

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 then 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!





sodit survivors of depression 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 Chrissy 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

sodit survivors of depression 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

sodit survivors of depression 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

sodit survivors of depression 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

sodit survivors of depression 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 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

sodit survivors of depression in transition **DOES**

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 Chrissy 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 279 5970
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.

A handwritten signature in black ink, appearing to read 'S. 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



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	-	-	-	-
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			
	20,510.00			

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:08/08/25.....

Total Receipts & Payments Account

	Total	Unrestricted	Tudor Trust	SYCF	Lottery Community	Yapp Trust	Health Education	SHSCT/SYCF	local giving	VAS	Sheffield CB Trust	Foyle foundation	Sheffield Town Trust	Freshgate
Receipts														
SCIE	0.00	0.00	0.00	0.00	0.00	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	0.00	0.00	0.00	0.00	0.00
Grants (Unrestricted)	28,388.00	0.00	25,000.00	0.00	0.00	0.00	0.00	0.00	0.00	3,388.00	0.00	0.00	0.00	0.00
unrestricted Donations	9,968.00	1,560.00	0.00	0.00	0.00	0.00	5,096.00	0.00	0.00	3,312.00	0.00	0.00	0.00	0.00
Refunds in	55.00	55.00	0.00	0.00	0.00	0.00	0.00	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	0.00	0.00	0.00	0.00	0.00
Training	(1,433.00)	(6.00)	(427.00)	0.00	0.00	0.00	0.00	0.00	0.00	(1,000.00)	0.00	0.00	0.00	0.00
Grants (Restricted)	40,806.00	0.00	0.00	0.00	19,800.00	0.00	0.00	0.00	0.00	11,890.00	1,000.00	4,616.00	2,000.00	1,500.00
	77,784.00	1,609.00	24,573.00	0.00	19,800.00	0.00	5,096.00	0.00	0.00	17,590.00	1,000.00	4,616.00	2,000.00	1,500.00
Payments														
Rent to SYAC	14,610.00	1,190.00	395.00	0.00	8,190.00	0.00	0.00	1,099.00	0.00	1,190.00	0.00	2,218.00	328.00	0.00
room set up costs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	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	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	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	0.00	0.00	0.00	0.00	0.00
Namesco (web)	334.00	0.00	110.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	224.00	0.00	0.00
Phone coop (plus internet) mobile	1,896.00	50.00	1,336.00	0.00	0.00	0.00	0.00	0.00	0.00	127.00	186.00	86.00	111.00	0.00
Insurance	1,098.00	0.00	1,098.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Volunteer costs	691.00	0.00	476.00	0.00	0.00	0.00	75.00	0.00	0.00	0.00	0.00	140.00	0.00	0.00
Events	583.00	0.00	0.00	0.00	583.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Office supplies	2,193.00	64.00	941.00	0.00	70.00	0.00	0.00	0.00	0.00	920.00	0.00	172.00	26.00	0.00
Postage	145.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	145.00	0.00
Advertising	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	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	0.00	0.00	0.00	0.00	0.00
Refunds (out)	506.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	506.00	0.00	0.00	0.00	0.00
Group peer activities	6,598.00	0.00	1,706.00	0.00	1,929.00	0.00	0.00	0.00	0.00	0.00	334.00	1,174.00	643.00	812.00
Counselling costs	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
IT costs	3,004.00	550.00	1,950.00	0.00	348.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	156.00	0.00
DBS checks	109.00	0.00	15.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	14.00	80.00	0.00	0.00
Accountancy	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Training costs	15,030.00	(737.00)	0.00	0.00	90.00	0.00	0.00	0.00	0.00	15,677.00	0.00	0.00	0.00	0.00
Therapist costs (freelance)	37,075.00	818.00	19,288.00	0.00	8,061.00	0.00	0.00	6,934.00	0.00	0.00	157.00	807.00	300.00	710.00
connecting communities proj	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
charges out	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
miscellaneous	40.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	40.00	0.00
	83,912.00	1,935.00	27,315.00	0.00	19,271.00	0.00	75.00	8,033.00	0.00	18,420.00	691.00	4,901.00	1,749.00	1,522.00
Net receipts / (payments)	(6,128.00)	(326.00)	(2,742.00)	0.00	529.00	0.00	5,021.00	(8,033.00)	0.00	(830.00)	309.00	(285.00)	251.00	(22.00)
Transfer	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Balance brought forward	26,638.00	2,445.00	16,287.00	0.00	0.00	0.00	104.00	7,802.00	0.00	0.00	0.00	0.00	0.00	0.00
Balance carried forward	20,510.00	2,119.00	13,545.00	0.00	529.00	0.00	5,125.00	(231.00)	0.00	(830.00)	309.00	(285.00)	251.00	(22.00)
Made up of:														
Current account	20,510.00													
	0.00													
	20,510.00													

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

	2024		2023	
	£		£	
	restricted	unrestricted	restricted	unrestricted
Cash Funds				
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

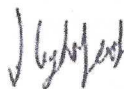
As the charity trustees of the Charity, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Charities accounts carried out under section 145 of the 2011 Act and in carrying out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

