

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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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
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Bankers

CAF Bank Ltd,
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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

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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

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- 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.

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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.

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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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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

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- 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.

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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

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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 on5.12.2022

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

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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.

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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	Restricted	Total Funds	Total Funds
		Funds	Funds	2022	2021
		£	£	£	£
	Publications	699	-	699	797
	Contract Services	156,046	-	156,046	50,000
		156,745	-	156,745	50,797
	Other Trading Activities prior year	Unrestricted	Restricted	Total Funds	
		Funds	Funds	2021	
		£	£	£	
	Publications	137	660	797	
	Contract Services	50,000	-	50,000	
		50,137	660	50,797	
6	Investments	Unrestricted	Restricted	Total Funds	Total Funds
		Funds	Funds	2022	2021
		£	£	£	£
	Bank Interest	12	-	12	47
		12	-	12	47
	Investments prior year - all unrestricted				
	Expenditure on:				
7	Charitable Activities	Staff	Other direct	Support	Total Funds
		Costs	costs	costs	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
	Charitable Activities prior year	Staff	Other direct	Support	Total Funds
		Costs	costs	costs	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
		146,424	83,368	3,733	233,525

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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).

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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 (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>

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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
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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.

