

SURVIVORS OF DEPRESSION IN TRANSITION

England & Wales · Charity number 1109165

Details

Status Registered

Legal form Other

Registered 2005-04-20

Register [View on the Charity Commission register](#)

Contact

Address Office 8
SYAC Business Centre
110-120 Wicker
Sheffield
South Yorkshire
S3 8JD

Phone 01142795970

Email info@sodit.org

Website www.sodit.org

Activities

Objects: - THE RELIEF OF SICKNESS AND PRESERVATION OF HEALTH AMONG WOMEN RESIDING PERMANENTLY OR TEMPORARILY IN SHEFFIELD. - TO ASSIST IN THE TREATMENT AND CARE OF WOMEN SUFFERING FROM MENTAL ILLNESS OF ANY DESCRIPTION OR IN NEED OF REHABILITATION AS A RESULT OF SUCH ILLNESS BY THE PROVISION OF FACILITIES FOR WORK AND RECREATION. - TO PROMOTE AND PROTECT THE MENTAL HEALTH OF WOMEN SUFFERERS OF DEPRESSION AND RELATED ILLNESS IN SHEFFIELD THROUGH SUPPORT, EDUCATION AND PRACTICAL ADVICE. - TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO DEPRESSION AND RELATED ILLNESS

Activities: We aim to give ongoing support and care. They gain self esteem, confidence, mutual peer support, giving the women a chance of moving on from what may have been a very dislocated life. We also help to give them skills and training in how to overcome their illness working in partnership with other agencies. We provide support groups, drop in centre, newsletter, computer skills, conference., advice

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Other Defined Groups

Geography

- **Area of benefit:** SHEFFIELD
- Sheffield City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-12-31	£46,908	£53,327	-	-
2024-12-31	£77,784	£83,912	-	-
2023-12-31	£62,256	£78,205	-	-
2022-12-31	£66,793	£66,500	-	-
2021-12-31	£52,521	£48,669	-	-

Trustees

Name	Role	Appointed
STEPHANIE JOANNE DE-LA-HAYE	Chair	
Jill Wood		2021-08-13
MRS BERNADETTE LEAH HANNON		

SURVIVORS OF DEPRESSION IN TRANSITION

England & Wales - Charity number 1109165

Accounts

Charity no 1109165

**Survivors of
Depression in
Transition**

**ANNUAL REPORT
AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31st December 2025**

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Chair's Report

2025 has been a very challenging year with the loss of our core funders and having to reduce our counselling rooms and loss of a number of freelance counsellors has been a huge blow for everyone at Survivors.

This meant we had to reduce our capacity overall with 1-1 sessions, although the peer support sessions were oversubscribed and of great success, with so much positive feedback. We also started the new DBT skills sessions which have been another success, with some profound insights for people.

We did have a wonderful event at St Mary's, and a plant sale raising funds and some amazing speakers and well being sessions such as Gong bath, Chair Yoga and creative crafts. The Belly dancing went down well, and everyone joined in. The feedback included people saying how inclusive the event was and accessible for all.

The garden had another fantastic year of growth and produce, as well as the therapeutic nature that we have created. We sadly had some thefts of items and damage to the gazebo. But the theme is of, everyone being so thankful that the green space is open to all at the Centre and used for many small events in the summer.

While we have had much success and many people supported each other over the year, it's been tough on all the team with funding and personal health issues.

We have been around for nearly 30 years in one form or another and are determined to keep going and support those people within the Sheffield community that need flexible peer-led support.

Steph de la Haye

Chair

About Survivors

Survivors have been running for over 29 years in the form of peer support groups, initially based at Sheffield Mind, but then expanded to get its own office and then registered as a charity and now has 3 rooms at the SYAC CENTRE in Sheffield. As an organisation it's always been a woman only organisation (inc LGBTQIA+) due to the nature of the struggles many of those original women had. This has continued to provide safe spaces and services dedicated to women and those who identify as women in Sheffield, who experience mental health distress of any kind, but as depression is a major issue worldwide this is a common thread that runs throughout.

As set out in our charitable papers our main aims are.

1. The relief of sickness and preservation of health among women residing permanently or temporarily in Sheffield.
2. To assist in the treatment and care of women suffering from mental illness of any description or in need of rehabilitation as a result of such illness by the provision of facilities for work and recreation.
3. To protect the mental health of women sufferers of depression and related illness in Sheffield through support, education and practical advice.
4. To advance the education of the public in all areas relating to depression and related illness.

Fundamentally we are a peer support organisation and do this by developing groups, 1-1 support, counselling and therapy, education, social activities, research, advice & guidance and other creative ways.

Survivors of Depression is all about giving women a chance to move on from their illness or period in life which has been very straining on family life and personal life.

We have seen many women now who have managed to move on from the group and one to one support towards a happy and fulfilling life, although we still keep a safety net if needed.

Filling the gaps in statutory services is where Survivors comes into play, such as when people are left after therapy finishes or when they are discharged from hospital.

Analysis of need

Depression and other related mental health distress are on the rise and the WHO states that depression is the no 1 on the health inequalities list above all others. Women are needing support from general peer support and connection to longer term.

therapy. While men's mental health has rightly come in to focus due the high level of completed suicide, women are in fact 25 times more likely to attempt suicide.

Locally this continues to increase and as in 2025 levels of referrals have been a little overwhelming for many organisations. The referral rate has increased to a level where we had to close waiting lists many times during the year, and we are also seeing more need and more trauma-related distress.

What have Survivors done this year?

The trustees have considered the Charity Commissions guidance on public benefit, including the 'public benefit: running a Charity (PB2)'.and applied this to local women's & LGBTQIA+ needs and what they have been saying they need. We are always driven by the people we support and continue to be led by those needs and as most of the volunteers have their own experience of mental health distress, they also can input this understanding in a more relevant way.

Staffing

We are run entirely by volunteers and have had to reduce the freelance counsellors. This while can be more of a challenge, we do not have to find salaries and can just get on with supporting women in the community, and we are so grateful for all the student placements and volunteers who have worked with us over the year.

Support for the women of Sheffield.

We have supported, in a number of ways over 187 women this year with another 22 indirectly. Those have been to virtual groups and face to face or had some 1-1 but have moved on due to finding somewhere more suitable for them or just had too high a need than we could manage, which we are seeing more with additional neurodiversity and physical disabilities. Many of these were able to signpost for specialist support, such as housing, NHS care or other women's specialist groups.

Several university and college students have completed over 256 hours of counselling, and we continue to support them in their placements.

Volunteers have given over 900 hours of their time over the year!

The peer groups are more face to face and in person. As we are led by the women, if we can support their ideas of support needs then we will always try to accommodate. Nature Connections, DBT Skills Storying, wellbeing and beyond, Creative space for women, and our general peer support groups.

We continue to support women who have struggles with welfare benefits and housing issues.

Volunteers

We have had over 12 volunteers though the year, including students from Sheffield Hallam University, the SPACE Academy, Sheffield Medical School, Leeds Becket University, and those who have come through the volunteer Centre.

All of which have a DBS and training, and we are very thankful to those who have stayed with us for many years. Without whom we could not operate



Fundraising

We have been supported again by the Big Lottery and by delivering some MHFA training through VAS and university work and the last grant from our former core funder is the Tudor Trust. And from the medical student social placements. We were also successful in gaining a large grant from the Sheffield Synergy Partnership (ICB) and a number of small grant providers locally.

A small amount has come through Local giving and give as you live.

Networking

We continue to create more networks and collaborative working.

- Voluntary Action Sheffield
- NHS England
- Sheffield NHS foundation Trust
- Volunteer Centre
- National MIND
- Sheffield Hallam University
- Sheffield University
- SPACE Academy (placement students)
- Sheffield Flourish
- Sheffield Mental health Guide
- Business Boosters Network
- MHFA England
- Leeds University
- Mums United
- Project 6
- Leeds Beckett University
- SYNERGY Partnership
- MHPN – Sheffield

Awareness Raising

We continue to use our website to be able to use the virtual world and social media more, including X and Facebook, Instagram, YouTube and though the local Mental Health Partnership and Synergy Alliance.

Feedback from some of the people we support.

“Coming to the group has enabled me to meet with likeminded people in a safe, regular environment.”

“The group is a lifeline to me, and I know that it’s always there and does not just end after so many weeks.”

“A sanctuary for me and I can get away from the other pressures of life for at least a couple of hours.”

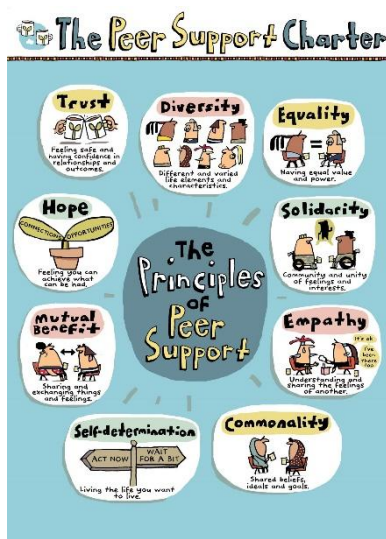
“Having contact with women who understand, and I can be myself and don’t have to put a front on the world, wonderful!”

“A place where we can just Be.”

“After the NHS had no more time for me, the group is a place I can continue to get support and empathy.”

“Having a woman only space is essential to me as I can relax and feel comfortable and able to talk about issues, I wouldn’t say in front of mixed group.”

“To find something that is trans inclusive is amazing and I feel a key part of the peer group sessions.”



Funding

- Tudor Trust
- Local Giving
- Health Education England
SYNERGY Network (ICB)
- Big Lottery Fund
- Sheffield Town Trust
- Freshgate
- Foyle foundation
- VAS
- Donations

Future

Development of more peer support groups and extending the 1-1 offer is vital as this is our core support. Unfortunately, we had to get rid of a counselling room and some of the paid counsellors due to the core funding coming to an end on Sept 25. For 2026 our focus is surviving and as such applying initially to small grant funders local and nationally.

We still believe more genuine co production has the potential to be transformational in health and social care and equalizes the power within the system and will continue to explore how we can influence this more locally.

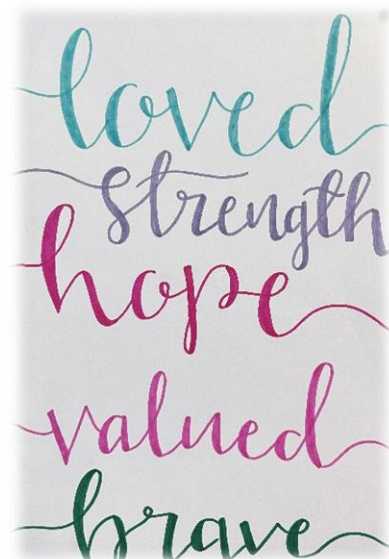
We are still a part of research projects in Leeds (Cured study) and Sheffield, and the new Sheffield Alliance currently run by Rethink for Mental Illness.

We believe strongly that while we try to support more women in Sheffield, we are very keen to give the quality and time they deserve and not rely on numbers though the door!

Reserves Policy

Survivors are dependent on varied forms of fundraising and small non-statutory grants and is currently does not have any contracts for service provision. This has never been an aim of the organisation and while it causes some challenges it also means we are more flexible to needs.

As most grants are restricted and must be spent within the year our reserves have been generally very small, and we realize this is a risk for the organisation. We have a 5k reserve policy.





Office No.8 - SYAC Business Centre
Tel: 0114 2795970 - Text: 07493327445
E-mail: info@sodit.org - Website: www.sodit.org



Sodit (Survivors of Depression in Transition) have continued to develop an accessible garden for all at SYAC to enjoy. They run a weekly Natural Connections group for Women who are experiencing mental health difficulties and offer them a space in which to explore the benefits of nature and gardening for wellbeing. They are starting a Friday Gardening for Wellbeing session in the coming weeks so that more women can enjoy the benefits of working in the garden.



They have been building extra raised beds around the car park and are filling unused spaces with planters that are teeming with flowers, making the entrance to SYAC a beautiful space. The group continue to use reclaimed materials and donations to build the raised beds and are always making use of all materials they can find . They often leave beautiful bouquets on SYAC's reception which always attracts plenty of appreciative comments.

They held a Jamaican themed open day last summer and it was a great success! The garden was filled with Sodit clients, SYAC tenants and staff and lot of friends of SYAC. They cooked beautiful food using produce like Callaloo that they had grown in the garden, the Jamaican dumplings were definitely the most popular item with people coming back for seconds and thirds!

There was also a plant sale and a raffle - both of which were extremely popular!

They are planning another garden day for later in the summer, and yes, there will be dumplings!



The garden is continuing to be filled with nature and the biodiversity grows from year to year. Sodit really have built a safe haven for nature!

A particular highlight this year was having Sandmartins nest in the Cobweb Bridge walls just behind the garden, they were swooping down and filling the sky with acrobatics as they collected food for their young. Sandmartins migrate from North Africa and it is very rare for them to nest inland.



Sodit contacted Sheffield and Rotherham Wildlife Trust who came to visit and were astounded at what we had achieved in an inner city area. They are now going to be supporting us providing a series of small grants, donating garden tools and running workshops to help make the garden even more accessible to nature. We are thrilled to be partnering with them!



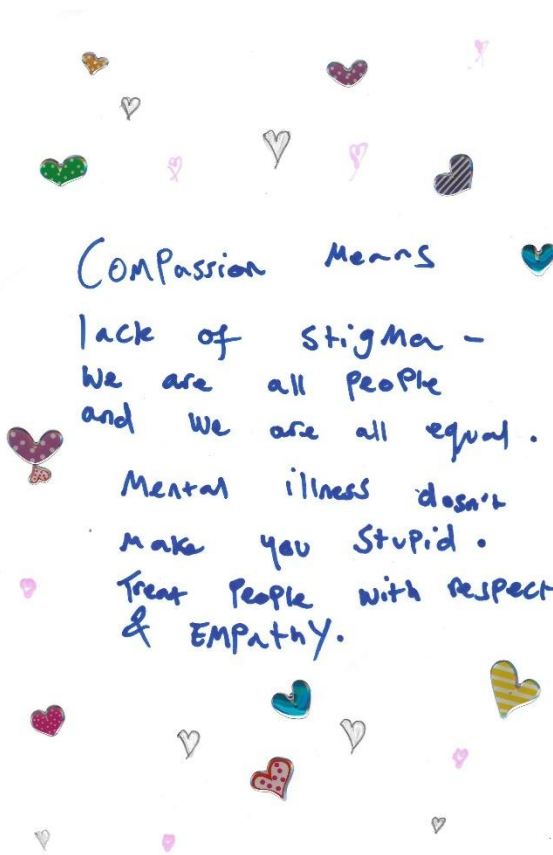
It's been lovely to see the garden being used more - ESOL often hold classes out there when the weather is nice and more and more SYAC tenants have been using it as a space to have their lunch on nicer days. Please do make use of the garden, it is there for everybody!



Sodit's future plans include making the garden even more accessible for nature, growing a greater variety of veg so we can offer some to people visiting SYAC and finding even more spaces they can fill with plants! Once again, we can't wait to see the developments over the coming year!



The psychoeducational and peer groups



sodit DOES

Wellness Planning and Beyond...

A free 8 week course open to all women who are struggling with their mental health.

In a safe & supportive environment we will learn techniques to better manage our mental health. You will create your own Wellness Plan which will act as a complete guide to you and the things you need to do to stay as well as possible. We will identify the things that work, think about how we can create wellbeing routines and figure out the things we can do to make bad days more bearable.

Together we will learn and practice skills such as breathing techniques, mindful observation, sensory grounding, and much, much more! You will leave the course with a wonderful set of coping tools to help deal with anything your mental health decides to throw at you!

The course is facilitated by Christy Bonham who has worked extensively in mental health education. She lives with long term mental illness herself, so everything she teaches is tried & tested that it's stuff that actually does help!

When: Wednesday 10th March, 10:30 - 12:30, for 8 weeks.
Where: S.O.D.I.T. HQ, Unit 4 PVAC Business Centre, 120 Wicker, Sheffield S1 8JD
How to Book: E-mail - Christy@sodit.org
 Please do drop Christy a line if you have any questions.

www.sodit.org 0114 279 5970

sodit DOES

Natural Connections

A gentle way to grow more connections with the natural world and each other.

We would like to invite all women struggling with their mental health to take part in a rolling programme of seasonal nature based activities. In a safe and supportive environment we will be gently exploring different ways to connect with the natural world around us.

Together we will get outside for walks in Sheffield's green spaces to discover the beauty and wildlife that is all around us. We will practice small scale pocket gardening in the SODIT garden and learn green skills that are easily transferable to home or community gardens.

We'll be playing with simple activities such as foraging, wild cooking, nature art and crafts and much more to discover the good things that can be found all around us when we stop and take the time to look.

Using the Five Ways to Wellbeing & Nature Connection we will learn how to tune into our senses, be curious about our world, connect with others and discover meaning whilst cultivating a compassionate and natural approach towards taking care of ourselves.

When: Every Tuesday 10:30 - 12:30
Where: S.O.D.I.T. - PVAC Business Centre, 120 Wicker, Sheffield S1 8JD
How to Book: E-mail - Susan@sodit.org
 Please do drop Susan a line if you have any questions.

www.sodit.org 0114 279 5970

sodit DOES

STORYING

A free 8 week creative course open to all women who are struggling with their mental health.

Stories matter. Often, when we are living with mental health difficulties our story changes. Mental illness/difficulties can fracture our sense of self and cause us to disconnect from our identities. Sometimes, we can get caught in the story of a diagnosis, losing sight of who we are beyond a set of symptoms, illness and life limitations.

Over 8 weeks creative practitioner, Christy Bonham, will guide us through a range of exercises designed to help us reconnect with the story of who we are beyond our mental health. Using methods such as creative writing, poetry, painting, photography & filmmaking we will find ways to tell stories about who we are, and celebrate all that makes us human.

You do not need to have any interest in art or creativity to take part. This is a relaxed, informal & supportive environment in which we'll simply have fun and allow the healing power of narrative to help us connect with ourselves, others in the group and the world around us.

For more info on Storying please visit www.storyingat Sheffield.com

When: Every Tuesday 10:30 - 12:30, for 8 weeks
Where: S.O.D.I.T. HQ, Unit 4 PVAC Business Centre, 120 Wicker, Sheffield S1 8JD
How to Book: E-mail - Christy@sodit.org
 Please do drop Christy a line if you have any questions.

www.sodit.org 0114 279 5970

sodit DOES

PEER SUPPORT

A survivor led peer support group for all women who are struggling with their mental health.

Now meeting on a Thursday

Sodit is a small non-profit charitable organisation who provide mental health support and counselling to the women of Sheffield. We offer services granting people a holistic perspective into dealing with depression & any other mental health related distress. We are excited to announce the launch of our Thursday evening Peer Support evening! We invite you to come any job you're safe and supportive environment have a cup of tea (refreshment of course) and meet other women experiencing similar struggles.

Group leads are on hand to facilitate the sessions and provide information about any of our services you may benefit from. This is a wonderful sharing space and there is no pressure to talk if you don't wish to. You can just come along and feel supported in the company of others who are facing all the difficulties our mental health throws at us if you are not alone.

When: Every Thursday 5:15 - 6:30
Where: S.O.D.I.T. - PVAC Business Centre, 120 Wicker, Sheffield S1 8JD
How to Book: E-mail - info@sodit.org or call 0114 279 5970
 Please do drop us a line if you have any questions at all

sodit DOES

Creative Space for Women's well being

Free fortnightly sessions open to all women who are struggling with their mental health.

Sessions offer space to breathe, relax and listen to our real needs and inner wisdom. Activities include gentle warm-ups, relaxation, guided meditations, visualisation and time to explore creative expression through writing, drawing, sketching, painting, knitting, crafting, music... Whatever art forms appeal to you!

There is no expectation to be "Good at art!"

No previous experience or special equipment needed.

Just a Zoom connection and private space to access the sessions

Sessions are facilitated by Charys Moore, a survivor of depression who has many years' experience working with Creativity as a gift to knowing our experiences and finding our own ways towards health, strength and self-respect.

Sessions via Zoom alternate Mondays 1 - 2.30pm
 (Excludes 18.08.2020)

Contact: charys@sodit.org for more info! Zoom link on call 0114 279 5970. SODIT PVAC Business Centre 115-128 Wicker S1 8JD

Women's & LGBTQIA+ wellbeing festival 2025

The wellbeing festival was a remarkable success and, we had a plant sale to raise funds and had a great day with local speakers, local choir, belly dancing and several well-being sessions including Gong bath, creative work, Chair Yoga and body and Voice in the breakout rooms. In total we had over fifty people attend

The food was also amazing and prepared by United Women's Affiliation Food who are based at St Mary's and was very much enjoyed by everyone.

sodit PROUDLY PRESENTS...
WOMEN'S & LGBTQIA+ WELLBEING FESTIVAL
 COME CELEBRATE WELLNESS, SELF CARE & COMMUNITY!

STUFF TO WATCH/LEARN/BUY!
 TALKS FROM LOCAL VOLUNTARY ORGS.
 BELLY DANCING
 CHOIR
 PLANT SALE

STUFF TO DO!
 GONG BATHS
 CHAIR YOGA
 CREATIVE WORKSHOPS

STUFF TO EAT!
 FREE REFRESHMENTS & GLOBAL FOOD MADE BY
UWA FOOD
 UNITED WOMEN'S AFFILIATION

Thurs 15th May
 St. Mary's Church
 Bramall Lane
 S2 4QZ
 10am - 3pm
 info@sodit.org
 0114 279 5970

BOOK HERE

Follow us on: [social media icons]

COMMUNITY FUND



The garden and therapeutic green space

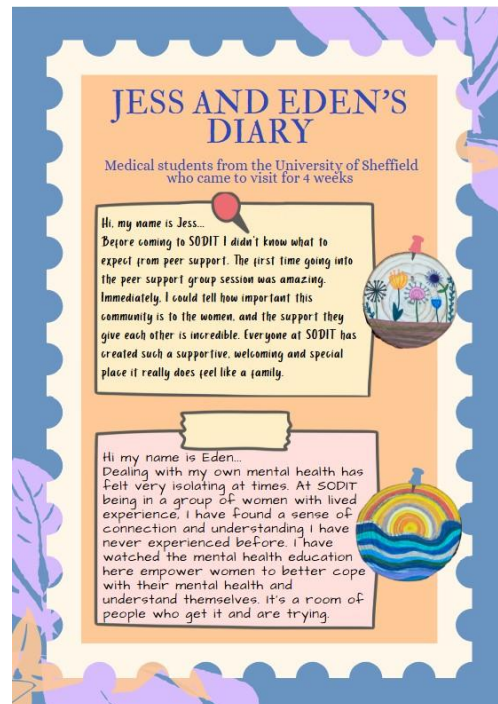
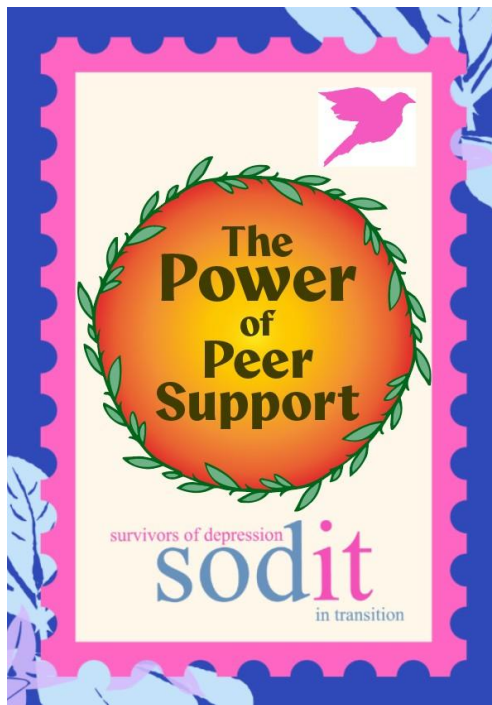
The garden has been very productive this year with several events held such as the garden party and plant sale, as well as the nature connections and garden group. We were amazed to have the sand Martins next on the bridge just next the garden and the fact that Sheffield & Rotherham Wildlife Trust came for a tour. We have put in a few bids for 2026 to transform the garden space even more and some free gardening items from the Trust.

The space is such an oasis even though SYAC is next to the one of the main roads in and out of the city. We also had the counsellors using the space for 1-1 work with clients over the summer. The ESOL groups also use the space for their teaching and having an end of course shared meal.



Power of Peer support project

We had the pleasure of having two medical students this year who worked on several aspects within the charity as well as developing a publication around peer support. They interviewed many of the people we support and used pictures of artwork that were produced in the support groups.



“I feel safe and I like that I can do the crafts and gardening and I’m not feeling judge in what I’m doing with those, and I find coming here every week has just made if for me

I find everyone lovely and understanding. People aren’t rushing you to get better. *You’ve got space when you need space” From a DBT skills client*

“The focus is primarily on the person and the individual even though there’s a curriculum it’s not like you’re trying to get through every point of that its focused on the person and their wellness not just getting through the stuff”- *From a wellbeing and beyond client*

“It’s like this has come a second refuge - I suffered domestic abuse at home and the system and the way I was brought up and the kids were growing up too fast - no matter what I did it was wrong - I was coming here, straight from the door (offloaded everything) I heard something nice from everyone and went home feeling better” *From a peer support group client*

Reference and Administrative details

Charity No 1109165

Trustees

Stephanie de la Haye appointed 12/3/11

Jill wood Appointed July 21

Bernadette Hannon appointed 12/3/11

Advisors

Voluntary Action
Sheffield
NCVO

Volunteer events co Ordinator.

Jill wood from 23/04/18

Admin/groups

Gemma Crookes

Registered Office

Office 8
SYAC Centre
110-120 Wicker
Sheffield
S3 8JD
(As of July 2021)

Bank
Lloyds
High St Branch
Sheffield
S1 2GA

Independent examiner

Sarah Lightfoot FCA DChA
On behalf of
Seven Hills Accountancy
57 Burton Street
Sheffield
S6 2HH

Structure & Governance

Survivors of Depression in Transition is a registered Charity 1109165 and was incorporated on 8th March 2005 and has a charity governing document that it follows for its charitable purpose.

The overall responsibility for the charity is managed by the trustees and as everyone is a volunteer the chair also manages operational issues alongside the volunteer manager.

We are looking at expanding our trustees with additional people who can contribute to our work. All trustees have training and a DBS as standard volunteers. Anyone can see our website for details on www.sodit.org when we are recruiting.

The charity has an income of less than 250,000 and so makes advantage of the small charity preparation the above report.

The trustees declare that they have approved the trustees report on the 14/01/26 Signed on behalf of the charity 's trustees.

Name stephanie de la Haye

A handwritten signature in black ink, appearing to read 'Stephanie de la Haye', written in a cursive style.

Position Chair of Trustees

We would like to thank all our funders & supporters.

the
Tudortrust



Synergy
Sheffield Mental Health Alliance



Sheffield Town Trust



Survivors of Depression In Transition

Total Receipts & payments accounts for the year ending 31st Dec 2025

	Unrestricted	Restricted	Total	Previous year
Receipts				
SCIE	-	-	-	-
University work	-	-	-	-
Grants (Unrestricted)	-	2,000.00	2,000.00	33,246.00
unrestricted Donations	15,824.00	9,450.00	25,274.00	10,216.00
Refunds in	350.00	-	350.00	7.50
Cert team SHSCT	-	-	-	-
Training	(810.00)	(3,506.00)	(4,316.00)	-
Grants (Restricted)	-	23,600.00	23,600.00	18,786.00
Total receipts	15,364.00	31,544.00	46,908.00	62,255.50
Payments				0
Rent to SYAC	6,790.00	10,290.00	17,080.00	19,129.00
room set up costs	-	-	-	-
Business Rates inc	-	-	-	-
Pat Testing	-	-	-	108.00
Gas Charge	-	-	-	-
Namesco (web)	-	-	-	188.00
Phone coop (plus internet) mobile	170.00	491.00	661.00	627.00
Insurance	-	1,223.00	1,223.00	1,094.00
Volunteer costs	77.00	242.00	319.00	318.00
Events	-	2,768.00	2,768.00	129.00
Office supplies	70.00	785.00	855.00	2,269.00
Postage	-	-	-	55.00
Advertising	-	-	-	180.00
Publications	-	105.00	105.00	-
Refunds (out)	-	2,000.00	2,000.00	-
Group peer activities	118.00	1,179.00	1,297.00	5,364.00
Counselling costs	-	-	-	375.00
IT costs	718.00	811.00	1,529.00	2,086.00
DBS checks	65.00	-	65.00	176.00
Accountancy	-	-	-	236.00
Training costs	1,180.00	1,506.00	2,686.00	6,878.00
Therapist costs (freelance)	-	22,068.00	22,068.00	38,686.00
garden	135.00	28.00	163.00	-
charges out	-	-	-	44.00
miscellaneous	328.00	180.00	508.00	263.00
Total payments	9,651.00	43,676.00	53,327.00	78,205.00
				0
Net receipts / (payments)	5,713.00	(12,132.00)	(6,419.00)	(15,949.50)
				0.00
Transfer	-	-	-	-
Balance brought forward	2,119.00	18,391.00	20,510.00	42,588.00
Balance carried forward	7,832.00	6,259.00	14,091.00	26,638.50
Made up of:				
Current account	14,091.00			
	14,091.00			

0.00

Approval of the accounts

The financial statements were approved at a meeting of the management committee and signed on its behalf by:

Signed: 

Stephanie de la haye

Date:14/01/26.....

Statement of Assets & Liabilities
Year ending 31st December 2025
Survivors of Depression in Transition

	2025		2024	
	£		£	
Cash Funds	restricted	unrestricted	restricted	unrestricted
Bank Current account	6,259.00	7,832.00	18,391.00	2,119.00
total cash funds	6,259.00	7,832.00	18,391.00	2,119.00
Total Bank balance 2025 (Res + Unres)	<u>14,091.00</u>			

NOTE total includes cash reserves of £5000

Assets retained for charity's own use

Office equipment	8500.00	9500.00
Drop-in & Counselling rooms equipment	1200.00	2300.00
	<u>9700.00</u>	9800.00

Liabilities	0.00	0.00
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approved by the trustees on

14/01/26



stephanie de la Haye
 Chair

Independent examiner's report to the trustees of Survivors of Depression In Transition ('the Charity') 1109165

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 / 12 / 2025

As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities Regulations 2008 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.

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.



Signed: _____

Sarah Lightfoot, FCA DChA
On behalf of:
Seven Hills Accountancy
57 Burton St
Sheffield
S6 2HH

Date: 26/01/26

SURVIVORS OF DEPRESSION IN TRANSITION

England & Wales - Charity number 1109165

Accounts

Charity no 1109165

**Survivors of
Depression in
Transition**

**ANNUAL REPORT
AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31st December 2024**

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Chair's Report

2024 has been a challenging year with so many referrals and as a result we had to close our waiting lists many times throughout 2024. This is a sector wide experience and as a member of the local mental health partnership and Sheffield SYNERGY Alliance this has been reported by many members.

With this background and as a small peer led organisation, I feel we have stepped up to meet the demands of more and more women with additional needs trying to access services. I feel very proud of the fact we have the mixture of genuine peer support sessions and groups as well as the counselling services. The feedback has been amazing with many saying just how much it saved them from the isolation of mental health illness and disability and being able to connect with others who get it is lifesaving!

We were delighted to receive a 2-year award from the big lottery for events and other core costs. Our first event was a fabulous garden day in the therapeutic community garden where we had a plant sale, Jamaican BBQ , raffle and was attended by over 45 people. A dedication to one of our previous volunteers who sadly took her own life some years ago ...Kirsty's corner was dedicated by her parents Chris and Tony with a little plaque.

With the new government and policy changes locally and nationally I can see that the small charity sector will have even more to do and find alternative funding in the long term as we are very much in competition with other better-sourced organisations fighting smaller pots of money.

We are also proud to support another peer-led charity with No Panic Sheffield who use one of our units for their peer support group and also have access to the green space which they appreciate.

Reflecting on the year, we again have supported so many women in need but the rate of referrals and the additional need they come with is going to prove challenging as we head into 2025 and beyond.

Steph de la Haye

Chair

About Survivors

Survivors have been running for over 25 years in the form of peer support groups, initially based at Sheffield Mind, but then expanded to get its own office and then registered as a charity and now has 4 rooms at the SYAC CENTRE in Sheffield. As an organisation it's always been a woman only organization due to the nature of the struggles many of those original women had. This has continued to provide safe spaces and services dedicated to women and those who identify as women in Sheffield, who experience mental health distress of any kind, but as depression is a major issue worldwide this is a common thread that runs throughout.

As set out in our charitable papers our main aims are.

1. The relief of sickness and preservation of health among women residing permanently or temporarily in Sheffield.
2. To assist in the treatment and care of women suffering from mental illness of any description or in need of rehabilitation as a result of such illness by the provision of facilities for work and recreation.
3. To protect the mental health of women sufferers of depression and related illness in Sheffield through support, education and practical advice.
4. To advance the education of the general public in all areas relating to depression and related illness.

Fundamentally we are a peer support organization and do this by developing groups, 1-1 support, counselling and therapy, education, social activities, research, advice & guidance and other creative ways.

Survivors of Depression is all about giving women a chance to move on from there illness or period in life which has been very straining on family life and personal life.

We have seen many women now who have managed to move on from the group and one to one support towards a happy and fulfilling life, although we still keep a safety net if needed.

Filling the gaps in statutory services is where Survivors comes into play, such as when people are left after therapy finishes or when they are discharged from hospital.

Analysis of need

Depression and other related mental health distress are on the rise and the WHO states that depression is the no 1 on the health inequalities list above all others. More and more women are needing support from general peer support and connection to longer term.

therapy. While men's mental health has rightly come in to focus due the high level of completed suicide, women are in fact 25 times more likely to attempt suicide.

Locally this continues to increase and as in 2023 levels of referrals have been a little overwhelming for many organisations. The referral rate has increased to a level where we had to close waiting lists many times during the year.

What have Survivors done this year?

The trustees have considered the Charity Commissions guidance on public benefit, including the 'public benefit: running a Charity (PB2)'.and applied this to local women's needs and what they have been saying they need. We are always driven by the people we support and continue to be led by those needs and as most of the volunteers have their own experience of mental health distress, they also can input this understanding in a more relevant way.

Staffing

We are run entirely by volunteers but with more paid freelance counsellors as in 2023 due to the demand for therapy and support, fundamentally the ethos and vision are that of a volunteer and user led organization at its core. This while can be more of a challenge, we do not have to find salaries and can just get on with supporting women in the community, and we are so grateful for all the student placements and volunteers who have worked with us over the year.

Support for the women of Sheffield.

We have supported, in a number of ways over 269 women this year with another 32 indirectly. Those have been to virtual groups and face to face or had some 1-1 but have moved on due to finding somewhere more suitable for them or just had too high a need than we could manage, which we are seeing more and more with additional neurodiversity. Many of these were able to signpost for specialist support, such as housing, NHS care or other women's specialist groups.

A number of university and college students have completed over 389 hours of counselling, and we continue to support them in their placements.

Volunteers have given over 2100 hours of their time over the year!

The peer groups are more face to face and in person. As we are led by the women, if we can support their ideas of support needs then we will always try to accommodate. We have increased the 1-1 therapy and holding services and continue a number of sessions including, Natural Connections, Storying, wellbeing and beyond, Creative space for women, and our general peer support groups.

We continue to support women who have struggles with welfare benefits and housing issues.

Volunteers

We have had over 20 volunteers though the year, including students from Sheffield Hallam University, the SPACE Academy, Sheffield Medical School, Leeds Beckett University, and those who have come through the volunteer Centre.

All of which have a DBS and training, and we are very thankful to those who have stayed with us for many years. Without whom we could not operate



Fundraising

We have been supported again by delivering some training and university work and of course our core funder is the Tudor Trust. We had some money though the NHS/VCS flexible support project (which came to an end this year) and from the previous medical student social placements. We were also successful in gaining a large grant from the Sheffield Synergy Partnership (the monies have not been paid in this year)

A small amount has come through Local giving and give as you live.

Networking

We continue to create more networks and collaborative working.

- Voluntary Action Sheffield
- NHS England
- Sheffield Mental Health Partnership
- Sheffield NHS foundation Trust
- Volunteer Centre
- Sheffield Light
- National MIND
- Sheffield Hallam University
- Sheffield University
- SPACE Academy (placement students)
- Sheffield Flourish
- Sheffield Mental health Guide
- Business Boosters Network
- SCIE
- MHFA England
- Leeds University
- Mums United
- Project 6

Awareness Raising

We continue to use our website to be able to use the virtual world and social media more, including X and Facebook and through the local Mental Health Partnership and new Synergy Alliance.

Feedback from some of the women we support.

“Since coming to the group it has enabled me to meet with likeminded people in a safe, regular environment”

“The group is a lifeline to me, and I know that it’s always there and does not just end after so many weeks”

“A sanctuary for me and I can get away from the other pressures of life for at least a couple of hours”

“Having contact with women who understand, and I can be myself and don’t have to put a front on the world, wonderful!”

“A place to have a cry and a laugh”

“After the NHS had no more time for me, the group is a place I can continue to get support and empathy”

“Having a woman only space is essential to me as I can relax and feel comfortable and able to talk about issues I wouldn’t say in front of mixed group”

“Just too able to talk without time limits and have that empathy from someone who has been through similar?”



Funding

We are again thrilled to have the Tudor Trust as our core funder, although this is the 3rd and final year.

- Tudor Trust
- Local Giving
- Health Education England
- Sheffield NHS Foundation Trust
- Big Lottery Fund
- Sheffield Town Trust
- Freshgate
- Sheffield Church Burgess Trust
- Foyle foundation

While we are not complacent and continue to seek other areas of funding and have delivered more mental health training (MHFA) and small fundraising activities.

Future

Development of more peer support groups and extending the 1-1 offer is vital as this is our core support. The increase in 1-1 means we are again taking on more placement students, Qualified counsellors and more people for the therapeutic holding service. To add to these other sessions are being developed with paid peer practitioners to give people more choice.

We still believe more genuine co production has the potential to be transformational in health and social care and equalizes the power within the system and will continue to explore how we can influence this more locally.

We are still a part of research projects in Leeds (Cured study) and Sheffield, and the new Sheffield Alliance currently run by Rethink for Mental Illness.

We believe strongly that while we try to support more women in Sheffield, we are very keen to give the quality and time they deserve and not rely on numbers though the door!

Reserves Policy

Survivors are dependent on varied forms of fundraising and also small non statutory grants and is currently does not have any contracts for service provision. This has never been an aim of the organisation and while it causes some challenges it also means we are more flexible to needs.

As most grants are restricted and must be spent within the year our reserves have been generally very small, and we realize this is a risk for the organization. We have a 5k reserve policy which we have been able to do due to one of our funders, the Tudor Trust, allowing us to use underspend.

**There is HOPE , even when
your head tells you
there isn't**



Office No.8 - SYAC Business Centre
Tel: 0114 2795970 - Text: 07493327445
E-mail: info@sodit.org - Website: www.sodit.org



Sodit (Survivors of Depression in Transition) have continued to develop an accessible garden for all at SYAC to enjoy. They run a weekly Natural Connections group for Women who are experiencing mental health difficulties and offer them a space in which to explore the benefits of nature and gardening for wellbeing. They are starting a Friday Gardening for Wellbeing session in the coming weeks so that more women can enjoy the benefits of working in the garden.



They have been building extra raised beds around the car park and are filling unused spaces with planters that are teeming with flowers, making the entrance to SYAC a beautiful space. The group continue to use reclaimed materials and donations to build the raised beds and are always making use of all materials they can find . They often leave beautiful bouquets on SYAC's reception which always attracts plenty of appreciative comments.

They held a Jamaican themed open day last summer and it was a great success! The garden was filled with Sodit clients, SYAC tenants and staff and lot of friends of SYAC. They cooked beautiful food using produce like Callaloo that they had grown in the garden, the Jamaican dumplings were definitely the most popular item with people coming back for seconds and thirds!

There was also a plant sale and a raffle - both of which were extremely popular!

They are planning another garden day for later in the summer, and yes, there will be dumplings!



The garden is continuing to be filled with nature and the biodiversity grows from year to year. Sodit really have built a safe haven for nature!

A particular highlight this year was having Sandmartins nest in the Cobweb Bridge walls just behind the garden, they were swooping down and filling the sky with acrobatics as they collected food for their young. Sandmartins migrate from North Africa and it is very rare for them to nest inland.



Sodit contacted Sheffield and Rotherham Wildlife Trust who came to visit and were astounded at what we had achieved in an inner city area. They are now going to be supporting us providing a series of small grants, donating garden tools and running workshops to help make the garden even more accessible to nature. We are thrilled to be partnering with them!



It's been lovely to see the garden being used more - ESOL often hold classes out there when the weather is nice and more and more SYAC tenants have been using it as a space to have their lunch on nicer days. Please do make use of the garden, it is there for everybody!



Sodit's future plans include making the garden even more accessible for nature, growing a greater variety of veg so we can offer some to people visiting SYAC and finding even more spaces they can fill with plants! Once again, we can't wait to see the developments over the coming year!





survivors of depression
sodit
in transition **DOES**

Creative Space for Women's well being

Free fortnightly sessions open to all women who are struggling with their mental health.

Sessions offer space to breathe, relax and listen to our real needs and inner wisdom. Activities include gentle warm-ups, relaxation, guided meditation, visualisation and time to explore creative expression thru' writing, drawing, sketching, painting, knitting, crafting, music... Whatever art forms appeal to you!

There is no expectation to be "Good at art"!!

No previous experience or special equipment needed.

Just a Zoom connection and private space to access the sessions

Sessions are facilitated by Chrystine Moon, a survivor of depression who has many years' experience working with Creativity as a path to honouring our experiences and finding our own ways towards health, strength and self-respect.

Sessions on Zoom alternate Mondays 1 - 2.30pm
Tuesdays: 10.30am - 12.00

Contact : chrys@sodit.org for more info/ Zoom link
or call 0114 279 5970 SODIT SVAC Business Centre 110-120
Wicker S3 8JD

survivors of depression
sodit
in transition **DOES**

PEER SUPPORT

A survivor led peer support group for all women who are struggling with their mental health.
Now meeting on a Thursday

Sodit are a small non-profit charitable organisation who provide mental health support and counselling to the women of Sheffield.

We offer services granting people a holistic perspective into dealing with depression & any other mental health related distress.

We are thrilled to announce the launch of our Thursday evening Peer Support session! We invite you to come and join our safe and supportive environment, have a cup of tea (Yorkshire of course!) and meet other women experiencing similar struggles.

Group leads are on hand to facilitate the sessions and provide information about any of our services you may benefit from.

This is a wonderfully calming space and there is no pressure to talk if you don't wish to. You can just come along and feel supported in the company of others who are facing all the difficulties our mental health throws at us! You are not alone.

When: Every Thursday 5:15 - 6:30
Where: S.O.D.I.T. - SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - info@sodit.org or call 0114 279 5970
Please do drop us a line if you have any questions at all!

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

STORYING

A free 8 week creative course open to all women who are struggling with their mental health.

Stories matter. Often, when we are living with mental health difficulties our story changes. Mental illness/distress can fracture our sense of self and cause us to disconnect from our identities. Sometimes, we can get caught in the story of a diagnosis, losing sight of who we are beyond a set of symptoms, illness and life limitations.

Over 8 weeks creative practitioner, Chrissy Bonham, will guide us through a range of exercises designed to help us reconnect with the story of who we are beyond our mental health. Using methods such as creative writing, poetry, painting, photography & filmmaking we will find ways to tell stories about who we are and celebrate all that makes us human.

You do not need to have any interest in art or creativity to take part. This is a relaxed, informal & supportive environment in which we'll simply have fun and allow the healing power of narrative to help us connect with ourselves, others in the group and the world around us.

For more info on Storying please visit www.storyingsheffield.com

When: Thursday 24th March, 10:30 - 12:30, for 8 weeks
Where: S.O.D.I.T. HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Chrissy@sodit.org
Please do drop Chrissy a line if you have any questions.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

Wellness Planning and Beyond...

A free 8 week course open to all women who are struggling with their mental health.

In a safe & supportive environment we will learn techniques to better manage our mental health. You will create your own Wellness Plan which will act as a complete guide to you and the things you need to do to stay as well as possible. We will identify the things that work, think about how we can create wellbeing routines and figure out the things we can do to make bad days more bearable.

Together we will learn and practise skills such as breathing techniques, mindful observation, sensory grounding and much, much more! You will leave the course with a wonderful set of lifelong tools to help deal with anything your mental health decides to throw at you!

The course is facilitated by Chrissy Bonham who has worked extensively in mental health education. She lives with long term mental illness herself, so everything she teaches is tried & tested! Real life stuff that actually does help!

When: Wednesday 16th March, 10:30 - 12:30, for 8 weeks
Where: S.O.D.I.T. HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Chrissy@sodit.org
Please do drop Chrissy a line if you have any questions.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

Natural Connections

A gentle way to grow more connections with the natural world and each other.

We would like to invite all women struggling with their mental health to take part in a rolling programme of seasonal nature based activities. In a safe and supportive environment we will be gently exploring different ways to connect with the natural world around us.

Together we will get outside for walks in Sheffield's green spaces to discover the beauty and wildlife that is all around us. We will practise small scale 'pocket' gardening in the SODIT garden and learn green skills that are easily transferrable to home or community gardens.

We'll be playing with simple activities such as foraging, wild cooking, nature arts and crafts and much more to discover the good things that can be found all around us when we stop and take the time to look.

Using the Five Ways to Wild Wellbeing & Nature Connection we will learn how to tune into our senses, be curious about our world, connect with others and discover meaning whilst cultivating a compassionate and natural approach towards taking care of ourselves.

When: Every Tuesday 10:30 - 12:30
Where: S.O.D.I.T. - SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Susan@sodit.org
Please do drop Susan a line if you have any questions.

www.sodit.org 0114 279 5970

Move through....
... Anxiety and depression

Try out mindful movement and breath practices to cultivate a calm nervous system, improved relaxation and more confidence to make the moves you want to make!

This 8 - week course will offer opportunities to try out:

- Calming breath work
- Physical exercises to ground and centre ourselves
- Synchronised movement (Similar to tai chi/ yoga style exercises)
- Moving and taking up space
- Creative movement/ choreography

Often, when depressed, distressed or anxious, our connection to our physical body feels weak and distracted. We breathe shallowly and carry stresses in our central nervous system.

We can feel overwhelmed with thoughts and feelings and lose touch with our feet on the ground.

In these sessions you will be invited to try out gentle, yet powerful, practices to bring your sense of self back into your physical body.

There will be a chance to learn mindful breath and movement activities to relax your nervous system and bring a sense of choice and mobility back into your own control.

All abilities welcome.

No previous experience nor special clothing needed.

Sessions are facilitated by Chrystine Moon, a survivor of depression and trauma, who has found creative movement, meditation techniques, yoga and Qi Gong valuable tools to nurture, strengthen and promote steady mental health in difficult times.

8 weeks from February 7th, Fridays 1 - 2.30pm
Unit 4 @ SODIT, Survivors of Depression in transition
SVAC Business & Enterprise Centre
110-120 Wicker S3 8JD (0114) 2798970
For more info/ bookings contact chrys@sodit.org/ info@sodit.org

Reference and Administrative details

Charity No 1109165

Trustees

Stephanie de la Haye appointed 12/3/11

Jill wood Appointed July 21

Bernadette Hannon appointed 12/3/11

Advisors

Voluntary action Sheffield

NCVO

Volunteer events co Ordinator.

Jill wood from 23/04/18

Admin

Gemma Crookes

Registered Office

Office 8
SYAC Centre
110-120 Wicker
Sheffield
S3 8JD
(As of July 2021)

Bank
Lloyds
High St Branch
Sheffield

S1 2GA

Independent examiner

Sarah Lightfoot FCA DChA
On behalf of
VAS Community Accountancy
the Circle
33 Rockingham Lane
Sheffield
S1 4FW

Structure & Governance

Survivors of Depression in Transition is a registered Charity 1109165 and was incorporated on 8th March 2005 and has a charity governing document that it follows for its charitable purpose.

The overall responsibility for the charity is managed by the trustees and as everyone is a volunteer the chair also manages operational issues alongside the volunteer manager.

We are looking at expanding our trustees with additional people who can contribute to our work. All trustees have training and a DBS as standard volunteers. Anyone can see our website for details on www.sodit.org when we are recruiting.

The charity has an income of less than 250,000 and so makes advantage of the small charity preparation the above report.

The trustees declare that they have approved the trustees report on the 12/07/25 Signed on behalf of the charity 's trustees.



Print Name stephanie de la Haye

Position Chair of Trustees

We would like to thank all of our funders & supporters.

the
Tudortrust



Church Burgesses Trust



Sheffield Town Trust



Survivors of Depression In Transition

Total Receipts & payments accounts for the year ending 31st Dec 2024

	Unrestricted	Restricted	Total	Previous year
Receipts				
SCIE	-	-	-	-
University work	-	-	-	-
Grants (Unrestricted)	-	28,388.00	28,388.00	33,246.00
unrestricted Donations	1,560.00	8,408.00	9,968.00	10,216.00
Refunds in	55.00	-	55.00	7.50
Cert team SHSCT	-	-	-	-
Training	(6.00)	(1,427.00)	(1,433.00)	-
Grants (Restricted)	-	40,806.00	40,806.00	18,786.00
Total receipts	1,609.00	76,175.00	77,784.00	62,255.50
Payments				
Rent to SYAC	1,190.00	13,420.00	14,610.00	19,129.00
room set up costs	-	-	-	-
Business Rates inc	-	-	-	-
Pat Testing	-	-	-	108.00
Gas Charge	-	-	-	-
Namesco (web)	-	334.00	334.00	188.00
Phone coop (plus internet) mobile	50.00	1,846.00	1,896.00	627.00
Insurance	-	1,098.00	1,098.00	1,094.00
Volunteer costs	-	691.00	691.00	318.00
Events	-	583.00	583.00	129.00
Office supplies	64.00	2,129.00	2,193.00	2,269.00
Postage	-	145.00	145.00	55.00
Advertising	-	-	-	180.00
Publications	-	-	-	-
Refunds (out)	-	506.00	506.00	-
Group peer activities	-	6,598.00	6,598.00	5,364.00
Counselling costs	-	-	-	375.00
IT costs	550.00	2,454.00	3,004.00	2,086.00
DBS checks	-	109.00	109.00	176.00
Accountancy	-	-	-	236.00
Training costs	(737.00)	15,767.00	15,030.00	6,878.00
Therapist costs (freelance)	818.00	36,257.00	37,075.00	38,686.00
connecting communities proj	-	-	-	-
charges out	-	-	-	44.00
miscellaneous	-	40.00	40.00	263.00
Total payments	1,935.00	81,977.00	83,912.00	78,205.00
Net receipts / (payments)	(326.00)	(5,802.00)	(6,128.00)	(15,949.50)
Transfer	-	-	-	0.00
Balance brought forward	2,445.00	24,193.00	26,638.00	42,588.00
Balance carried forward	2,119.00	18,391.00	20,510.00	26,638.50
Made up of:				
Current account	20,510.00			
	<u>20,510.00</u>			

0.00

Approval of the accounts

The financial statements were approved at a meeting of the management committee and signed on its behalf by:

Signed: 

Stephanie de la haye

Date:08/08/25.....

Statement of Assets & liabilities
Year ending 31st December 2024
Survivors of Depression in Transition

	2024		2023	
	£		£	
Cash Funds	restricted	unrestricted	restricted	unrestricted
Bank Current account	18,391.00	2,119.00	24,193.00	2,445.00
total cash funds	18,391.00	2,119.00	24,193.00	2,445.00
Total Bank balance 2024 (Res + Unres)	<u>20,510.00</u>			

NOTE total includes cash reserves of £5000 under the Tudor Trust funding

Assets retained for charity's own use

Office equipment	9500 .00	7500.00
Drop-in & Counselling rooms equipment	2300.00	2300.00
	<u>11,800.00</u>	9800.00

Liabilities	0.00	0.00
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approved by the trustees on
08/08/25



Position :stephanie de la Haye Chair

Survivors of Depression in Transition

Notes to financial statements

Year ending 31st December 2024

Survivors follows the smaller accounts regime for charities registered in England and Wales that are not companies under section 113 of the Charities Act 2011 (and to prepare a receipts and payments due to a total gross income of under 250,000.

The annual report follows charities SORP (FRS102) and guidance from the Charity Commission (CC16a)

The restricted and unrestricted payments and receipts are shown in the Analysis (1) breakdown for the year ending 31st December 2024

**Independent examiner's report to the trustees of
Survivors of Depression In Transition ('the Charity')
1109165**

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 / 12 / 2024

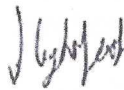
As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities Regulations 2008 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.

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.



Signed: _____

Sarah Lightfoot, FCA DChA
On behalf of:
VAS Community Accountancy
The Circle
33, Rockingham Lane
Sheffield
S1 4FW

Date: 05/07/25

SURVIVORS OF DEPRESSION IN TRANSITION

England & Wales - Charity number 1109165

Accounts

Charity no 1109165

**Survivors of
Depression in
Transition**

**ANNUAL REPORT
AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31st December 2023**

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Chairs Report

After the lockdown years and so much of our work had to go online 2023 has been a year of face to face working as the increase in demand for our services continues.

We continued to work with the local NHS trust and VCS project supporting their waiting lists within community and recovery services and very much at capacity with our own counselling and peer support sessions.

The therapeutic/green space we are developing for our natural connections peer support group and the wider community is flourishing and I have been amazed to how much it's being used and enjoyed by everyone. We also had a section in the SYAC Annual Report showcasing what we have achieved.

We continue to gain very positive feedback from people using our services and many say just how much it helped them and that they appreciate enormously the flexibility that the approach we strive for gives them. This genuine peer led support which is fundamental to our approach is proving key to the longer-term recovery of the women we support.

Again our counselling students have been fantastic although sadly we missed out on the medical students this year, they give us so much more capacity to see more women throughout the year .

Our volunteers have also made a difference in our flexible support services and without them we could not do this and would have to reduce the level of choices we strive to give .

Overall, the VCS sector is lacking in core funding and more so peer led organisation's so we continue to advocate additional resources aimed at groups such as ourselves, in the light of new Health & Social Care policies and the transformation of mental health community services.

Steph de la Haye

Chair

About Survivors

Survivors has been running for over 28 years in the form of peer support groups, initially based at Sheffield Mind, but then expanded to get its own office and then registered as a charity and now has 4 rooms at the SYAC CENTRE in Sheffield. As an organisation it's always been a woman only organisation due to the nature of the struggles many of those original women had. This has continued to provide safe spaces and services dedicated to women and those who identify as women in Sheffield, who experience mental health distress of any kind, but as depression is a major issue worldwide this is a common thread that runs throughout. We also support the LGBTIQ+ community and people from diverse backgrounds

As set out in our charitable papers our main aims are.

1. The relief of sickness and preservation of health among women residing permanently or temporarily in Sheffield.
2. To assist in the treatment and care of women suffering from mental illness of any description or in need of rehabilitation as a result of such illness by the provision of facilities for work and recreation.
3. To protect the mental health of women sufferers of depression and related illness in Sheffield through support, education and practical advice.
4. To advance the education of the general public in all areas relating to depression and related illness.

Fundamentally we are a peer support organization and do this by developing groups, 1-1 support, counselling and therapy, education, social activities, research, advice & guidance and other creative ways.

Survivors of Depression is all about giving women a chance to move on from there illness or period in life which has been very straining on family life and personal life.

We have seen many women now who have managed to move on from the group and one to one support towards a happy and fulfilling life, although we still keep a safety net if needed.

Filling the gaps in statutory services is where Survivors comes into play, such as when people are left after therapy finishes or when they are discharged from hospital or just cant find any support.

Analysis of need

Depression and other related mental health distress are on the rise and the WHO states that depression is the no 1 on the health inequalities list above all others. More and more women are needing support from general peer support and connection to longer term.

therapy. While men's mental health has rightly come in to focus due the high level of completed suicide, women are in fact 25 times more likely to attempt suicide.

Locally this continues to increase and as in 2022 levels of referrals have been a little overwhelming for many organisations.

What has Survivors done this year?

The trustees have considered the Charity Commissions guidance on public benefit, including the 'public benefit: running a Charity (PB2)'.and applied this to local women's needs and what they have been saying they need. We are always driven by the people we support and continue to be led by those needs and as most of the volunteers have their own experience of mental health distress, they also can input this understanding in a more relevant way.

Staffing

We are run entirely by volunteers but with more paid freelance counselors as in 2022 due to the demand for therapy and support, fundamentally the ethos and vision are that of a volunteer and user led organisation at its core. This while can be more of a challenge, we do not have to find salaries and can just get on with supporting women in the community, and we are so grateful for all the student placements and volunteers who have worked with us over the year.

Support for the women of Sheffield.

We have supported, in a number of ways over 368 women this year with another 45 indirectly. Those have been to virtual groups and face to face or had some 1-1 but have moved on due to finding somewhere more suitable for them or just had too high a need than we could manage, which we are seeing more and more with additional neurodiversity. Many of these we were able to signpost for specialist support, such as housing, NHS care or other women's groups.

A number of university and college students have completed over 468 hours of counselling, and we continue to support them in their placements.

Volunteers have given over 3000 hours of their time over the year!

The peer groups are more face to face and in person . As we are led by the women if we can support their ideas of support needs then we will always try to accommodate. We have increased the 1-1 therapy and holding services and continue a number of sessions including, Nature Connections, Drama and creative play, Storying, wellbeing and beyond, SWAG arts group.

We have still supported more women with welfare benefit needs including appeals, housing and as well as the peer support services.

Volunteers

We have had over 23 volunteers though the year, including students from Sheffield Hallam University, the SPACE Academy, Leeds Beckett University, other counselling training providers and those who have come through the volunteer Centre.

All of which have a DBS and training, and we are very thankful to those who stay with us for many years. Without whom we could not operate



The developing green therapeutic space!



Fundraising

We have been supported again by delivering some training and university work and of course our core funder the Tudor Trust. We had some monies though the NHS/VCS flexible support project and from the previous medical student social placements.

A small amount has come through Local giving and give as you live.

Networking

We have been trying to create more networks and collaborative working.

- Voluntary Action Sheffield
- Women's aid
- NHS England
- Sheffield Mental Health Partnership
- Sheffield NHS foundation Trust
- Volunteer Centre
- Sheffield Light
- National MIND
- Sheffield Hallam University
- Sheffield University
- SPACE Academy
- Sheffield Flourish
- Sheffield Mental health Guide
- Business Boosters Network
- SCIE
- MHFA England
- Leeds University
- Mums United
- Project 6



Awareness Raising

We continue to use our website to be able to use the virtual world and social media more, including X and Facebook and through the local Mental Health Partnership and new Synergy Alliance.

Feedback from some of the women we support

“Since coming to the group it has enabled me to meet with likeminded people in a safe, regular environment”

“The group is a lifeline to me, and I know that it’s always there and does not just end after so many weeks”

“A sanctuary for me and I can get away from the other pressures of life for at least a couple of hours”

“Having contact with women who understand, and I can be myself and don’t have to put a front on the world, wonderful!”

“A safe place, where i can be myself”

“After the NHS had no more time for me, the group is a place I can continue to get support and empathy”

“Having a woman only space is essential to me as I can relax and feel comfortable and able to talk about issues I wouldn’t say in front of mixed group”

“Just too able to talk without time limits and have that empathy from someone who has been through similar?”



Funding

We are again thrilled to have the Tudor Trust as our core funder , although this is the 2nd year and the final 3rd year will be in 24/25

- Tudor Trust
- Local Giving
- The Yapp Trust
- Health Education England
- Sheffield NHS Foundation Trust

While we are not complacent and continue to seek other areas of funding, and have delivered more mental health training (MHFA) and small fundraising activities.

Future

Development of more peer support groups and extending the 1-1 offer is vital as this is our core support. The increase in 1-1 means we are again taking on more placement students, Qualified counsellors and more people for the therapeutic holding service. To add to these other sessions are being developed with paid peer practitioners to give people more choice.

We still believe more genuine co production has the potential to be transformational in health and social care and equalizes the power within the system and will continue to explore how we can influence this more locally.

We are still a part of research projects in Leeds (Cured study) and Sheffield, and the new Sheffield Alliance currently run by Rethink for Mental Illness.

We believe strongly that while we try to support more women in Sheffield we are very keen to give the quality and time they deserve and not rely on numbers though the door!

**There is HOPE , even when
your head tells you
there isn't**

Reserves Policy

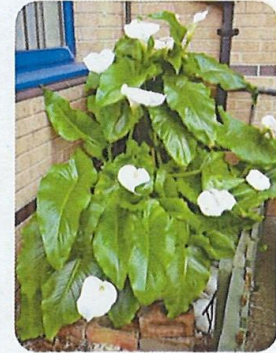
Survivors is dependent on varied forms of fundraising and also small non statutory grants and is currently does not have any contracts for service provision. This has never been an aim of the organisation and while causes some challenges it also means we are more flexible to needs.

As most grants are restricted and must be spent within the year our reserves have been generally very small and we realize this is a risk for the organization. We have a 5k reserve policy which we have been able to do due to one of our funders, the Tudor Trust allowing us to use underspend.





SODIT (Survivors of Depression in Transition) provide support to women across South Yorkshire who are living with or recovering from Depression and any other forms of mental illness/distress. We offer free one-one counselling sessions, run several peer support groups and offer a wide curriculum of psycho-educational, creative and therapeutic group courses. As the benefits of the link between connecting with nature and personal wellbeing are widely documented we decided to launch our Natural Connections group in 2022. This group allows women to explore a connection with nature and green/urban spaces at their own pace in a holistic manner and to be amongst peers who are facing similar struggles.



The outdoor area at SYAC was an underused patch of green space and we began work on transforming it into a community garden that would hopefully benefit all people using the SYAC building and support nature and biodiversity in a significantly urban area. We have sown a wide array of wild flowers, planted up cottage garden beds, began growing fruit, veg, herbs and salad crops and have begun landscaping the area, digging out beds that will be planted up with flowers on a seasonal basis. We have been upcycling many found items and our group have created amazing planters from items such as discarded drawers and old picnic hampers! We have created a stumpery in a shady corner of the garden which thrives with shade loving plants and old tree stumps which will benefit insect life as well as being beautifully peaceful to look at. We have a small pond filled with water irises and are also gardening with wildlife in mind - leaving piles of logs in which pollinators and other insects will thrive. We are making the space as joyful and as accessible to all as we can - installing hand painted signs to encourage people to stop and take a minute to enjoy the space. We are also planting up all the beds in the car park, have placed hanging baskets around the building and have plans to create a garden space at the front of the SYAC building.

The beneficial impact on nature has been immediate - our flower beds and planters teem with bees and butterflies and we have many different species of birds visiting. What's been really heartening is that the garden is now functioning as a community space, lots of staff, visitors and tenants at SYAC come outside to spend time there and ask us about the work we are doing. The ESOL teachers have begun using it as a classroom space and are basing lessons around things in the garden which has been really wonderful to see. The garden is also benefitting the wider community - many passers by stop and talk to us through the fence saying how much they look forward to walking past and seeing the work we have done. I'm so pleased to see these community connections happening and am looking forward to building upon the work we have done and making SYAC a super thriving urban green space!



WEEKLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creative Space for Women's Well being 13.00-14.30 fortnightly on Zoom	Natural Connections 10.30am-12.30pm Room 13 Peer Support Group 12.30-2.30pm Unit 4	Wellness planning & beyond 10.30-12.30 Room 13	No Panic (anxiety support) 10.00-12.00 Unit 4 Storying 10.30-12.30 Room 13 Body & Voice for Women's Well being 1.30-3pm Unit 4 Peer support group 4.30-6.30pm Unit 4	Body & Voice for women's Well being 10.30-12.00 Unit 4

For more info/ to join any of these groups; See contact details in this booklet or call (0114) 2795970



survivors of depression
sodit
in transition **DOES**

Body and Voice for Women's well being

Try out simple yet powerful techniques to calm and centre yourself. Find peace and power in your body and explore the healing potential of your natural voice.

Many women find movement and voice work helpful to revive our strengths and pleasures and turn the volume down on unwanted anxieties, loneliness and despair.

All abilities welcome. We work with your own comfort zone. No previous experience necessary.

Fridays 10.30am - 12.00 14th April

© Sodit SVAC Business & Enterprise Centre 120-120 Wicker Sheffield South Yorkshire S3 8JD
Directions: <https://sodit.org/>

Sessions are facilitated by Chryssie Moon who has many years experience working as a musician, performer and creative facilitator.

Contact chryssie@sodit.org for more details and /or to book a place.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

PEER SUPPORT

A survivor led peer support group for all women who are struggling with their mental health.

Now meeting on a Thursday

Sodit are a small non-profit charitable organisation who provide mental health support and counselling to the women of Sheffield. We offer services granting people a holistic perspective into dealing with depression & any other mental health related distress. We are thrilled to announce the launch of our Thursday evening Peer Support sessions! We invite you to come and join our safe and supportive environment, have a cup of tea (Yorkshire of course) and meet other women experiencing similar struggles. Group leads are on hand to facilitate the sessions and provide information about any of our services you may benefit from. This is a wonderfully calming space and there is no pressure to talk if you don't wish to. You can just come along and feel supported in the company of others who are facing all the difficulties our mental health throws at us! You are not alone.

When: Every Thursday 5:15 - 6:30
Where: S.O.D.I.T. - SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - info@sodit.org or call 0114 279 5970
Please do drop us a line if you have any questions at all!

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

STORYING

A free 8 week creative course open to all women who are struggling with their mental health.

Stories matter. Often, when we are living with mental health difficulties our story changes. Mental illness/distress can fracture our sense of self and cause us to disconnect from our identities. Sometimes, we can get caught in the story of a diagnosis, losing sight of who we are beyond a set of symptoms, illness and life limitations.

Over 8 weeks creative practitioner, Chryssie Bonham, will guide us through a range of exercises designed to help us reconnect with the story of who we are beyond our mental health. Using methods such as creative writing, poetry, painting, photography & filmmaking we will find ways to tell stories about who we are and celebrate all that makes us human.

You do not need to have any interest in art or creativity to take part. This is a relaxed, informal & supportive environment in which we'll simply have fun and allow the healing power of narrative to help us connect with ourselves, others in the group and the world around us.

For more info on Storying please visit www.storyingsheffield.com

When: Thursday 24th March, 10:30 - 12:30, for 8 weeks
Where: S.O.D.I.T. HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Chryssie@sodit.org
Please do drop Chryssie a line if you have any questions.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

Wellness Planning and Beyond...

A free 8 week course open to all women who are struggling with their mental health.

In a safe & supportive environment we will learn techniques to better manage our mental health. You will create your own Wellness Plan which will act as a complete guide to you and the things you need to do to stay as well as possible. We will identify the things that work, think about how we can create wellbeing routines and figure out the things we can do to make bad days more bearable.

Together we will learn and practise skills such as breathing techniques, mindful observation, sensory grounding and much, much more! You will leave the course with a wonderful set of lifelong tools to help deal with anything your mental health decides to throw at you!

The course is facilitated by Chryssie Bonham who has worked extensively in mental health education. She lives with long term mental illness herself, so everything she teaches is tried & tested! Real life stuff that actually does help!

When: Wednesday 16th March, 10:30 - 12:30, for 8 weeks.
Where: S.O.D.I.T HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Chryssie@sodit.org
Please do drop Chryssie a line if you have any questions.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

Natural Connections

A gentle way to grow more connections with the natural world and each other.

We would like to invite all women struggling with their mental health to take part in a rolling programme of seasonal nature based activities. In a safe and supportive environment we will be gently exploring different ways to connect with the natural world around us.

Together we will get outside for walks in Sheffield's green spaces to discover the beauty and wildlife that is all around us. We will practise small scale 'pocket' gardening in the SODIT garden and learn green skills that are easily transferrable to home or community gardens.

We'll be playing with simple activities such as foraging, wild cooking, nature arts and crafts and much more to discover the good things that can be found all around us when we stop and take the time to look.

Using the Five Ways to Wild Wellbeing & Nature Connection we will learn how to tune into our senses, be curious about our world, connect with others and discover meaning whilst cultivating a compassionate and natural approach towards taking care of ourselves.

When: Every Tuesday 10:30 - 12:30
Where: S.O.D.I.T. - SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Susan@sodit.org
Please do drop Susan a line if you have any questions.

www.sodit.org 0114 279 5970

Reference and Administrative details

Charity No 1109165

Trustees

Stephanie de la Haye appointed 12/3/11

Jill wood Appointed July 21

Bernadette Hannon appointed 12/3/11

Advisors

Voluntary action Sheffield

NCVO

Volunteer Office manager

Jill wood from 23/04/18

Admin

Kim Greetham

Registered Office

Office 8
SYAC Centre
110-120 Wicker
Sheffield
S3 8JD
(As of July 2021)

Bank
Lloyds
High St Branch
Sheffield

S1 2GA

Independent examiner

Sarah Lightfoot FCA DChA
On behalf of
VAS Community Accountancy
the Circle
33 Rockingham Lane
Sheffield
S1 4FW

Structure & Governance

Survivors of Depression in Transition is a registered Charity 1109165 and was incorporated on 8th March 2005 and has a charity governing document that it follows for its charitable purpose.

The overall responsibility for the charity is managed by the trustees and as everyone is a volunteer the chair also manages operational issues alongside the volunteer manager.

We are looking at expanding our trustees with additional people who can contribute to our work. All trustees have training and a DBS as standard volunteers. Anyone can see our website for details on www.sodit.org when we are recruiting.

The charity has an income of less than 250,000 and so makes advantage of the small charity preparation the above report.

The trustees declare that they have approved the trustees report on the 12th July 2024

Signed on behalf of the charity 's trustees.



Print Name stephanie de la Haye

Position Chair of Trustees

We would like to thank all of our funders & supporters.

the Tudortrust



Survivors of Depression In Transition

Total Receipts & payments accounts for the year ending 31st Dec 2023

	Unrestricted	Restricted	Total	Previous year
Receipts				
SCIE	-	-	-	-
University work	-	-	-	-
Grants (Unrestricted)	3,150.00	30,096.00	33,246.00	34,644.00
unrestricted Donations	10,186.00	30.00	10,216.00	2,169.00
Refunds in	8.00	-	8.00	780.00
Cert team SHSCT	-	-	-	-
Training	-	-	-	2,700.00
Grants (Restricted)	-	18,786.00	18,786.00	26,500.00
Total receipts	13,344.00	48,912.00	62,256.00	66,793.00
Payments				
Rent to SYAC	3,920.00	15,209.00	19,129.00	21,070.00
room set up costs	-	-	-	1,917.00
Business Rates inc	-	-	-	-
Pat Testing	-	108.00	108.00	108.00
Gas Charge	-	-	-	-
Namesco (web)	188.00	-	188.00	622.00
Phone coop (plus internet) mobile	112.00	515.00	627.00	787.00
Insurance	-	1,094.00	1,094.00	1,094.00
Volunteer costs	64.00	254.00	318.00	543.00
Events	129.00	-	129.00	1,436.00
Office supplies	999.00	1,270.00	2,269.00	2,332.00
Postage	-	55.00	55.00	309.00
Advertising	-	180.00	180.00	503.00
Publications	-	-	-	664.00
Refunds (out)	-	-	-	300.00
Activities (groups)	916.00	4,448.00	5,364.00	4,131.00
Counselling costs	-	375.00	375.00	639.00
IT costs	343.00	1,743.00	2,086.00	5,525.00
DBS checks	67.00	109.00	176.00	177.00
Accountancy	-	236.00	236.00	-
Training costs	6,878.00	-	6,878.00	-
Therapist costs (freelance)	5,483.00	33,203.00	38,686.00	20,534.00
connecting communities proj	-	-	-	-
charges out	44.00	-	44.00	2,000.00
miscellaneous	203.00	60.00	263.00	1,809.00
Total payments	19,346.00	58,859.00	78,205.00	66,500.00
Net receipts / (payments)	(6,002.00)	(9,947.00)	(15,949.00)	293.00
Transfer	-	-	-	16.00
Balance brought forward	8,448.00	34,140.00	42,588.00	42,279.00
Balance carried forward	2,446.00	24,193.00	26,639.00	42,588.00
Made up of:				
Current account	26,639.00			
	<u>26,639.00</u>			

0.00

Approval of the accounts

The financial statements were approved at a meeting of the management committee and signed on its behalf by:

Signed: 

Name S. De La Haye (Management Committee member)

Date:12/07/24.....

Statement of Assets & liabilities
Year ending 31st December 2023
Survivors of Depression in Transition

	2023		2022	
	£		£	
Cash Funds	restricted	unrestricted	restricted	unrestricted
Bank Current account	24,193.00	2,445.00	34,140.00	8,448.0
total cash funds	24,193.00	2,445.00	34,140.00	8,448.0
Total Bank balance 2023 (Res + Unres)	<u>26,638.00</u>			

NOTE total includes cash reserves of £5000 under the Tudor Trust funding

Assets retained for charity's own use

Office equipment	9500 .00	7500.00
Drop-in & Counselling rooms equipment	2300.00	2300.00
	<u>11,800.00</u>	9800.00

Liabilities	0.00	0.00
-------------	------	------

approved by the trustees on
12th July 2024



Position :stephanie de la Haye Chair

Survivors of Depression in Transition

Notes to financial statements

Year ending 31st December 2023

Survivors follows the smaller accounts regime for charities registered in England and Wales that are not companies under section 113 of the Charities Act 2011 (and to prepare a receipts and payments due to a total gross income of under 250,000).

The annual report follows charities SORP (FRS102) and guidance from the Charity Commission (CC16a)

The restricted and unrestricted payments and receipts are shown in the Analysis (1) breakdown for the year ending December 2023

Independent examiner's report to the trustees of Survivors of Depression In Transition ('the Charity') 1109165

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 / 12 / 2023


As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities Regulations 2008 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.

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.



Signed: _____

Sarah Lightfoot, FCA DChA
On behalf of:
VAS Community Accountancy
The Circle
33, Rockingham Lane
Sheffield
S1 4FW

Date: 25 June 2024

SURVIVORS OF DEPRESSION IN TRANSITION

England & Wales - Charity number 1109165

Accounts

Charity no 1109165

**Survivors of
Depression in
Transition**

**ANNUAL REPORT
AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31st December 2022**

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Chairs Report

The year that was post lockdown!

First and foremost, we have noticed the huge increase in demand for our services, and the 1-1 counselling need has risen by at least 200%. Thankfully we also are a part of an NHS/VCS partnership with 9 other local organisation that are supporting the very long waiting lists at the local mental health NHS trust in which we secured monies from the NHS winter pressure fund.

It has been a great success if a very slow start due to the red tape, but we hope it's something that will continue and more of the NHS/VCS partnership working locally can make such a huge difference to people in Sheffield.

2022 was also the year we started our garden /therapeutic space at the SYAC CENTRE, which continues to bloom and develop. The need for additional therapy rooms was facilitated though the NHS monies and so we could deliver more trauma-informed counselling with qualified student therapists.

The peer support sessions and groups have grown and much more in person after the online groups we had to change to over the pandemic, but we still have a blended approach as we see more people needing online or telephone support.

We have grown as a user led organisation considerably, but also very aware that we still are very flexible and genuine in our approach at the grass roots level, but we also recognise the rising demand for support, creating a balance between capacity and genuine, holistic support continues to be our main focus.

We were also thrilled to receive a Marsh Award though National mind for our peer support work.

Steph de la Haye

Chair

About Survivors

Survivors has been running for over 25 years in the form of a peer support groups, initially based at Sheffield Mind, but then expanded to get its own office and then registered as a charity and now has 4 rooms at the SYAC CENTRE in Sheffield. As an organisation it's always been a woman only organisation due to the nature of the struggles many of those original women had. This has continued to provide safe spaces and services dedicated to women and those who identify as women in Sheffield, who experience mental health distress of any kind, but as depression is a major issue worldwide this is a common thread that runs throughout.

As set out in our charitable papers our main aims are

1. The relief of sickness and preservation of health among women residing permanently or temporarily in Sheffield.
2. To assist in the treatment and care of women suffering from mental illness of any description or in need of rehabilitation as a result of such illness by the provision of facilities for work and recreation.
3. To protect the mental health of women sufferers of depression and related illness in Sheffield through support, education and practical advice.
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We have seen many women now who have managed to move on from the group and one to one support towards a happy and fulfilling life, although we still keep a safety net if needed.

Filling the gaps in statutory services is where Survivors comes into play, such as when people are left after therapy finishes or when they are discharged from hospital.

Analysis of need

Depression and other related mental health distress are on the rise and the WHO states that depression is the no 1 on the health inequalities list above all others. More and more women are needing support from general peer support and connection to longer term therapy. While men's mental health has rightly come in to focus due the high level of completed suicide, women are in fact 25 times more likely to attempt suicide.

Also, though our own research and feedback, locally the rate of need for ours type of service has increased by around 200% and more women are coming with additional needs right across the spectrum.

What has Survivors done this year?

The trustees have considered the Charity Commissions guidance on public benefit, including the 'public benefit: running a Charity (PB2)'.and applied this to local women's needs and what they have been saying they need. We are always driven by the people we support and continue to be led by those needs and as most of the volunteers have their own experience of mental health distress, they also can input this understanding in a more relevant way.

Staffing

We are run entirely by volunteers but with more paid freelance counselors due to the demand for therapy and support, fundamentally the ethos and vision are that of a volunteer and user led organization at its core. This while can be more of a challenge, we do not have to find salaries and can just get on with supporting women in the community, and we are so grateful for all the students and volunteers who have worked with us over the year.

Support for the women of Sheffield.

We have supported, in a number of ways over 340 women this year with another 80 indirectly. Around have been to virtual groups and face to face or had some 1-1 but have moved on due to finding somewhere more suitable for them or just had too high a need than we could manage. Many of these we were able to signpost for specialist support, such as housing, NHS care or other women's groups.

A number of university and college students have completed over 580 hours of counselling, and we continue to support them in their placements.

Volunteers have given over 2300 hours of their time over the year!

The peer groups are now face to face. As we are led by the women if we can support their ideas of support needs then we will always try to accommodate. We have increased the 1-1 therapy and holding services and started or planned a number of sessions including, Nature Connections, Drama and creative play, Storying, wellbeing and beyond, SWAG arts group.

We have still supported women with welfare benefit needs including appeals, housing and as well as the peer support services.



Volunteers

We have had over 28 volunteers though the year, including students from Sheffield Hallam University, the SPACE Academy, Sheffield Medical School, Leeds Beckett University, and those who have come through the volunteer Centre.

All of which have a DBS and training, and we are very thankful to those who stay with us for many years. Without whom we could not operate



The natural Connections space.



Fundraising

We have been supported again by delivering some training and university work and of course our core funds which has been amazing.

A small amount has come through Local giving and give as you live and Amazon Smile which has now ended and other fundraising events.

Networking

We have been trying to create more networks and collaborative working and some of the organizations we have connected with are, and mostly online

- Voluntary Action Sheffield
- Women's aid
- NHS England
- Sheffield Mental Health Partnership
- Sheffield NHS foundation Trust
- IAPT Sheffield
- Volunteer Centre
- Sheffield Light
- National MIND
- Sheffield Hallam University
- Sheffield University
- SPACE Academy
- Sheffield Flourish
- Sheffield Mental health Guide
- Business Boosters Network
- South Yorkshire Housing
- SCIE
- MHFA England
- Sheffield Healthwatch
- Leeds University

Awareness Raising

We continue to use our website to be able to use the virtual world and social media more, including twitter and Facebook and through the local Mental Health Partnership and new Synergy Alliance.

Feedback from some of the women we support

“Since coming to the group it has enabled me to meet with likeminded people in a safe, regular environment”

“The group is a lifeline to me, and I know that it’s always there and does not just end after so many weeks”

“A sanctuary for me and I can get away from the other pressures of life for at least a couple of hours”

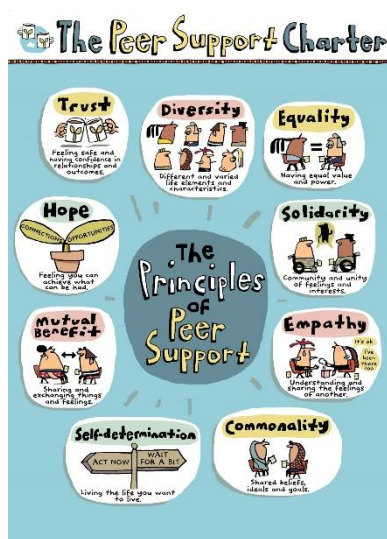
“Having contact with women who understand, and I can be myself and don’t have to put a front on the world, wonderful!”

“A place to have a cry and a laugh”

“After the NHS had no more time for me, the group is a place I can continue to get support and empathy”

“Having a woman only space is essential to me as I can relax and feel comfortable and able to talk about issues I wouldn’t say in front of mixed group”

“Just too able to talk without time limits and have that empathy from someone who has been through similar?”



Reference and Administrative details

Charity No 1109165

Trustees

Stephanie de la Haye appointed 12/3/11

Jill wood Appointed July 21

Bernadette Hannon appointed 12/3/11

Advisors

Voluntary action Sheffield

NCVO

Volunteer Office manager

Jill wood from 23/04/18

Admin

Kim Greetham

Registered Office

Office 8
SYAC Centre
110-120 Wicker
Sheffield
S3 8JD
(As of July 2021)

Bank
Lloyds
High St Branch
Sheffield

S1 2GA

Independent examiner

Sarah Lightfoot FCA DChA
On behalf of
VAS Community Accountancy
the Circle
33 Rockingham Lane
Sheffield
S1 4FW

Funding

We are again thrilled to have the Tudor Trust as our core funder, which is meant our secure footing for the next 3 years

- Tudor Trust
- The Yapp Trust
- National Lottery community fund
- South Yorkshire Community Fund
- NSUN
- Sheffield NHS Foundation Trust

While we are not complacent and continue to seek other areas of funding, we do want to deliver more mental health training and fundraising activities.

Future

Development of more peer support groups and extending the 1-1 offer is vital as this is our core support. The increase in 1-1 means we are again taking on more placement students, Qualified counsellors and more people for the therapeutic holding service. To add to these other sessions are being developed with paid peer practitioners to give people more choice.

We still believe more genuine co production has the potential to be transformational in health and social care and equalizes the power within the system and will continue to explore how we can influence this more locally.

We are also part of a number of research projects in Leeds and Sheffield, and the new Sheffield Alliance currently run by Rethink for Mental Illness.

We also want to build on generating more of a cash reserve as this is something we have now been able to start and would like to increase for the buffer it gives.

Reserves Policy

Survivors is dependent on varied forms of fundraising and also small non statutory grants and is currently does not have any contracts for service provision. This has never been an aim of the organisation and while causes some challenges it also means we are more flexible to needs.

As most grants are restricted and must be spent within the year our reserves have been generally very small and we realize this is a risk for the organization. We have a 5k reserve policy which we have been able to do due to one of our funders, the Tudor Trust allowing us to use underspend.



Our Garden

survivors of depression
sodit
in transition **DOES**

PEER SUPPORT

A survivor led peer support group for all women who are struggling with their mental health.

Now meeting on a Thursday

Sodit are a small non-profit charitable organisation who provide mental health support and counselling to the women of Sheffield.

We offer services, granting people a holistic perspective into dealing with depression & any other mental health related distress.

We are thrilled to announce the launch of our Thursday evening Peer Support sessions! We invite you to come and join our safe and supportive environment, have a cup of tea (Yorkshire of course!) and meet other women experiencing similar struggles.

Group leads are on hand to facilitate the sessions and provide information about any of our services you may benefit from. This is a wonderfully calming space and there is no pressure to talk if you don't wish to. You can just come along and feel supported in the company of others who are facing all the difficulties our mental health throws at us! You are not alone.

When: Every Thursday 5:15 - 6:30
Where: S.O.D.I.T. - SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - info@sodit.org or call 0114 279 5970
Please do drop us a line if you have any questions at all!

www.sodit.org 0114 279 5970



survivors of depression
sodit
in transition **DOES**

STORYING

A free 8 week creative course open to all women who are struggling with their mental health.

Stories matter. Often, when we are living with mental health difficulties our story changes. Mental illness/distress can fracture our sense of self and cause us to disconnect from our identities. Sometimes, we can get caught in the story of a diagnosis, losing sight of who we are beyond a set of symptoms, illness and life limitations.

Over 8 weeks creative practitioner, Chrissy Bonham, will guide us through a range of exercises designed to help us reconnect with the story of who we are beyond our mental health. Using methods such as creative writing, poetry, painting, photography & filmmaking we will find ways to tell stories about who we are and celebrate all that makes us human.

You do not need to have any interest in art or creativity to take part. This is a relaxed, informal & supportive environment in which we'll simply have fun and allow the healing power of narrative to help us connect with ourselves, others in the group and the world around us.

For more info on Storying please visit www.storyingsheffield.com

When: Thursday 24th March, 10:30 - 12:30, for 8 weeks
Where: S.O.D.I.T. HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Chrissy@sodit.org
Please do drop Chrissy a line if you have any questions.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

Body and Voice for Health and Wellbeing

Free sessions open to all women who are struggling with their mental health.

Learn how to calm and centre yourself using gentle movement and voice techniques and opportunities for self-expression and creative play.

All abilities welcome. We work within your own comfort zone. No previous experience necessary.

We live in challenging times when it is easy to feel isolated and despairing. Many women find movement and voice work helpful to revive our strengths and pleasures and turn the volume down on unwanted anxieties, loneliness and despair.

Sessions are facilitated by Chrystine Moon who has many years experience working as a musician, performer and creative facilitator.

Feel free to try out a session or two with no obligation to return unless you want to...

When: Friday mornings 10:30 - 12:30
Where: S.O.D.I.T. HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - chrysi@sodit.org
Please do drop Chrysi a line if you have any questions.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

Deep Relaxation

Relax your body, Calm your mind, Nourish your spirit.

These facilitated sessions will introduce you to techniques for Deep relaxation, breath work and creative visualization. There will also be opportunities for writing, drawing and sharing in a circle of support.

Sessions are facilitated by Creative Practitioner and experienced facilitator Chrystine Moon who says:

"Despite what the world may throw at us, we all have deep inner resources for self-healing, self-nurture, creative vision and radical self-love. I find these activities can help to stay grounded in our physical bodies and connected to strength, pleasure and real self-care even amidst difficult times."

Feel free to try out a session or two with no obligation to return unless you want to...

When: Fridays: 2 - 3:30pm
Where: S.O.D.I.T. HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - chrysi@sodit.org
Please do drop Chrysi a line if you have any questions.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

Wellness Planning and Beyond...

A free 8 week course open to all women who are struggling with their mental health.

In a safe & supportive environment we will learn techniques to better manage our mental health. You will create your own Wellness Plan which will act as a complete guide to you and the things you need to do to stay as well as possible. We will identify the things that work, think about how we can create wellbeing routines and figure out the things we can do to make bad days more bearable.

Together we will learn and practise skills such as breathing techniques, mindful observation, sensory grounding and much, much more! You will leave the course with a wonderful set of lifelong tools to help deal with anything your mental health decides to throw at you!

The course is facilitated by Chrissy Bonham who has worked extensively in mental health education. She lives with long term mental illness herself, so everything she teaches is tried & tested! Real life stuff that actually does help!

When: Wednesday 16th March, 10:30 - 12:30, for 8 weeks.
Where: S.O.D.I.T HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Chrissy@sodit.org
Please do drop Chrissy a line if you have any questions.

www.sodit.org 0114 279 5970

survivors of depression
sodit
in transition **DOES**

Nature Connections

A gentle way to grow more connections with the natural world and each other.

We would like to invite all women struggling with their mental health to take part in a rolling programme of seasonal nature based activities. In a safe and supportive environment we will be gently exploring different ways to connect with the natural world around us.

Together we will get outside for walks in Sheffield's green spaces to discover the beauty and wildlife that is all around us. We will practise small scale 'pocket' gardening in the SODIT garden and learn green skills that are easily transferable to home or community gardens.

We be playing with simple activities such as foraging, wild cooking, nature arts and crafts and much more to discover the good things that can be found all around us when we stop and take the time to look.

Using the Five Ways to Wild Wellbeing & Nature Connection we will learn how to tune into our senses, be curious about our world, connect with others and discover meaning whilst cultivating a compassionate and natural approach towards taking care of ourselves.

When: Tuesday's, 10:30 - 12:30, weekly
Where: S.O.D.I.T HQ, Unit 4 SVAC Business Centre, 120 Wicker, Sheffield S3 8JD
How to Book: E-mail - Chrissy@sodit.org
Please do drop Chrissy a line if you have any questions.

www.sodit.org 0114 279 5970

Structure & Governance

Survivors of Depression in Transition is a registered Charity 1109165 and was incorporated on 8th March 2005 and has a charity governing document that it follows for its charitable purpose.

The overall responsibility for the charity is managed by the trustees and as everyone is a volunteer the chair also manages operational issues alongside the volunteer manager.

We are looking at expanding our trustees with additional people who can contribute to our work. All trustees have training and a DBS as standard volunteers. Anyone can see our website for details on www.sodit.org when we are recruiting.

The charity has an income of less than 250,000 and so makes advantage of the small charity preparation the above report.

The trustees declare that they have approved the trustees report on the 20th June 2023

Signed on behalf of the charity 's trustees.



Print Name stephanie de la Haye

Position Chair of Trustees

We would like to thank all of our funders & supporters.

the Tudortrust



Survivors of Depression In Transition

Total Receipts & payments accounts for the year ending 31st Dec 2022

	Unrestricted	Restricted	Total	Previous year
Receipts				
SCIE	-	-	-	
University work	-	-	-	
Grants (Unrestricted)	-	34,644.00	34,644.00	21,218.00
unrestricted Donations	2,169.00	-	2,169.00	727.00
Refunds in	72.00	708.00	780.00	
Cert team SHSCT	-	-	-	
Training	2,700.00	-	2,700.00	
Grants (Restricted)	-	26,500.00	26,500.00	30,576.00
Total receipts	4,941.00	61,852.00	66,793.00	52,521.00
Payments				
Rent to SYAC	-	21,070.00	21,070.00	9,627.00
room set up costs	165.00	1,752.00	1,917.00	
Business Rates inc	-	-	-	
Pat Testing	-	108.00	108.00	108.00
Gas Charge	-	-	-	
Namesco (web)	369.00	253.00	622.00	
Phone coop (plus internet) mobile	438.00	349.00	787.00	679.00
Insurance	-	1,094.00	1,094.00	564.00
Volunteer costs	241.00	302.00	543.00	59.00
Events	-	1,436.00	1,436.00	75.00
Office supplies	727.00	1,605.00	2,332.00	827.00
Postage	131.00	178.00	309.00	177.00
Advertising	503.00	-	503.00	
Publications	360.00	304.00	664.00	515.00
Refunds (out)	-	300.00	300.00	
Activities (groups)	636.00	3,495.00	4,131.00	639.00
Counselling costs	-	639.00	639.00	478.00
IT costs	1,223.00	4,302.00	5,525.00	3,562.00
DBS checks	15.00	162.00	177.00	14.00
Accountancy	-	-	-	270.00
covid 19 costs	-	-	-	4,317.00
Therapist costs (freelance)	1,740.00	18,794.00	20,534.00	5,121.00
connecting communities proj	-	-	-	15,123.00
charges out	2,000.00	-	2,000.00	85.00
miscellaneous	385.00	1,424.00	1,809.00	6,187.00
Total payments	8,933.00	57,567.00	66,500.00	48,669.00
Net receipts / (payments)	(3,992.00)	4,285.00	293.00	3,852.00
Transfer	-	16.00	16.00	
Balance brought forward	12,440.00	29,839.00	42,279.00	38,427.00
Balance carried forward	8,448.00	34,140.00	42,588.00	42,279.00
Made up of:				
Current account	42,588.00			
	42,588.00			

Approval of the accounts

The financial statements were approved at a meeting of the management committee and signed on its behalf by:

Signed:

Name: S De-La-Haye

(Management Committee member)

Date: 20-6-23

Survivors of Depression in Transition

Notes to financial statements

Year ending 31st December 2022

Survivors follows the smaller accounts regime for charities registered in England and Wales that are not companies under section 113 of the Charities Act 2011 (and to prepare a receipts and payments due to a total gross income of under 250,000.

The annual report follows charities SORP (FRS102) and guidance from the Charity Commission (CC16a)

The restricted and unrestricted payments and receipts are shown in the Analysis (1) breakdown for the year ending December 2022

Statement of Assets & liabilities
Year ending 31st December 2022
Survivors of Depression in Transition

	2022		2021	
	£		£	
Cash Funds	restricted	unrestricted	restricted	unrestricted
Bank Current account	34,140.00	8,448.00	29,839.00	12,440.00
total cash funds	34,140.00	8,448.00	29,839.00	12,440.00
Total Bank balance 2022 (Res + Unres)	<u>42,588.00</u>			

NOTE total includes cash reserves of £5000 under the Tudor Trust funding

Assets retained for charity's own use

Office equipment	7500 .00	7500.00
Drop-in & Counselling rooms equipment	2300.00	2300.00
	<u>9800.00</u>	9800.00
Liabilities	0.00	0.00

approved by the trustees on
07June2023



Position :stephanie de la Haye Chair

Independent examiner's report to the trustees of Survivors of Depression In Transition ('the Charity') 1109165

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 / 12 / 2022

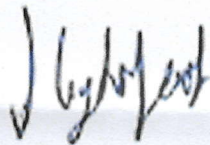
As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities Regulations 2008 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.

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.



Signed: _____
Sarah Lightfoot, FCA DChA
On behalf of:
VAS Community Accountancy
The Circle
33, Rockingham Lane
Sheffield
S1 4FW

Date: 10 June 2023

SURVIVORS OF DEPRESSION IN TRANSITION

England & Wales - Charity number 1109165

Accounts

Charity no 1109165

**Survivors of
Depression in
Transition**

**ANNUAL REPORT
AND UNAUDITED FINANCIAL
STATEMENTS FOR THE YEAR ENDED
31st December 2021**

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Page 12 Structure & Governance

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Chairs Report

2021 has been the year of continued covid pandemic but with restrictions being eased and within the UK and finally we were able to deliver our connecting communities festival in Norfolk Heritage Park. The referral rate has increased by 200% and we have been inundated with people needing support. Having gone through such an all-consuming pandemic and the isolation that has brought to people's lives, its predictable that the rate of mental health distress has increased across the board.

For us this year has seen Survivors move premises which while a challenge and additional cost, our new spaces at the South Yorkshire Afro Caribbean CENTRE has been something we need to do so we could increase our capacity for 1-1 therapy and also, we have a garden space for sessions with Nature Connections. We are also close to other Mental Health organisations like Sheffield Flourish and Adira which is fantastic, and we can all support each other more as the need for support continues and I'm sure will only increase going forward.

Accessibility has improved as we are now based on the main bus route and near the city CENTRE and good parking and we also have a reception here too, which helps when new people are coming to see us. Our medical students did a small video on how to get to us which is on our website and people have commented that it really helps to get here when they are experiencing anxiety.

We also have another local Mental Health group, no panic Sheffield using our drop in space as they had to move from their previous location and so now have one of their peer sessions on a Thursday. Its great to be able to share resources with other smaller mental health groups.

On reflection 2021 has been again a challenging one with Covid, the move and general increase in demand but we have been very happy to be able to continue and increase our capacity to support more women and families in Sheffield.

Steph de la Haye

Chair

About Survivors

Survivors has been running for over 25 years in the form of a peer support groups, initially based at Sheffield Mind, but then expanded to get its own office and then registered as a charity and now has 4 rooms at the SYAC CENTRE in Sheffield. As an organization it's always been a woman only organization due to the nature of the struggles many of those original women had. This has continued to provide safe spaces and services dedicated to women and those who identify as women in Sheffield, who experience mental health distress of any kind, but as depression is a major issue worldwide this is a common thread that runs throughout.

As set out in our charitable papers our main aims are

1. The relief of sickness and preservation of health among women residing permanently or temporarily in Sheffield.
2. To assist in the treatment and care of women suffering from mental illness of any description or in need of rehabilitation as a result of such illness by the provision of facilities for work and recreation.
3. To protect the mental health of women sufferers of depression and related illness in Sheffield through support, education and practical advice.
4. To advance the education of the general public in all areas relating to depression and related illness.

Fundamentally we are a peer support organization and do this by developing groups, 1-1 support, counselling and therapy, education, social activities, research, advice & guidance and other creative ways.

Survivors of Depression is all about giving women a chance to move on from there illness or period in life which has been very straining on family life and personal life.

We have seen many women now who have managed to move on from the group and one to one support towards a happy and fulfilling life, although we still keep a safety net if needed.

Filling the gaps in statutory services is where Survivors comes into play, such as when people are left after therapy finishes or when they are discharged from hospital.

Analysis of need

Depression and other related mental health distress are on the rise and the WHO states that depression is the no 1 on the health inequalities list above all others. More and more women are needing support from general peer support and connection to longer term therapy. While men's mental health has rightly come in to focus due the high level of completed suicide, women are in fact 25 times more likely to attempt suicide.

Along with Sheffield Hallam Students we conducted some research over covid .

The objectives of this study were to identify the current mental health challenges and needs of women in Sheffield, by using local health data and short semi structured interviews, with a focus on inequalities, intersectionality and the impact of the Covid 19 pandemic

An aim of the research was to gain insight into current mental health challenges and needs of women to develop more tailored services to address these problems This research will hopefully help services in Sheffield adapt to the pressing needs of women caused by the current mental health crisis



Mental health was presented to not be taken as seriously as physical health problems, meaning individuals felt they did not receive the same quality of care



This is an issue within society, as well as services, therefore it is necessary for mental health services to initiate change in order to break the stigma surrounding it



Services need to keep patients on their books, in order to allow both continued access over a long period of time and easier access for re referrals

Many participants expressed a want for greater opportunities to have talking therapies



The majority of individuals felt there was a lack of direction and awareness of what types of support and what services were available



Therefore, it is suggested that services could try and provide materials such as an information sheet, with a list of types of support and which services to go to for certain mental health conditions



Service users communicated a lack of opportunity for feedback and little chance for them to make choices regarding their own support, services need to consider a more service user centred approach



The use of volunteers had potential to be a huge asset to services, however they were not utilised enough, volunteers could benefit the service staff members by sharing the workload which could help reduce waiting times and help the users too, by providing additional support

What has Survivors done this year?

The trustees have considered the Charity Commissions guidance on public benefit, including the 'public benefit: running a Charity (PB2)' and applied this to local women's needs and what they have been saying they need. We are always driven by the people we support and continue to be led by those needs and as most of the volunteers have their own experience of mental health distress, they also can input this understanding in a more relevant way.

Staffing

We are run entirely by volunteers but with more paid freelance counselors due to the demand for therapy and support, fundamentally the ethos and vision are that of a volunteer and user led organization at its core. This while can be more of a challenge, we do not have to find salaries and can just get on with supporting women in the community, and we are so grateful for all the students and volunteers who have worked with us over the year.

Support for the women of Sheffield.

We have supported, in a number of ways over 255 women this year with another 61 indirectly. Around 56 have been to virtual groups and face to face or had some 1-1 but have moved on due to finding somewhere more suitable for them or just had too high a need than we could manage. Many of these we were able to signpost for specialist support, such as housing, NHS care or other women's groups.

The number of university and college students have completed over 460 hours of counselling, and we continue to support them in their placements.

Volunteers have given over 1900 hours of their time over the year!

The peer groups have gone back to face to face. As we are led by the women if we can support their ideas of support needs then we will always try to accommodate. We have increased the 1-1 therapy and holding services and started or planned a number of sessions including, Nature Connections, Drama and creative play, Storying, wellbeing and beyond, creative crafts.

We have still supported women with welfare benefit needs including appeals, housing and as well as the peer support services.

Placement students

We have continued to work a number of counselling organisations such as SPACE Academy , Leeds Beckett University , North Notts College and also the Medical School at Sheffield University , We had 14 placement students over the year , and while most delivered 1-1 counselling , the medical students helped us with small projects and the fab video on our home page of how to get to us.

Volunteers

We have had over 25 volunteers though the year, including students from Sheffield Hallam University, the SPACE Academy, Sheffield Medical School, Leeds Beckett University, and those who have come through the volunteer Centre.

All of which have a DBS and training, and we are very thankful to those who stay with us for many years. Without whom we could not operate. And as we gradually phase into the blended working and face to face more people are having improved contact time.



Our new Therapy rooms



Fundraising

We have been supported again by delivering some MHFA and Co production training and university work and of course our core funds which has been amazing.

A small amount has come through Local giving and give as you live and Amazon Smile and other fundraising events.

Networking

We have been trying to create more networks and collaborative working and some of the organizations we have connected with are, and mostly online

- Voluntary Action Sheffield
- Women's aid
- SUST
- SWOOP
- National Collaborating Centre for Mental Health
- Royal College of Psychiatrists
- NHS England
- Sheffield Mental Health Partnership
- Sheffield NHS foundation Trust
- IAPT Sheffield
- Volunteer Centre
- Sheffield Light
- National MIND
- Sheffield Hallam University
- Sheffield University
- SPACE Academy
- Sheffield Flourish
- Sheffield Mental health Guide
- Business Boosters Network
- South Yorkshire Housing
- SCIE
- MHFA England
- Sheffield Healthwatch

Awareness Raising

We have created another new look website to be able to use the virtual world and social media more, including twitter and Facebook. And while we were in lockdown created a full list of the online and virtual support we offer and used the local partnership networks and the covid support networks to get the information out.

Feedback from some of the women we support

“Since coming to the group it has enabled me to meet with like minded people in a safe, regular environment”

“The group is a lifeline to me, and I know that it’s always there and does not just end after so many weeks”

“A sanctuary for me and I can get away from the other pressures of life for at least a couple of hours”

“Having contact with women who understand, and I can be myself and don’t have to put a front on the world, wonderful!”

“A place to have a cry and a laugh”

“After the NHS had no more time for me, the group is a place I can continue to get support and empathy”

“Having a woman only space is essential to me as I can relax and feel comfortable and able to talk about issues I wouldn’t say in front of mixed group”

“Just too able to talk without time limits and have that empathy from someone who has been through similar?”



Funding

We are in to the third year of our core funding, which is meant our secure footing,

- Tudor Trust
- Sheffield Town Trust
- The Yapp Trust
- National Lottery community fund
- South Yorkshire Community Fund
- NSUN

While we are not complacent and continue to seek other areas of funding, although we do want to deliver more training including MHFA to gain additional unrestricted funds.

Future

While the complete focus was on surviving the pandemic, we still are looking at more development as of 2021, but aware that this may take longer to achieve.

Development of more peer support groups and extending the 1-1 offer is vital as this is our main business. The increase in 1-1 means we are taking on more placement students, Qualified counsellors and more people for the therapeutic holding service. To add to these other sessions are being developed with paid peer practitioners to give people more choice.

We still believe more genuine co production has the potential to be transformational in health and social care and equalizes the power within the system and will continue to explore how we can influence this more locally.

We also want to build on generating more of a cash reserve as this is something we have now been able to start and would like to increase for the buffer it gives.

Reserves Policy

Survivors is dependent on varied forms of fundraising and also small non statutory grants and is currently does not have any contracts for service provision. This has never been an aim of the organization and while causes some challenges it also means we are more flexible to needs.

As most grants are restricted and must be spent within the year our reserves have been generally very small and we realize this is a risk for the organization. We have now a 5k reserve policy which we have been able to do due to one of our funders the Tudor Trust allowing us to use underspend.



Our new drop in and more therapy spaces

Some Pictures from our festival – the full video is on our website
[Coproduction – Survivors of Depression in Transition \(sodit.org\)](http://Coproduction – Survivors of Depression in Transition (sodit.org))



Reference and Administrative details

Charity No 1109165

Trustees

Stephanie de la Haye appointed 12/3/11

Jill wood Appointed July 21

Bernadette Hannon appointed 12/3/11

Rebecca Stephenson Resigned July 21

Advisors

Voluntary action Sheffield
NCVO

Volunteer Office manager

Jill wood from 23/04/18

Registered Office

Office 8
SYAC Centre
110-120 Wicker
Sheffield
S3 8JD
(As of July 2021)

Bank
Lloyds
High St Branch
Sheffield

S1 2GA

Independent examiner

Sarah Lightfoot FCA DChA
On behalf of
VAS Community Accountancy
the Circle
33 Rockingham Lane
Sheffield
S1 4FW

Structure & Governance

Survivors of Depression in Transition is a registered Charity 1109165 and was incorporated on 8th March 2005 and has a charity governing document that it follows for its charitable purpose.

The overall responsibility for the charity is managed by the trustees and as everyone is a volunteer the chair also manages operational issues alongside the volunteer manager.

We are looking at expanding our trustees with additional people who can contribute to our work. All trustees have training and a DBS as standard volunteers. Anyone can see our website for details on www.sodit.org when we are recruiting.

The charity has an income of less than 250,000 and so makes advantage of the small charity preparation the above report.

The trustees declare that they have approved the trustees report on the 24th of June 2022

Signed on behalf of the charity 's trustees

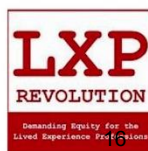
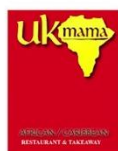


Print Name stephanie de la Haye

Position Chair of Trustees

We would like to thank all of our funders & supporters

the Tudortrust



Survivors of Depression In Transition


Total Receipts & Payments Account for the year ending 31st Dec 2021

	Unrestricted	Restricted	Total	Previous year
Receipts				
SCIE	-	-	-	
University work	-	-	-	
Grants (Unrestricted)	-	-	-	3,352.00
unrestricted Donations	11,026.00	10,192.00	21,218.00	785.00
Refunds in	452.00	275.00	727.00	160.00
Cert team SHSCT	-	-	-	
DGP work	-	-	-	
Grants (Restricted)	-	30,576.00	30,576.00	29,311.00
Total receipts	11,478.00	41,043.00	52,521.00	33,608.00
Payments				
Rent to PMC /SYAC	-	9,627.00	9,627.00	5,840.00
Power for unit 27,7 , 15	-	242.00	242.00	1,036.00
Business Rates	-	-	-	
Pat Testing	-	108.00	108.00	
Gas Charge	-	-	-	34.00
Namesco (web)	-	-	-	335.00
Phone coop (plus internet)/mobiles	-	679.00	679.00	572.00
Insurance	-	564.00	564.00	591.00
Volunteer costs	-	59.00	59.00	574.00
Events	-	75.00	75.00	35.00
Office supplies	-	827.00	827.00	1,451.00
Postage	-	177.00	177.00	561.00
Advertising	-	-	-	
Publications	-	515.00	515.00	506.00
Refunds (out)	-	-	-	1,307.00
Activities (groups)	-	639.00	639.00	651.00
Counselling costs	-	478.00	478.00	617.00
IT costs	-	3,562.00	3,562.00	7,144.00
DBS checks	-	14.00	14.00	277.00
Accountancy	-	270.00	270.00	144.00
covid 19 costs	2,974.00	1,343.00	4,317.00	6,393.00
Therapist costs (freelance)	-	5,121.00	5,121.00	3,269.00
connecting communities proj	-	15,123.00	15,123.00	1,112.00
charges out	-	85.00	85.00	1.00
miscellaneous & new offices	-	6,187.00	6,187.00	1,058.00
Total payments	2,974.00	45,695.00	48,669.00	33,391.00
Net receipts / (payments)	8,504.00	(4,652.00)	3,852.00	217.00
Transfer	-	-	-	41.00
Balance brought forward	3,936.00	34,491.00	38,427.00	38,169.00
Balance carried forward	12,440.00	29,839.00	42,279.00	38,427.00
Made up of:				
Current account			42,279.00	
			42,279.00	

0.00

Approval of the accounts

The financial statements were approved at a meeting of the management committee and signed on its behalf by:

Signed: 
 Name: Stephanie de-la-Haye (Management Committee member)
 Date: 27/06/22

Survivors of depression In transition

Receipts & Payments Account
Year ending Dec 2021

Current account

	Total	Unrestricted	Tudor Trust	SYCF	Lottery Com fund	Sheffield Church Trust	Yapp Trust	NSUN	Health Education
Receipts									
SCIE	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
University work	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grants (Unrestricted)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
unrestricted Donations	21,218.00	11,026.00	0.00	0.00	0.00	0.00	0.00	0.00	10,192.00
Refunds in	727.00	452.00	0.00	0.00	275.00	0.00	0.00	0.00	0.00
Cert team SHSCT	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DCP work	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grants (Restricted)	30,576.00	0.00	28,576.00	0.00	0.00	0.00	2,000.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
0	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	52,521.00	11,478.00	28,576.00	0.00	275.00	0.00	2,000.00	0.00	10,192.00
Payments									
Rent to PMC /SYAC	9,627.00	0.00	9,600.00	0.00	0.00	0.00	27.00	0.00	0.00
Power for unit 27,7 , 15	242.00	0.00	223.00	0.00	0.00	0.00	0.00	0.00	19.00
Business Rates	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pat Testing	108.00	0.00	108.00	0.00	0.00	0.00	0.00	0.00	0.00
Gas Charge	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Namesco (web)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Phone coop (plus internet)/mobiles	679.00	0.00	598.00	0.00	0.00	0.00	81.00	0.00	0.00
Insurance	564.00	0.00	564.00	0.00	0.00	0.00	0.00	0.00	0.00
Volunteer costs	59.00	0.00	49.00	0.00	0.00	0.00	10.00	0.00	0.00
Events	75.00	0.00	75.00	0.00	0.00	0.00	0.00	0.00	0.00
Office supplies	827.00	0.00	292.00	0.00	0.00	0.00	289.00	0.00	246.00
Postage	177.00	0.00	138.00	0.00	0.00	0.00	39.00	0.00	0.00
Advertising	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Publications	515.00	0.00	225.00	0.00	0.00	0.00	72.00	0.00	218.00
Refunds (out)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Activities (groups)	639.00	0.00	639.00	0.00	0.00	0.00	0.00	0.00	0.00
Counselling costs	478.00	0.00	478.00	0.00	0.00	0.00	0.00	0.00	0.00
IT costs	3,562.00	0.00	1,639.00	0.00	0.00	0.00	289.00	0.00	1,634.00
DBS checks	14.00	0.00	0.00	0.00	0.00	0.00	14.00	0.00	0.00
Accountancy	270.00	0.00	270.00	0.00	0.00	0.00	0.00	0.00	0.00
covid 19 costs	4,317.00	2,974.00	23.00	0.00	0.00	0.00	0.00	0.00	1,320.00
Therapist costs (freelance)	5,121.00	0.00	4,661.00	0.00	0.00	0.00	0.00	0.00	460.00
connecting communities proj	15,123.00	0.00	3,915.00	175.00	9,662.00	0.00	0.00	0.00	1,371.00
charges out	85.00	0.00	85.00	0.00	0.00	0.00	0.00	0.00	0.00
miscellaneous & new offices	6,187.00	0.00	4,514.00	0.00	0.00	0.00	1,468.00	0.00	205.00
	48,669.00	2,974.00	28,096.00	175.00	9,662.00	0.00	2,289.00	0.00	5,473.00
Net receipts / (payments)	3,852.00	8,504.00	480.00	(175.00)	(9,387.00)	0.00	(289.00)	0.00	4,719.00
Transfer	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Balance brought forward	38,427.00	3,936.00	24,448.00	173.00	9,400.00	0.00	470.00	0.00	0.00
Balance carried forward	42,279.00	12,440.00	24,928.00	(2.00)	13.00	0.00	181.00	0.00	4,719.00

Survivors of Depression in Transition

Notes to financial statements

Year ending 31st December 2021

Survivors follows the smaller accounts regime for charities registered in England and Wales that are not companies under section 113 of the Charities Act 2011 (and to prepare a receipts and payments due to a total gross income of under 250,000.

The annual report follows charities SORP (FRS102) and guidance from the Charity Commission (CC16a)

The restricted and unrestricted payments and receipts are shown in the Analysis (1) breakdown for the year ending December 2021.

Statement of Assets & liabilities
Year ending 31st December 2021
Survivors of Depression in Transition

	2021		2020	
	£		£	
Cash Funds	restricted	unrestricted	restricted	unrestricted
Bank Current account	29,839.00	12,440.00	34,491.00	3,936.00
total cash funds	29,839.00	12,440.00	34,491.00	3,936.00
Total Bank balance 2021 (Res + Unres)	<u>42,279.00</u>			

NOTE total includes cash reserves of £5000 under the Tudor Trust funding

Assets retained for charity's own use

Office equipment	7500 .00	6500.00
Drop-in & Counselling rooms equipment	2300.00	2300.00
	<u>9800.00</u>	<u>8800.00</u>

Liabilities	0.00	0.00
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approved by the trustees on 14th June
2022



Position :stephanie de la Haye Chair

Independent examiner's report to the trustees of Survivors of Depression In Transition ('the Charity') 1109165

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 / 12 / 2021

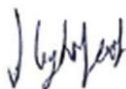
As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities Regulations 2008 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.

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.



Signed: _____

Sarah Lightfoot, FCA DChA
On behalf of:
VAS Community Accountancy
The Circle
33, Rockingham Lane
Sheffield
S1 4FW

Date: 7th June 2022