflected in national guidance such as NICE guidelines.

The project completed in May 2022. Featuring 22 interviews with former BCSW and Self Injury Support volunteers and staff, over 10 metres of archival material from organisational records, quotes, historical resources and interactive materials, the project successfully provides insight into the unique and life affirming services provided by Self Injury Support and BCSW and gives a voice to the complex and often ignored history of women's mental health services.

To explore the project, visit womenlisteningtowomen.org.uk/

"It has increased my admiration not only for those who have dedicated time to supporting women who self injure but also for those who self injure. I understand so much more around why people self injure, how they might do it and the power of listening to people rather than trying to fix them. It has been an incredibly rewarding project and I feel I have learned a lot

- Oral History Project volunteer

It is now the goal of the Trustees to continue to exhibit the project in community spaces throughout the UK and the Trustees will continue to explore different ways to utilise this resource, offering more opportunity for the public to explore and understand the history of self injury and women's mental health services.

Rainbow Journals

Throughout 2021-22 we continued to provide our most popular resource, the Rainbow Journal. Available for free to anyone under the age of 18 and for a small fee to those over 18, The Rainbow Journal was designed by a collective of individuals who have lived-experienced of self injury. It includes poems, images and tools which those individuals have created, and provides blank spaces and guided exercises for services users to complete. The journal helps individuals to explore their self injury and better understand their feelings towards it. In 2021-22 we sent out over 200 free copies of the journal.

Website

Our website had more than 134,631 new users during 2021-22 with over 5,000 downloads of our self help information. 13.1% of visitors returned to the site on more than one occasion.

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TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

The United Kingdom and the United States are by far the top two countries with the highest proportion of visitors (77.99% and 10.32% of users respectively). There are also over 500 unique users identified in Australia, Canada, and over 300 in both Ireland and India. The most popular age range is 18-24 years old, with 3,520 unique users within this age range. This is closely followed by 3,484 unique users within the age range of 25-34, and 2,467 unique users within the age range of 35-44. The reach to unique users tapers off as users reach an older age, which is in keeping with the demographics from wider services. One of Self injury Support's wider aims is to ensure our services reach older service users who have less access to social media, regular internet, and telephone devices. Widening the service to consider alternative channels and information sharing will be within the strategic 3 year plan for the organisation.

Our website's most popular pages are: Webchat support; Support groups; Support Services; Self help resources; and free downloads. This suggests that users are actively searching for channels to use and access services offered by Self injury Support directly and are also interested and actively searching for and downloading the numerous resources available for downloading online.

The Board acknowledges that there is a specific Communications gap within the organisation's staff team. This has necessarily been deprioritised in the face of numerous organisational channels weathered by the wider organisation throughout 2021-22; however, it has returned to the Board's attention as a priority issue within the next six months. The Board's priority in terms of Communications is to improve the website and redevelop and redesign the content structure of the website so it is more targeted towards user needs as well as highlighting the impact and effectiveness of Self injury Support's services for any external stakeholders.

Training

During the year, the decision to formally suspend our training provision was taken. The Trustees felt that a clearer vision for training needed to be defined and resources properly allocated to ensure sustainability of the training programme.

It is the goal of the Trustees to re-establish the training programmes during the year 2022-23. We look forward to reporting more on this in the next report.

VCSE Mental Health Alliance

In February 2022, Self Injury Support joined the Voluntary Community and Social Enterprise (VCSE) Health and Wellbeing Alliance (HW Alliance); a partnership between sector representatives and the health and care system. Consisting of 17 Mental Health organisations, the VCSE Alliance is a key element of the Health and wellbeing programme, enabling the sector to share its expertise at a national level with the aim of improving services for all communities.

Its purpose is to:

- Provide a co-ordinated route for health and care organisations to reach a wide range of VCSE organisations
- Support collaboration between VCSE organisations and provide a collective voice for issues related to VCSE partnerships in health and care

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

- Enable health and care organisations and VCSE organisations to jointly improve ways of delivering services which are accessible to everyone, thus reducing mental health inequalities.
- Ensure health and care decision-makers hear the views of communities which experience the greatest health inequalities.
- Bring the expertise of the VCSE sector and communities they work with into national policy making.

Self Injury Support is uniquely placed to be an educator and advocate on Self Injury experience and care and we greatly look forward to continuing to work with the Alliance to secure better mental health care for all individuals.

Organisational Challenges

Absence and resignation

Mirroring trends in much of the sector during 2021-22, Self Injury Support experienced disruptions to staffing and volunteering levels, which at times resulted in limited teams of Trustees and Management within the organisation. Despite this considerable challenge, staff kept key services running remained dedicated and professional, going above and beyond what was expected of them and ensuring the continuation of support for our service users.

We are pleased to report that key roles have now been filled and the Board has expanded its numbers.

Funding

As ever the funding landscape for mental health services remains uncertain. Throughout quarter 1 and 2, funding was limited and service closures were considered. In quarter 3 the renegotiation of a number of funding bids and secured funding from the national lottery provided more assurance, and in quarter 4 the renewal of NHS funding provided security. The Trustees continue to carefully consider the funding landscape and will be working closely with the Director to ensure more secure funding in the future.

Reserves policy

It is the policy of the charity to work towards a reserve fund level, which equates to approximately three months unrestricted expenditure, which is equivalent to approximately £60,000 in free reserves. This has been increased since last financial year following a more thorough review of total costs to run the charity. In this financial year we have had to use reserve funds to cover management and administration costs to support essential organisational development. Free reserves at the end of the year amounted to £35,607.

Designated Funds

Due to the increasing amount of contracted services work being undertaken by the charity, designated funds are being used for monies received for contracted service delivery that falls within the following financial year, in line with SORP recommendations. Designated funds at end of the year amount to £87,321 for contracted service delivery in 2022-23.

Investment policy

As income from funders is utilised within a short time after receipt, the Trustees consider that the most appropriate policy for investing funds is to place them on short-term deposit.

SELF INJURY SUPPORT LTD

INDEPENDENT EXAMINERS REPORT

YEAR ENDED 31 MARCH 2022

I report on the unaudited accounts for the year ended 31st March 2022 set out on pages 12 to 20.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT



20/12/2022

Bristol Community Accountants CIC
The Park,
Daventry Road,
Knowle,
Bristol,
BS4 1DQ

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2022

Public Benefit

Self Injury Support aims to relieve sickness and promote the health of women who self injure and are emotionally stressed thereby. The public benefits which flow from this are enabling individuals who are struggling with self injury to understand their own feelings and motivations better, often reducing rate or severity of self injury and therefore enabling service users to cope more effectively with their stresses, participate more fully in society and promote stigma-free, health focused, coping mechanisms more widely.

The A&E service also provides vital support for those who self injure. The public benefits from this are evidenced in the alleviated strain on traditional health services who are less well equipped to work with self injury. The A&E support services also offer bespoke support more quickly than many NHS services are able due to their lengthy wait times. Furthermore, estimations from the service indicate that only 3% of those that are referred return to A&E with self injury, further alleviating the pressure on health services while also ensuring specialist support for those that need it.

Responsibilities of the Trustees

The trustees (who are also directors of Self Injury Support Ltd [formerly Bristol Crisis Service for Women] for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies;
- make judgments 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 charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed by order of the Trustees

Eilish Sorohan.....
Co-Chair

Charlotte Spire.....
Co-Chair

Approved by the Trustees on 5.12.2022

SELF INJURY SUPPORT LTD

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 MARCH 2022

		Unrestricted Funds	Restricted Funds	Total Funds 2022	Total Funds 2021
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	3	44,355	107,962	152,317	174,296
Charitable activities	4	6,622	-	6,622	10,237
Other trading activities	5	156,745	-	156,745	50,797
Investments	6	12	-	12	47
Total Income		207,734	107,962	315,696	235,377
Expenditure On:					
Charitable activities	7	124,771	137,065	261,836	233,525
Other	8	1,031	-	1,031	850
Total Expenditure		125,802	137,065	262,867	234,375
Net income		81,932	(29,103)	52,829	1,002
Gross transfers between funds		7,790	(7,790)	-	-
Net movement in funds		89,722	(36,893)	52,829	1,002
Total funds brought forward		33,206	86,386	119,592	118,590
Total funds carried forward	17	122,928	49,493	172,421	119,592

All of the activities of the charity are classed as continuing

The notes on pages 14 to 20 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

** See note 19 for full comparative for 2021

SELF INJURY SUPPORT LTD

BALANCE SHEET

YEAR ENDED 31 MARCH 2022

	Note	2022 £	2021 £
Fixed Assets	16	3,592	6,378
Current assets			
Debtors	14	19,309	8,509
Cash at bank and In hand		170,188	116,355
<i>Total current assets</i>		189,497	124,864
Creditors : Amounts falling due within one year	15	(20,668)	(11,650)
<i>Net current assets or liabilities</i>		172,421	119,592
<i>Total net assets or liabilities</i>		172,421	119,592
The Funds of the Charity			
Restricted funds	17	49,493	86,386
Unrestricted funds	17	122,928	33,206
		172,421	119,592

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the trustees on 5.12.22 and are signed on their behalf by:

Charlotte Spire

Charlotte Spires - Co-Chair

The notes on pages 14 to 20 form part of these financial statements

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Given the current state of our funders and funding position, the organisation has no material uncertainties about the charity's ability to continue as a going concern for the foreseeable future. This is due to the relationship we have built up with our funders, renegotiating bids to suit the charity's aims and needs, and that the organisation has been able to secure grants that have taken us through the difficulties imposed by covid-19 in particular.
- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition has been met.

- b) Expenditure is recognised in the period in which they are incurred. Expenditure includes attributable VAT which cannot be recovered.
- c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.
- d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:
Computer equipment - 33% p.a. straight line
- e) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.
- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.
- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.
- i) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

Income and Endowments From:

3 Donations and Legacies

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Grants:				
Heritage Lottery Fund	-	33,720	33,720	-
National Lottery Community Fund (20163832)	-	61,857	61,857	90,000
Tudor Trust	40,000	-	40,000	2,000
James Tudor Foundation	-	5,000	5,000	-
Lush	-	7,000	7,000	-
Postcode Community Trust	-	-	-	20,000
NSUN	-	-	-	6,200
Allen Lane	-	-	-	10,221
Gwyneth Forrester trust	-	-	-	10,000
Bristol Community Health and Wellbeing Grant	-	-	-	20,000
Small Grants	-	-	-	2,000
Donations	2,901	385	3,286	7,802
JRS Grant	1,369	-	1,369	5,878
Miscellaneous	85	-	85	195
	<u>44,355</u>	<u>107,962</u>	<u>152,317</u>	<u>174,296</u>

Donations and Legacies prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Grants:			
National Lottery Community Fund (C19 Reponse)	-	90,000	90,000
Tudor Trust	-	2,000	2,000
Postcode Community Trust	-	20,000	20,000
NSUN	-	6,200	6,200
Allen Lane	-	10,221	10,221
Gwyneth Forrester trust	-	10,000	10,000
Bristol Community Health and Wellbeing Grant	-	20,000	20,000
Small Grants	-	2,000	2,000
Donations	7,714	88	7,802
JRS Grant	5,878	-	5,878
Miscellaneous	195	-	195
	<u>13,787</u>	<u>160,509</u>	<u>174,296</u>

4 Charitable Activities

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Training/Workshops	6,622	-	6,622	6,743
Recharged Expenses	-	-	-	3,494
	<u>6,622</u>	<u>-</u>	<u>6,622</u>	<u>10,237</u>

Charitable Activities prior year - all unrestricted

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

5	Other Trading Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £	
	Publications	699	-	699	797	
	Contract Services	156,046	-	156,046	50,000	
		<u>156,745</u>	<u>-</u>	<u>156,745</u>	<u>50,797</u>	
	Other Trading Activities prior year	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £		
	Publications	137	660	797		
	Contract Services	50,000	-	50,000		
		<u>50,137</u>	<u>660</u>	<u>50,797</u>		
6	Investments	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £	
	Bank Interest	12	-	12	47	
		<u>12</u>	<u>-</u>	<u>12</u>	<u>47</u>	
	Investments prior year - all unrestricted					
	Expenditure on:					
7	Charitable Activities	Staff Costs £	Other direct costs £	Support costs £	Total Funds 2022 £	Total Funds 2021 £
	Central costs	28,049	49,155	28,255	105,459	57,350
	Support services costs	78,857	14,530	9,135	102,522	93,920
	Project costs	30,773	20,534	2,548	53,855	82,255
		<u>137,679</u>	<u>84,219</u>	<u>39,938</u>	<u>261,836</u>	<u>233,525</u>
	Charitable Activities prior year	Staff Costs £	Other direct costs £	Support costs £	Total Funds 2021 £	
	Central costs	47,330	8,026	1,994	57,350	
	Support services costs	56,431	37,451	38	93,920	
	Project costs	42,663	37,891	1,701	82,255	
		<u>146,424</u>	<u>83,368</u>	<u>3,733</u>	<u>233,525</u>	

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
Independent examination	554	-	554	443
Accounts preparation fee	454	-	454	384
Management committee training and development	23	-	23	23
	<u>1,031</u>	<u>-</u>	<u>1,031</u>	<u>850</u>

Other prior year - all unrestricted

9 Net Incoming resources for the year

This is stated after charging:

	2022 £	2021 £
Independent Examiner's Fees	<u>554</u>	<u>443</u>

10 Staff costs and numbers

The aggregate payroll costs were:

	2022 £	2021 £
Wages and salaries	132,807	140,237
Social security costs	2,969	3,372
Pension contribution	1,903	2,815
	<u>137,679</u>	<u>146,424</u>

No employee received emoluments of more than £60,000 (2021: £Nil)

The average monthly head count was 6 staff (2021: 11 staff)

The key management personnel of the charity comprise the board of trustees & senior staff members. The total employee benefits of key management personnel, during the year, total £36,158 (2021: £23,613).

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

11 Taxation

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

12 Trustee remuneration

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2021: £nil) neither were they reimbursed expenses during the year (2021: £nil). No charity trustee received payment for professional or other services supplied to the charity (2021: £nil).

13 Related Party Transactions

There were no related party transactions during the year

14 Debtors

	2022	2021
	£	£
Trade debtors	10,715	2,315
Other debtors	1,035	1,304
Prepayments	7,559	4,890
	<u>19,309</u>	<u>8,509</u>

15 Accruals

	2022	2021
	£	£
Trade creditors	12,524	1,614
PAYE & NIC	-	2,547
Pension	617	982
Accruals and deferred income	7,527	6,507
	<u>20,668</u>	<u>11,650</u>

16 Tangible fixed assets

	Equipment	Total
	£	£
Cost	8,358	8,358
At 31 March 2022	<u>8,358</u>	<u>8,358</u>
Depreciation		
Brought forward	1,980	1,980
Charge for the year	2,786	2,786
At 31 March 2022	<u>4,766</u>	<u>4,766</u>
Net book value		
At 31 March 2022	<u>3,592</u>	<u>3,592</u>
At 31 March 2021	<u>6,378</u>	<u>6,378</u>

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2022

17 Movement in funds

	At 01-Apr 2021 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2022 £
Restricted funds					
Heritage Lottery Fund	9,353	33,720	(44,959)	-	(1,886)
National Lottery Community Fund (10371273)	15,197	-	(15,197)	-	-
National Lottery Community Fund (20163832)		61,857	(44,278)	-	17,579
James Tudor	-	5,000	(4,924)	(76)	-
Allen Lane Foundation	8,688	-	-	(1,533)	7,155
Screw Fix	2,660	-	(403)	-	2,257
Quartet Community Foundation	17,130	-	(11,188)	(3,130)	2,812
Postcode Community Trust	17,000	-	(563)	(3,000)	13,437
Gwyneth Forrester Trust	8,500	-	(8,449)	(51)	-
Lush	-	7,000	-	-	7,000
Small Grants & donations	7,858	385	(7,104)	-	1,139
	<u>86,386</u>	<u>107,962</u>	<u>(137,065)</u>	<u>(7,790)</u>	<u>49,493</u>
Unrestricted funds	33,206	91,688	(125,802)	36,515	35,607
Designated Funds	-	116,046	-	(28,725)	87,321
Total funds	<u>119,592</u>	<u>315,696</u>	<u>(262,867)</u>	<u>-</u>	<u>172,421</u>

Purpose of restricted funds:

Heritage Lottery Fund - Oral history of a ground breaking grassroots womens mental health organisation

National Lottery Community Fund - Organisational development and services sustainability

James Tudor Foundation - Listening Services

Allen Lane - Peer support and advocacy project

Screw Fix - Facility Improvements

Quartet Community Foundation - Develop self help resources

Postcode Community Trust - Information and sign posting services

Gwyneth Forrester Trust - Support Services

Lush - Listening Services

Small Grants & donations - Listening Services

Purpose of designated funds:

Contracted service provision for 2022/2023

Transfer of funds:

Transfer of core cost allocation from service provision contract and grants during the year

Funds in deficit:

Heritage Lottery Fund - Expenses incurred in advance of funding being received for the HLF.

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2022

18 Analysis of net assets between funds

	Tangible Fixed assets £	Other Net assets £	Total £
Restricted Funds	-	49,493	49,493
Unrestricted Funds	3,592	32,015	35,607
Designated Funds	-	87,321	87,321
	<u>3,592</u>	<u>168,829</u>	<u>172,421</u>

19 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2021 £	Prior Year Restricted Funds 2021 £	Prior Year Total Funds 2021 £
Income and Endowments From:			
Donations and legacies	13,787	160,509	174,296
Charitable activities	10,237	-	10,237
Other trading activities	50,137	660	50,797
Investments	47	-	47
Total	<u>74,208</u>	<u>161,169</u>	<u>235,377</u>
Expenditure On:			
Charitable activities	118,863	114,662	233,525
Other	850	-	850
Total	<u>119,713</u>	<u>114,662</u>	<u>234,375</u>
Net Income/(expenditure)	(45,505)	46,507	1,002
Transfers between funds	34,616	(34,616)	-
Other Reconginsed Gains/Losses	-	-	-
Net movement in funds	<u>(10,889)</u>	<u>11,891</u>	<u>1,002</u>
Reconciliation of Funds:			
Total funds brought forward	44,095	74,495	118,590
Total funds carried forward	<u>33,206</u>	<u>86,386</u>	<u>119,592</u>

20 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.

Accounts

SELF INJURY SUPPORT LTD

(Formerly Known As Bristol Crisis Service For Women)

ACCOUNTS

YEAR ENDED 31 MARCH 2021

Charity Number 1092299

Company Registration Number 04429818

SELF INJURY SUPPORT LTD

FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

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SELF INJURY SUPPORT LTD

LEGAL AND ADMINISTRATIVE INFORMATION

YEAR ENDED 31 MARCH 2021

Trustees

The directors of the charitable company ("the charity") are its trustees for the purposes of the charity law and throughout this report are collectively referred to as the trustees.

The Trustees who served during the year and since the year end were as follows:

Christina Rowley	
Rebecca Gane	
Louise Coleman	
Sarah Howard	resigned 7 October 2020
Charlotte Spire	appointed 3 December 2020

Company Secretary

Naomi Salisbury

Registered Office

PO Box 3240, 14 Upper Maudlin Street, Bristol, England, BS2 8DJ

Independent Examiners

Joanne Trowbridge MAAT
Bristol Community Accountants CIC
The Park,
Daventry Road,
Knowle,
Bristol
BS4 1DQ

Bankers

CAF Bank Ltd,
Kings Hill,
West Malling,
Kent
ME19 4TA

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

The Trustees have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 31 March 2021.

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and 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).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Self Injury Support Ltd (formerly Bristol Crisis Service for Women) is a charity and a company limited by guarantee. It is governed by its Memorandum and Articles of Association.

Bristol Crisis Service for Women registered as a charity in 1992, and incorporated as company limited by guarantee in 2002. In 2014 the organisation's name was changed to Self Injury Support Ltd.

In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of trustees

The directors of the company are also charity trustees. The Management Group of trustees and other members meet monthly and is responsible for the strategic direction and policy of the organisation. The Director and staff attend these meetings as required. Responsibility for the day to day running of the organisation is delegated to the director.

The 12-month period covered by the report has included developments for the organisation including the management of the effects of the 2020 Coronavirus (Covid-19) challenge. The number of staff employed by the charity has increased to 14 plus 16 volunteers to support the new streams of work including the NHS A & E service. As part of the National Lottery C19 grant, we appointed Caz Walsh as the new Training Administrator, Mel Bates as Support Services Assistant and Sabita Burke as Communications Project Assistant. We welcomed Amy Cook, Jen Price and Katie Simmons as part of CCG Lived Experience Support Team. We also recruited Victoria Little as part of a freelance fundraiser. We welcomed Charlotte Spire to join as a trustee on the management group and Sarah Howard stepped down.

At the close of March 2021, the Management Group has five members, from a variety of backgrounds and experiences. The trustees may co-opt any person duly qualified to be appointed as a trustee to fill a vacancy or as an additional trustee, but a co-opted trustee holds office only until the next AGM. They are then eligible for re-election. The trustees discussed the need to re-affirm that best practice is for specific roles within the Management Group (particularly Chair, Treasurer, and Secretary) to be rotated regularly among the trustees.

The Management Group seeks to ensure that the needs of the organisation's staff and services users are appropriately reflected through the diversity of the trustee body, and that there is a broad set of experience and skills mix within the Group. We regularly discuss potential gaps within the trustee

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

sills and the organisation seeks to address skills gaps through targeted recruitment. New Management Group members attend a series of short training sessions, including completing Self Injury Support's own training course, to familiarise themselves with the organisation's work and the responsibilities of being a trustee. They are also encouraged to attend relevant training provided by local voluntary sector umbrella organisations. Due to the Covid-19 crisis, the trustees suspended new recruitment strategy to focus on the organisation. The intention is to re-open recruitment after April 2021.

Public benefit

The trustees have complied with their duty under Section 17 of the Charities Act 2011 to have due regard to the guidance on public benefit published by the Charity Commission.

Risk management

The Management Group regularly reviews the major risks to which the organisation is exposed and has established systems to mitigate the significant risks. Policies and procedures are reviewed periodically to ensure ongoing relevance and that they keep abreast of any changes in legislation. Staff and volunteers have recently undertaken Safeguarding training and our Safeguarding Policy has been updated to incorporate changes in legislation. We aim to appoint a Safeguarding Lead amongst the Trustees. Internal risks are minimised by the implementation of effective internal control procedures, which ensure both appropriate authorisation of all transactions and consistent quality delivery for all operational aspects of the charity.

Given the ongoing Covid-19 crisis, we have designed and are updating our Covid-19 risk assessment which outlines the levels of risk and next steps associated with infection. It includes risk assessments for all settings including homeworking and office working.

OBJECTIVES AND ACTIVITIES

Our aims, as set out in the objects contained in the company's Memorandum of Association are:

- to relieve sickness and promote the health of women who self-injure and are emotionally distressed, by offering support to such women and their families;
- to advance the education of the public about self-injury and mental health issues through the provision of training and information.

The focus of our work

Our main objectives for the year are:

- to provide accessible, consistent, high quality support services for women and girls who self-injure, nationally
- to provide reliable, high quality, accessible information resources, both hard copies and online, for people who self-injure and the broader public

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

- to provide training and information for people working with or otherwise in contact with people who self-injure.

Our support services are for girls and women only, and are staffed by female volunteers who have thorough, in-depth training for the work. Self-injury is more common among (though not exclusive to) girls and women. As a women's organisation we are able to be responsive to girls' and women's needs. For many of our service users there are links between their feelings and issues from their past such as physical, emotional or sexual abuse, and girls and women often feel safer to express themselves openly to another woman.

Our other services including training and information and providing accessible information is available for everyone.

Our activities

We provide a national text, email, webchat, and freephone telephone helpline for anyone identifying as a woman, of any age, affected by self-injury.

We provide information resources about self-injury for people who self-injure, their friends and families, and to workers supporting them. All our information is available online, with an extensive range of free information sheets to download and some interactive self-help resources.

We have developed an online 'library' which is a one-stop portal for resources and research about self-injury. We have updated our resources tailored to account for the impacts of the Covid-19 crisis including 'Coping with Coronavirus when your mental health is already not great'. We provide in-house training and consultancy on self-injury and related issues, nationally, for professionals who work with people who self-injure. Due to the Covid-19 pandemic and within government regulations, all in person workshops have been cancelled and are now run remotely.

We tailor training to best meet the needs of differing groups of staff and regularly review training to incorporate participant evaluation.

We contribute to local and national policy and strategy and promote understanding and awareness of self-injury through events and media content.

We work with researchers to improve lived experience involvement in research focussing on self-injury and to develop research projects relevant to our work. For example, we have undertaken the task of documenting and archiving the history and lived experiences of women's mental health activism through the oral history project.

ACHIEVEMENTS AND PERFORMANCE

Our Support Services

In April 2020 we relaunched our email support service, having had to suspend it due to the impact of the pandemic. Since reopening this service, during 2020 – 2021 we responded to 309 emails and supported 186 individual users.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

Our helpline service was closed from April 2020 until July 2020 as a result of the pandemic and national lockdown. Despite this we were successfully able to write a Covid-19 health and safety plan as well develop a services contingency plan and reopen our helpline service on 22nd July 2020. Calls volumes have been steadily increasing since reopening. We have answered 372 calls and provided 148 hours of direct emotional support over the phone from 22/07/2020 – 31/03/2021.

We were able to keep our SMS/text, email and webchat services open throughout the year by developing a home-working volunteer policy and moving, for the first time in the organisation's history, to remote working. The ability to operate remotely has enabled us to keep offering text-based support during a pandemic to those who needed it, particularly during a period where many people felt less able to seek support on the phone. We have learnt, however, that our services do work best when operating from one office and working face-to-face with other staff and volunteers to safeguard our service users and our volunteers. We supported 431 individual text users and responded to 14,590 individual texts received. We held 403 individual webchat conversations, providing 149.5 hours of direct support via webchat.

We trained 11 volunteers during the 2020/21 year. Given the unpredictability of the ongoing pandemic, this did enable us to innovate and creatively explore alternative training methods. We developed online volunteer training sessions as part of a COVID-19 contingency plan, which was the first time any of our support service volunteer training has been offered online. Though we do not consider the process unsuccessful, the lessons learnt from this experience were that face-to-face training is vital to our Support Services and continues to be the most appropriate way to train our volunteers.

A&E Service

The project started on the first December 2020. This is a contracted service provision for the NHS to help respond to the growing need for self-harm support across Bristol for those who do not qualify for secondary mental health services. Three members of staff with lived experience of self-injury were recruited prior to the start date and undertook a comprehensive 2-week training course. Referrals opened on 14th December and from 14th December 2020 – 31st March 2021, we received 18 referrals from A&E departments across Bristol. Referral numbers were lower than expected due to the impact of further national lockdowns and the ongoing impact of Covid-19 on A&E attendance.

Despite low numbers, the feedback the service received over this period was overwhelmingly positive, with service users who responded to our evaluation questionnaire in this timeframe rating the service an average of 4.5 stars out of 5 and rating the resources we'd provided also with an average of 4.5 stars out of 5. The team have used the quieter lead in time at the start of this project to build a large, comprehensive collection of self-harm and mental health resources which has been an invaluable asset to our organisation and can be reused in other projects activity areas within our organisation. We were also able to develop a service leaflet and start distributing this to A&E staff, as well as attend NHS staff meetings to promote the service which has since led to an uptake in referrals.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

Oral History Project

To date, the project has recorded 22 oral history interviews with former members of BCSW and identified 10m of paper archival material from the organisational records of BCSW. We have arranged for both this paper-based and audio material to be deposited in the Bishopsgate Institute in London as part of a new Bristol Crisis Service for Women and Self Injury Support Archival Collection.

In addition the project's Research Advisor Jeanette Copperman has created a wider Women's Mental Health Activism collection at Bishopsgate Institute in London, within which the BCSW archive will sit. This will help situate the collection in a broader historical context and link it to other similar movements. This is important because women's mental health activism is an overlooked facet of feminist history as well as mental health and survivor, so it is important that the history of BCSW will be identified as part of that heritage in a public institution.

10 volunteers have received training in oral history interviewing and understanding self-injury. In keeping with our organisation's equality and diversity policy we asked all volunteer applicants to complete an equalities monitoring form. Of the 10 volunteers we recruited to the project, 1 is from a minoritised community, 1 has a disability and 2 are from the LGBTQ community.

At this point in the project the people who have learnt about the heritage of BCSW are the volunteers and the community history worker. We measured volunteers' learning through an evaluation form after they had completed interviewing work. The volunteers have reported back very positively on their involvement with Self Injury Support. Several interviewees have also commented how positive an experience being interviewed about their time at BCSW was and how it contributed to their own increased sense of well-being.

Research and Policy Work: Self Injury Support – self evaluation project

In December 2020 with the support of funding provided by the City Funds: Bristol Community Health – Health and Wellbeing Grant Programme, we commissioned an independent consultant to carry out an evaluation of our services, speaking to service users and staff in the process. The aim is to identify gaps in provision, and members of the community that we do not yet engage with, and the reasons for why this may be the case. A more complete report of this project will appear in next year's annual report, 2021 – 2022.

Fundraising

Fundraising continues to be a priority, and we are awaiting confirmation from the National Lottery Community Fund [Covid-19 Support] and the Wholeness Fund.

Resources

We produced a wide range of resources about self-injury which we send out in response to requests for information and also distribute to locations such as GP surgeries. Information sheets are available to read or download from our website. Other resources include booklets about self-injury. We have specific materials for people with learning disabilities that self-injure, for their families, friends and supporters.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

Website

There has been an increased drive for online resources and as a result of the appointment of a communication officer, we have seen increases in web traffic to our resources. Our website has had a substantial increase in visits during the year with 3,382 users visiting our self-help information pages in total over the year. At the peak, our website pages as a whole saw over 900 unique users visiting our pages weekly (1st – 7th January 2021). Our most popular pages remain seeking information on our text support, our overall support services, and self-help resources.

The increased use of our website reflects the needs to ensure that our website design and content is optimised for this use. With the appointment of a Communications Project Assistant, we have also seen increased engagement amongst our social media channels. While in previous years, we saw a majority of visitors arrive to our website via search engine, now a majority of users (74%) have come from a direct referral such as social media or direct link.

Training

In the period of April 2020 to March 2021, we have delivered 16 online training and education sessions nationally, reaching a total of 52 organisations, with the aims of increasing understanding of self-injury and related issues and enabling workers to develop their skills in how to respond helpfully to people who self-injure. By developing relationships within healthcare and education, we have brought our expertise to the wider health community, delivering training directly to GPs and practice nurses, A&E staff and health staff. We have taught paramedics and mental health nurses on master's courses at the University of the West of England, housing support workers, university well-being advisors, rape crisis volunteer and university student societies.

The total income from training in the 20/21 financial year was £6,743.40. The organisation paid out £3,035 in trainer's fees over the period.

Rainbow Journals

Our most popular publication continues to be the 'Rainbow Journal,' which is a self-help book for young people who self-injure. It includes artwork, quotes, and poems by young people and has blank pages for writing about one's feelings and for drawings. It aims to help young people move from self-harm to self-care. It is designed for young people to use on their own or in conjunction with counselling and other support. We provide Rainbow Journals free to under 18s.

This year, we have suspended the service due to the ongoing Covid-19 crisis. We aim to restart this programme when possible subject to government restrictions on working from home is lifted.

ORGANISATIONAL CHALLENGES

Covid-19

In line with the ongoing Covid-19 crisis, the organisation has remained remote working with exceptions granted in extenuating circumstances. Our services (including text, website and email services) and programmes (including the Oral History Project and training) are carried out remotely.

SELF INJURY SUPPORT LTD

TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2021

Reserves policy

It is the policy of the charity to work towards a reserve fund level, which equates to approximately three months unrestricted expenditure, which is equivalent to approximately £20,000 in free reserves. In this financial year, we have not had to use reserve funds to cover management and administration costs to support essential organisation activities.

Free reserves at the end of the year amounted to £25,863.82.

Investment policy

As income from funders is utilised within a short time after receipt, the Trustees consider that the most appropriate policy for investing funds is to place them on short-term deposit.

Responsibilities of the Trustees

The trustees (who are also directors of Self Injury Support Ltd [formerly Bristol Crisis Service for Women] for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the trustees are required to:

- select suitable accounting policies;
- make judgments 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 charity will continue in operation.

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed by order of the Trustees

Louise Coleman

Approved by the Trustees on 2021

SELF INJURY SUPPORT LTD
INDEPENDENT EXAMINERS REPORT
YEAR ENDED 31 MARCH 2021

I report on the unaudited accounts for the year ended 31st March 2021 set out on pages 11 to 19.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

- accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
- the accounts do not accord with those records; or
- the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or
- the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Joanne Trowbridge MAAT 2021

Bristol Community Accountants CIC
The Park,
Daventry Road,
Knowle,
Bristol,
BS4 1DQ

SELF INJURY SUPPORT LTD

STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)

YEAR ENDED 31 MARCH 2021

		Unrestricted Funds	Restricted Funds	Total Funds 2021	Total Funds 2020 **
	Note	£	£	£	£
Incoming and Endowments from:					
Donations and legacies	3	13,787	160,509	174,296	214,787
Charitable activities	4	10,237	-	10,237	8,261
Other trading activities	5	50,137	660	50,797	932
Investments	6	47	-	47	107
Total Income		74,208	161,169	235,377	224,087
Expenditure On:					
Charitable activities	7	118,863	114,662	233,525	171,842
Other	8	850	-	850	974
Total Expenditure		119,713	114,662	234,375	172,816
Net income		(45,505)	46,507	1,002	51,271
Gross transfers between funds		34,616	(34,616)	-	-
Net movement in funds		(10,889)	11,891	1,002	51,271
Total funds brought forward		44,095	74,495	118,590	67,319
Total funds carried forward	17	33,206	86,386	119,592	118,590

All of the activities of the charity are classed as continuing

The notes on pages 13 to 18 form part of these financial statements

As required by paragraph 4.67 of the SORP, the brought forward and carried forward funds above have been agreed to the Balance Sheet.

** See note 19 for full comparative for 2020

SELF INJURY SUPPORT LTD

BALANCE SHEET

YEAR ENDED 31 MARCH 2021

	Note	2021 £	2020 £
Fixed Assets	16	6,378	2,049
Current assets			
Debtors	14	8,509	8,157
Cash at bank and in hand		116,355	122,737
<i>Total current assets</i>		<u>124,864</u>	<u>130,894</u>
Creditors : Amounts falling due within one year	15	(11,650)	(14,353)
		<u> </u>	<u> </u>
<i>Net current assets or liabilities</i>		119,592	118,590
		<u> </u>	<u> </u>
Total net assets or liabilities		<u><u>119,592</u></u>	<u><u>118,590</u></u>
The Funds of the Charity			
Restricted funds	17	86,386	74,495
Unrestricted funds	17	33,206	44,095
		<u> </u>	<u> </u>
		<u><u>119,592</u></u>	<u><u>118,590</u></u>

The directors are satisfied that the company is entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

These financial statements were approved by the trustees on and are signed on their behalf by:

.....

Louise Coleman - Chair

The notes on pages 13 to 18 form part of these financial statements

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

1 Basis of Preparation

- a) These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.

- b) **The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.**

- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

2 Accounting Policies

- a) Income from donations is included in income when these are receivable, except as follows:

i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.

ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.

- b) Expenditure is recognised in the period in which they are incurred. Expenditure includes attributable VAT which cannot be recovered.

- c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.

- d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:

Computer equipment - 33% p.a. straight line

- e) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.

- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.

- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.

- i) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

Income and Endowments From:

3	Donations and Legacies	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
	Grants:				
	Heritage Lottery Fund	-	-	-	42,150
	National Lottery Community Fund	-	90,000	90,000	50,000
	Tudor Trust	-	2,000	2,000	40,000
	Garfield Weston	-	-	-	15,000
	Dame Violet Wills Will Trust	-	-	-	2,000
	Grocers Hall	-	-	-	5,000
	Screw Fix	-	-	-	5,000
	Souter Charitable Trust	-	-	-	22,500
	Postcode Community Trust	-	20,000	20,000	-
	NSUN	-	6,200	6,200	-
	Allen Lane	-	10,221	10,221	-
	Gwyneth Forrester trust	-	10,000	10,000	-
	Bristol Community Health and Wellbeing Grant	-	20,000	20,000	-
	Small Grants	-	2,000	2,000	6,244
	Donations	7,714	88	7,802	26,622
	JRS Grant	5,878	-	5,878	-
	Miscellaneous	195	-	195	271
		<u>13,787</u>	<u>160,509</u>	<u>174,296</u>	<u>214,787</u>

Donations and Legacies prior year

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Grants:			
Heritage Lottery Fund	-	42,150	42,150
National Lottery Community Fund	-	50,000	50,000
Tudor Trust	40,000	-	40,000
Garfield Weston	-	15,000	15,000
Dame Violet Wills Will Trust	-	2,000	2,000
Grocers Hall	-	5,000	5,000
Screw Fix	-	5,000	5,000
Souter Charitable Trust	-	22,500	22,500
Small Grants	-	6,244	6,244
Donations	26,622	-	26,622
Miscellaneous	271	-	271
	<u>66,893</u>	<u>147,894</u>	<u>214,787</u>

4	Charitable Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
	Training/Workshops	6,743	-	6,743	8,261
	Recharged Expenses	3,494	-	3,494	-
		<u>10,237</u>	<u>-</u>	<u>10,237</u>	<u>8,261</u>

Charitable Activities prior year - all unrestricted

SELF INJURY SUPPORT LTD

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 31 MARCH 2021

5	Other Trading Activities	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
	Publications	137	660	797	932
	Contract Services	50,000	-	50,000	-
		<u>50,137</u>	<u>660</u>	<u>50,797</u>	<u>932</u>

Other trading activity prior year - all unrestricted

6	Investments	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
	Bank Interest	47	-	47	107
		<u>47</u>	<u>-</u>	<u>47</u>	<u>107</u>

Investments prior year - all unrestricted

Expenditure on:

7	Charitable Activities	Staff Costs £	Other direct costs £	Support costs £	Total Funds 2021 £	Total Funds 2020 £
	Central costs	47,330	8,026	1,994	57,350	45,641
	Support services costs	56,431	37,451	38	93,920	64,548
	Project costs	42,663	37,891	1,701	82,255	61,653
		<u>146,424</u>	<u>83,368</u>	<u>3,733</u>	<u>233,525</u>	<u>171,842</u>

Charitable Activities prior year

	Staff Costs £	Other direct costs £	Support costs £	Total Funds 2020 £
Central costs	21,032	1,811	22,798	45,641
Support services costs	43,451	9,382	11,715	64,548
Project costs	26,154	32,228	3,271	61,653
	<u>90,637</u>	<u>43,421</u>	<u>37,784</u>	<u>171,842</u>

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

8 Other

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Total Funds 2020 £
Independent examination	443	-	443	443
Accounts preparation fee	384	-	384	396
Management committee training and development	23	-	23	135
	<u>850</u>	<u>-</u>	<u>850</u>	<u>974</u>

Other prior year - all unrestricted

9 Net incoming resources for the year

This is stated after charging:

	2021 £	2020 £
Independent Examiner's Fees	<u>443</u>	<u>443</u>

10 Staff costs and numbers

The aggregate payroll costs were:

	2021 £	2020 £
Wages and salaries	140,237	88,366
Social security costs	3,372	1,494
Pension contribution	2,815	1,777
	<u>146,424</u>	<u>91,637</u>

No employee received emoluments of more than £60,000 (2020: £Nil)

The average monthly head count was 11 staff (2020: 6 staff)

The key management personnel of the charity comprise the board of trustees & senior staff members. The total employee benefits of key management personnel, during the year, total £23,613 (2020: £20,813).

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

11 Taxation

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

12 Trustee remuneration

The charity trustees were not paid or received any other benefits from employment with the charity in the year (2020: £nil) neither were they reimbursed expenses during the year (2020: £nil). No charity trustee received payment for professional or other services supplied to the charity (2020: £nil).

13 Related Party Transactions

There were no related party transactions during the year

14 Debtors

	2021	2020
	£	£
Trade debtors	2,315	2,562
Other debtors	1,304	200
Giftaid recoverable	-	404
Prepayments	4,890	4,991
	<u>8,509</u>	<u>8,157</u>

15 Accruals

	2021	2020
	£	£
Trade creditors	1,614	7,447
PAYE & NIC	2,547	1,634
Pension	982	561
Accruals and deferred income	6,507	4,711
	<u>11,650</u>	<u>14,353</u>

16 Tangible fixed assets

	Equipment	Total
	£	£
Cost	2,108	2,108
Additions	6,250	6,250
At 31 March 2021	<u>8,358</u>	<u>8,358</u>
Depreciation		
Brought forward	59	59
Charge for the year	1,921	1,921
At 31 March 2021	<u>1,980</u>	<u>1,980</u>
Net book value		
At 31 March 2021	<u>6,378</u>	<u>6,378</u>
At 31 March 2020	<u>2,049</u>	<u>2,049</u>

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

17 Movement in funds

	At 01-Apr 2020 £	Incoming resources £	Outgoing resources £	Transfers £	At 31-Mar 2021 £
Restricted funds					
Heritage Lottery Fund	17,532	-	(7,640)	(539)	9,353
National Lottery Community Fund	36,395	90,000	(87,758)	(23,440)	15,197
Garfield Weston	3,529	-	(7,762)	4,233	-
Allen Lane Foundation	-	10,221	-	(1,533)	8,688
Grocers Hall	4,176	-	-	(4,176)	-
Screw Fix	2,660	-	-	-	2,660
The Portia Pia 2012 Foundation	3,000	-	-	(3,000)	-
The Leathersellers	257	-	-	(257)	-
Quartet Community Foundation	3,355	20,000	(3,225)	(3,000)	17,130
Postcode Community Trust	-	20,000	-	(3,000)	17,000
Gwyneth Forrester Trust	-	10,000	-	(1,500)	8,500
National Survivors User Network	-	6,200	(1,489)	(4,711)	-
Small Grants	3,591	4,748	(6,788)	6,307	7,858
	<u>74,495</u>	<u>161,169</u>	<u>(114,662)</u>	<u>(34,616)</u>	<u>86,386</u>
Unrestricted funds	44,095	74,208	(119,713)	34,616	33,206
Total funds	<u>118,590</u>	<u>235,377</u>	<u>(234,375)</u>	<u>-</u>	<u>119,592</u>

Purpose of restricted funds:

Heritage Lottery Fund - Oral history of a ground breaking grassroots womens mental health organisation

National Lottery Community Fund - Development funding

Garfield Weston - UK-wide remote access support for self harm

Allen Lane - Peer support and advocacy project

Grocers Hall - Telecoms upgrade

Screw Fix - Facility improvements

The Portia Pia 2012 Foundation - Central Activities

The Leathersellers - Central Activities

Quartet Community Foundation - Develop self help resources

Postcode Community Trust - Information and sign posting services

Gwyneth Forrester Trust - Support Services

National Survivors User Network - Helpline support work

18 Analysis of net assets between funds

	Tangible Fixed assets £	Other Net assets £	Total £
Restricted Funds	-	86,386	86,386
Unrestricted Funds	6,378	26,828	33,206
	<u>6,378</u>	<u>113,214</u>	<u>119,592</u>

SELF INJURY SUPPORT LTD
NOTES TO THE FINANCIAL STATEMENTS
YEAR ENDED 31 MARCH 2021

19 Analysis of prior year funds, as required by paragraph 4.2. of the SORP

	Prior Year Unrestricted Funds 2020 £	Prior Year Restricted Funds 2020 £	Prior Year Total Funds 2020 £
Income and Endowments From:			
Donations and legacies	66,893	147,894	214,787
Charitable activities	8,261	-	8,261
Other trading activities	932	-	932
Investments	107	-	107
Total	76,193	147,894	224,087
Expenditure On:			
Charitable activities	22,263	149,579	171,842
Other	974	-	974
Total	23,237	149,579	172,816
Net income/(expenditure)	52,956	(1,685)	51,271
Net movement in funds	52,956	(1,685)	51,271
Reconciliation of Funds:			
Total funds brought forward	(8,861)	76,180	67,319
Total funds carried forward	44,095	74,495	118,590

20 Company limited by guarantee

The company is limited by guarantee and as such has no issued share capital. In the event of the company being wound up the liability of the members is limited to £1 each.