

# **SELF INJURY SUPPORT LTD**

**(Formerly Known As Bristol Crisis Service For Women)**

## **ACCOUNTS**

**YEAR ENDED 31 MARCH 2024**

**Charity Number 1092299**  
**Company Registration Number 04429818**

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

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**SELF INJURY SUPPORT LTD**

**LEGAL AND ADMINISTRATIVE INFORMATION**

**YEAR ENDED 31 MARCH 2024**

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**Trustees**

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

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

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

**CEO**

Naomi Salisbury

**Company Secretary**

Naomi Salisbury

**Registered Office**

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

**Independent Examiners**

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

**Bankers**

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

# **SELF INJURY SUPPORT LTD**

## **TRUSTEES' REPORT**

**YEAR ENDED 31 MARCH 2024**

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### **Introduction**

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

Reference and administrative information set out on page 2 forms part of this report. The financial statements comply with the Charities Act 2011, the Companies Act 2006, the Memorandum and Articles of Association, and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

### **Structure, governance and management**

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

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

### **Recruitment and Appointment of Trustees**

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

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

### **Risk management**

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

# SELF INJURY SUPPORT LTD

## TRUSTEES' REPORT

### YEAR ENDED 31 MARCH 2024

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#### Our Activities

##### Specialist Support for those who self injure

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

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

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

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

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

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

# SELF INJURY SUPPORT LTD

## TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

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*“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*

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### Lived Experience Outreach Services

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

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

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

### Service User Journey

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

# SELF INJURY SUPPORT LTD

## TRUSTEES' REPORT

YEAR ENDED 31 MARCH 2024

<b>Within 72 hours of referral</b>	Service user contacted by support worker to book appointment
<b>Within 1 week of initial contact being made</b>	Support appointment held with service user unless service user availability requires a date outside of 1 week timeframe.
<b>The support appointment</b>	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.
<b>Appointment follow-up</b>	Resources sent out to service user along with appointment summary letter and discharge letter to GP.
<b>2 weeks after appointment</b>	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.
<b>3 months after appointment</b>	Email or letter sent out to client requesting completion of a second evaluation form.

## IMPACT

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

*– Anonymous feedback from A&E service user*

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

### Group Work

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

# **SELF INJURY SUPPORT LTD**

## **TRUSTEES' REPORT**

### **YEAR ENDED 31 MARCH 2024**

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

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

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

#### **Rainbow Journals**

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

#### **Website**

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

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

#### **Training**

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

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



# **SELF INJURY SUPPORT LTD**

## **TRUSTEES' REPORT**

**YEAR ENDED 31 MARCH 2024**

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### **Organisational Changes and Opportunities**

#### **Change Management**

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

#### **Funding**

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

#### **Strategic Direction**

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

### **Operational considerations**

#### **Reserves Policy**

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

#### **Designated Funds**

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

#### **Investment policy**

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

#### **Public Benefit**

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

# SELF INJURY SUPPORT LTD

## TRUSTEES' REPORT

### YEAR ENDED 31 MARCH 2024

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

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

#### Responsibilities of the Trustees

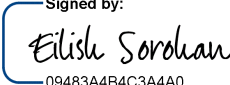
The trustees (who are also directors of Self Injury Support Ltd for the purposes of company law) are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

- select suitable accounting policies;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Signed by order of the Trustees

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

Approved by the Trustees on 25<sup>th</sup> October 2024

# SELF INJURY SUPPORT LTD

## INDEPENDENT EXAMINERS REPORT

### YEAR ENDED 31 MARCH 2024

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

#### Responsibilities and basis of report

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

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

#### Independent examiner's statement

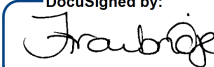
Since the Company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of The Association of Accounting Technicians, which is one of the listed bodies.

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

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

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

Joanne Trowbridge MAAT

DocuSigned by:  
  
 .....C2F8368E1B574FA.....

20/12/2024

.....

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

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

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

All of the activities of the charity are classed as continuing

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

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

\*\* See note 19 for full comparative for 2023

SELF INJURY SUPPORT LTD  
BALANCE SHEET  
YEAR ENDED 31 MARCH 2024

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

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

Directors' responsibilities:

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

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

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

20/12/2024

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

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

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

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

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**1 Basis of Preparation**

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

The financial statements have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (issued on 16 July 2014), as amended by Update Bulletin 2 published in October 2018, effective for accounting periods beginning on or after 1 January 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS102) and the Charities Act 2011.
- b) The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern. Given the current state of our funders and funding position, the organisation has no material uncertainties about the charity's ability to continue as a going concern for the foreseeable future.
- c) The charity meets the definition of a public benefit entity as defined by FRS 102.

**2 Accounting Policies**

- a) Income from donations is included in income when these are receivable, except as follows:
  - i) When donors specify that donations given to the charity must be used in future accounting periods, the income is deferred until those periods.
  - ii) When donors impose conditions which have to be fulfilled before the charity becomes entitled to use such income, the income is deferred until the pre-condition have been met.
- b) Expenditure is recognised in the period in which they are incurred. Expenditure includes attributable VAT which cannot be recovered.
- c) Expenditure is allocated where the costs relate directly to that activity. Support costs have been allocated on the basis of the resources used on the particular activity.
- d) Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows:  

Computer equipment - 33% p.a. straight line
- e) Rentals applicable to operating lease agreements where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight-line basis over the period of the lease.
- f) Unrestricted funds can be used in accordance with the charitable objects at the discretion of the trustees.
- g) Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.
- h) The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently recognised at amortised cost using the effective interest method.
- i) The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund. Pension costs charged in the financial statements represent the contribution payable by the charitable company during the year.

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

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

*Donations and Legacies prior year*

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

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

*Charitable Activities prior year - all unrestricted*

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

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



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

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

*Other prior year - all unrestricted*

**9 Net incoming resources for the year**

**This is stated after charging:**

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

**10 Staff costs and numbers**

The aggregate payroll costs were:

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

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

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

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

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

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

**12 Trustee remuneration**

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

**13 Related Party Transactions**

There were no related party transactions during the year

**14 Debtors**

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

**15 Accruals**

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

**16 Tangible fixed assets**

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

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

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

**Purpose of restricted funds:**

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

Screw Fix - Facility improvements

Quartet Community Foundation - Develop self help resources

Postcode Community Trust - Information and sign posting services

ACTA - Peer support community outreach arts project

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

Small Grants & donations - Listening Services

Edward Gostling Foundation - Core costs and expansion of community support

**Purpose of designated funds:**

Contracted service provision for 2024/2025

**Transfer of funds:**

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

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

**18 Analysis of net assets between funds**

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

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

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

**20 Company limited by guarantee**

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