

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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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

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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

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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.

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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.

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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.

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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.

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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 MAAT2021

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

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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)
<i>Net current assets or liabilities</i>		<u>119,592</u>	<u>118,590</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>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

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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).

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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>

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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>

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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.