

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.
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.

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.

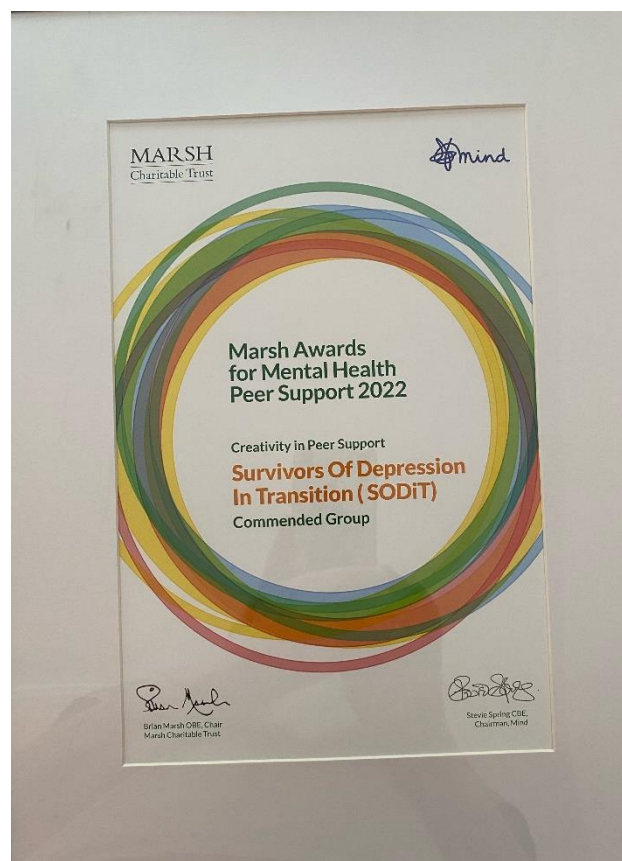
We have supported, in a number of ways over 340 women this year with another 80 indirectly. Around have been to virtual groups and face to face or had some 1-1 but have moved on due to finding somewhere more suitable for them or just had too high a need than we could manage. Many of these we were able 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 - chrys@sodit.org
Please do drop Chrys 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 - chrys@sodit.org
Please do drop Chrys 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 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.

A handwritten signature in black ink, appearing to read 'Stephanie de la Haye', with a stylized flourish at the end.

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:

Date:

S De-La-Haye
(Management Committee member)

20-6-23

Survivors of Depression In Transition
Accounts year ending 31st Dec 2022

Total Receipts & Payments Account	Total	Unrestricted	Tudor Trust	SYCF	Lottery Community	Yapp Trust	Health Education	SHSCT/SYCF	local giving
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)	34,644.00	0.00	27,000.00	0.00	0.00	0.00	7,644.00	0.00	0.00
unrestricted Donations	2,169.00	2,169.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Refunds in	780.00	72.00	708.00	0.00	0.00	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
Training	2,700.00	2,700.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grants (Restricted)	26,500.00	0.00	0.00	0.00	0.00	0.00	0.00	26,000.00	500.00
	66,793.00	4,941.00	27,708.00	0.00	0.00	0.00	7,644.00	26,000.00	500.00
Payments									
Rent to SYAC	1,917.00	165.00	1,132.00	0.00	0.00	0.00	218.00	402.00	0.00
room set up costs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Business Rates inc	108.00	0.00	108.00	0.00	0.00	0.00	0.00	0.00	0.00
Pat Testing	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Gas Charge	622.00	369.00	0.00	0.00	0.00	164.00	89.00	0.00	0.00
Namesco (web)	787.00	438.00	253.00	0.00	13.00	0.00	33.00	50.00	0.00
Phone coop (plus internet) mobile	1,094.00	0.00	1,094.00	0.00	0.00	0.00	0.00	0.00	0.00
Insurance	543.00	241.00	165.00	0.00	0.00	0.00	119.00	18.00	0.00
Volunteer costs	1,436.00	0.00	1,436.00	0.00	0.00	0.00	0.00	0.00	0.00
Events	2,332.00	727.00	1,156.00	0.00	0.00	0.00	169.00	280.00	0.00
Office supplies	309.00	131.00	178.00	0.00	0.00	0.00	0.00	0.00	0.00
Postage	503.00	503.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Advertising	664.00	360.00	304.00	0.00	0.00	0.00	0.00	0.00	0.00
Publications	300.00	0.00	300.00	0.00	0.00	0.00	0.00	0.00	0.00
Refunds (out)	4,131.00	636.00	2,717.00	0.00	0.00	0.00	118.00	660.00	0.00
Activities (groups)	639.00	0.00	525.00	0.00	0.00	0.00	0.00	114.00	0.00
Counselling costs	5,525.00	1,223.00	3,992.00	0.00	0.00	17.00	32.00	261.00	0.00
IT costs	177.00	15.00	14.00	0.00	0.00	14.00	134.00	0.00	0.00
DBS checks	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Accountancy	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
covid 19 costs	20,534.00	1,740.00	6,874.00	0.00	0.00	0.00	1,362.00	10,558.00	0.00
Therapist costs (freelance)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
connecting communities proj	2,000.00	2,000.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
charges out	1,809.00	385.00	1,121.00	0.00	0.00	0.00	303.00	0.00	0.00
miscellaneous	66,500.00	8,933.00	31,304.00	0.00	13.00	195.00	3,767.00	22,288.00	0.00
	293.00	(3,992.00)	(3,596.00)	0.00	(13.00)	(195.00)	3,877.00	3,712.00	500.00
Net receipts / (payments)									
Transfer	16.00	0.00	0.00	2.00	0.00	14.00	0.00	0.00	0.00
Balance brought forward	42,279.00	12,440.00	24,928.00	(2.00)	13.00	181.00	4,719.00	0.00	0.00
Balance carried forward	42,588.00	8,448.00	21,332.00	0.00	0.00	0.00	8,596.00	3,712.00	500.00
Made up of:	42,588.00								
Current account	0.00								
	42,588.00								

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	
	£		£	
	restricted	unrestricted	restricted	unrestricted
Cash Funds				
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
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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

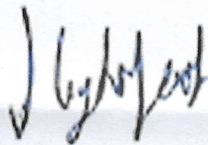
As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out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