

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:

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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

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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

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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).

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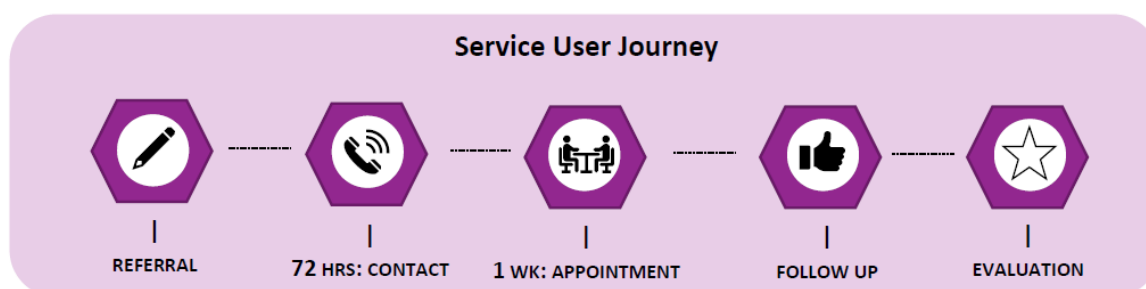
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YEAR ENDED 31 MARCH 2023

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.

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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%).

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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.

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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.

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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

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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:

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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.

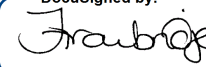
Independent examiner's statement

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:

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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**

	Note	2023 £	2022 £
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)

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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 (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

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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.