

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.

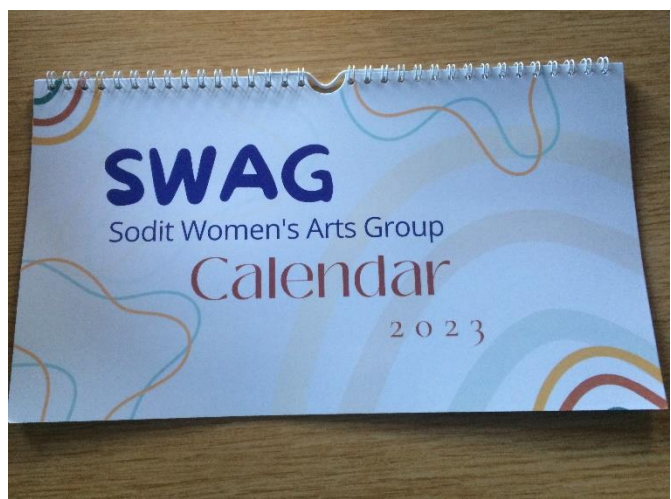
We believe strongly that while we try to support more women in Sheffield we are very keen to give the quality and time they deserve and not rely on numbers though the door!

**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 the 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



sodit DOES
survivors of depression in transition

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

© Soda SYAC 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 chrys@sodit.org for more details and /or to book a place.

www.sodit.org 0114 279 5970

sodit DOES
survivors of depression in transition

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. - SYAC 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

sodit DOES
survivors of depression in transition

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 SYAC 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

sodit DOES
survivors of depression in transition

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 SYAC 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

sodit DOES
survivors of depression in transition

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 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. - SYAC 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.

A handwritten signature in black ink, appearing to read 'Stephanie de la Haye', written over a horizontal line.

Print Name stephanie de la Haye

Position Chair of Trustees

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

the Tudortrust



NCVO
MEMBER



vas

supporting community action



Survivors of Depression In Transition

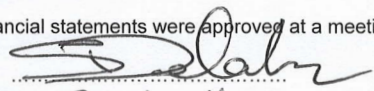
Total Receipts & payments accounts for the year ending 31st Dec 2023

	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			
	26,639.00			

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: S. De La Haye (Management Committee member)
 Date:12/07/24.....

Survivors of depression in transition

Accounts year ending 31st Dec 2023

Total Receipts & Payments Account

Funding breakdown

	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)	33,246.00	3,150.00	25,000.00	0.00	0.00	0.00	5,096.00	0.00	0.00
unrestricted Donations	10,216.00	10,186.00	0.00	0.00	0.00	0.00	0.00	0.00	30.00
Refunds in	8.00	8.00	0.00	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	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Grants (Restricted)	18,786.00	0.00	0.00	0.00	0.00	0.00	0.00	18,786.00	0.00
	62,256.00	13,344.00	25,000.00	0.00	0.00	0.00	5,096.00	18,786.00	30.00
Payments									
Rent to SYAC	19,129.00	3,920.00	10,589.00	0.00	0.00	0.00	2,730.00	1,890.00	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	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)	188.00	188.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Phone coop (plus internet) mobile	627.00	112.00	425.00	0.00	0.00	0.00	70.00	20.00	0.00
Insurance	1,094.00	0.00	1,094.00	0.00	0.00	0.00	0.00	0.00	0.00
Volunteer costs	318.00	64.00	201.00	0.00	0.00	0.00	53.00	0.00	0.00
Events	129.00	129.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Office supplies	2,269.00	999.00	748.00	0.00	0.00	0.00	186.00	336.00	0.00
Postage	55.00	0.00	55.00	0.00	0.00	0.00	0.00	0.00	0.00
Advertising	180.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00
Publications	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Refunds (out)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Activities (groups)	5,364.00	916.00	933.00	0.00	0.00	0.00	701.00	2,284.00	530.00
Counselling costs	375.00	0.00	375.00	0.00	0.00	0.00	0.00	0.00	0.00
IT costs	2,086.00	343.00	459.00	0.00	0.00	0.00	634.00	650.00	0.00
DBS checks	176.00	67.00	95.00	0.00	0.00	0.00	14.00	0.00	0.00
Accountancy	236.00	0.00	236.00	0.00	0.00	0.00	0.00	0.00	0.00
Training costs	6,878.00	6,878.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Therapist costs (freelance)	38,686.00	5,483.00	14,547.00	0.00	0.00	0.00	9,140.00	9,516.00	0.00
connecting communities proj	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
charges out	44.00	44.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
miscellaneous	263.00	203.00	0.00	0.00	0.00	0.00	60.00	0.00	0.00
	78,205.00	19,346.00	30,045.00	0.00	0.00	0.00	13,588.00	14,696.00	530.00
Net receipts / (payments)	(15,949.00)	(6,002.00)	(5,045.00)	0.00	0.00	0.00	(8,492.00)	4,090.00	(500.00)
Transfer	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Balance brought forward	42,588.00	8,448.00	21,332.00	0.00	0.00	0.00	8,596.00	3,712.00	500.00
Balance carried forward	26,639.00	2,446.00	16,287.00	0.00	0.00	0.00	104.00	7,802.00	0.00

Made up of:

Current account

26,639.00
0.00
26,639.00

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

	2023		2022	
	£		£	
	restricted	unrestricted	restricted	unrestricted
Cash Funds				
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
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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

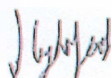
As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out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