

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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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

THE
Yapp CHARITABLE
TRUST

 South Yorkshire's
**Community
Foundation**

 **COMMUNITY
FUND**

 **nsun** National Survivor
User Network
Covid-19 Fund

 **COMMUNITY
FUND**

survivors of depression
sodit
in transition

the
Tudortrust

**GRAPHIC
CHANGE**


STORYING SHEFFIELD
TELLING UNTOLD TALES


SuNrit
CHILDREN


CHILYPEP
CHILDREN AND YOUNG PEOPLE'S EMPOWERMENT PROJECT


**SHEFFIELD
FLOURISH**


ukmama
AFRICAN & CARIBBEAN
MULTICULTURALITY & TAKEAWAYS

LXP
REVOLUTION
Demanding Equity for the
Lived Experience Professions


ADIRA
STRONG . SIGNIFIED . POWERFUL


E.D.E.N.
FILM
PRODUCTIONS

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	-	-	-	
DCP 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			
	<u>42,279.00</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: Stephanie de la Hoya (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
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	
	£		£	
	restricted	unrestricted	restricted	unrestricted
Cash Funds				
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

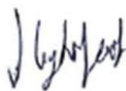
As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out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