

**Charity no 1109165**

**Survivors of  
Depression in  
Transition**

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

## **Contents**

Page 3 Chairs Report

Page 4-10 Annual report

Page 11 Reference & administrative details

Page 12 Structure & Governance

Page 14-19 Accounts

## Chair's Report

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

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

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

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

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

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

Steph de la Haye

Chair

## About Survivors

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

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

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

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

Survivors of Depression is all about giving women a chance to move on from 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. Women are needing support from general peer support and connection to longer term.

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

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

## **What have Survivors done this year?**

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

## **Staffing**

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

## **Support for the women of Sheffield.**

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

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

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

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

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

## Volunteers

We have had over 12 volunteers though the year, including students from Sheffield Hallam University, the SPACE Academy, Sheffield Medical School, Leeds 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 the Big Lottery and by delivering some MHFA training through VAS and university work and the last grant from our former core funder is the Tudor Trust. And from the medical student social placements. We were also successful in gaining a large grant from the Sheffield Synergy Partnership (ICB) and a number of small grant providers locally.

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

## **Networking**

We continue to create more networks and collaborative working.

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



## Awareness Raising

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

## Feedback from some of the people we support.

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

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

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

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

“A place where we can just Be.”

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

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

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



## Funding

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

## Future

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

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

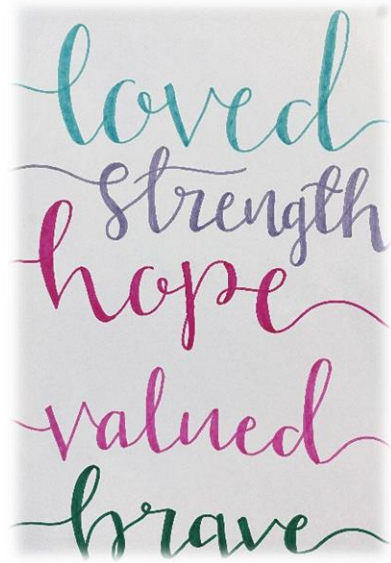
We are still a part of research projects in Leeds (Cured study) and Sheffield, and the new Sheffield Alliance currently run by Rethink for Mental Illness.

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

## Reserves Policy

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

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







Office No.8 - SYAC Business Centre  
Tel: 0114 2795970 - Text: 07493327445  
E-mail: [info@sodit.org](mailto:info@sodit.org) - Website: [www.sodit.org](http://www.sodit.org)



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



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

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

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

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





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

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



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



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



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



To all at SODiT

For all the  
great work done  
in the Garden

From SYAC,



# The psychoeducational and peer groups



## Compassion Means

Lack of stigma -  
We are all people  
and we are all equal.

Mental illness doesn't  
make you stupid.  
Treat people with respect  
& empathy.



**sodit DOES**  
**Wellness Planning and Beyond...**

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

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

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

This 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 that she knows that actually does help!

**When:** Wednesday 10th March, 10:30 - 12:30, for 8 weeks.  
**Where:** S.O.D.I.T. HQ, Unit 4 IVAC Business Centre, 120 Wicker, Sheffield S1 8ED  
**How to Book:** E-mail - [Chrissy@iaddit.org](mailto:Chrissy@iaddit.org)  
**Please do drop Chrissy a line if you have any questions.**

[www.iaddit.org](http://www.iaddit.org) 0114 279 5970

**sodit DOES**  
**Natural Connections**

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

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

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

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

Using the Five Ways to Wellbeing & Nature Connections 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. HQ, Unit 4 IVAC Business Centre, 120 Wicker, Sheffield S1 8ED  
**How to Book:** E-mail - [Susan@iaddit.org](mailto:Susan@iaddit.org)  
**Please do drop Susan a line if you have any questions.**

[www.iaddit.org](http://www.iaddit.org) 0114 279 5970

**sodit DOES**  
**STORYING**

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

Stories matter. Often, when we are living with mental health difficulties our story changes. Mental illnesses often 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, living with it as if 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.storyingisheffield.com](http://www.storyingisheffield.com)**

**When:** Every Thursday 10:30 - 12:30, for 8 weeks  
**Where:** S.O.D.I.T. HQ, Unit 4 IVAC Business Centre, 120 Wicker, Sheffield S1 8ED  
**How to Book:** E-mail - [Chrissy@iaddit.org](mailto:Chrissy@iaddit.org)  
**Please do drop Chrissy a line if you have any questions.**

[www.iaddit.org](http://www.iaddit.org) 0114 279 5970

**sodit DOES**  
**PEER SUPPORT**

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

**Now meeting on a Thursday**

Sodit 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 (sodit) We invite you to come and join our safe and supportive environment. Have a cup of tea (the 'cushion of' council) and meet other women experiencing similar struggles. Group leads are on hand to facilitate the sessions and provide information about any of our services you may benefit from. This is a wonderful peer support 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 that you are not alone.

**When:** Every Thursday 5:15 - 6:30  
**Where:** S.O.D.I.T. HQ, Unit 4 IVAC Business Centre, 120 Wicker, Sheffield S1 8ED  
**How to Book:** E-mail - [info@iaddit.org](mailto:info@iaddit.org) or call 0114 279 5970  
**Please do drop us a line if you have any questions or at all**

**sodit DOES**  
**Creative Space for Women's well being**

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

Sessions offer space to breathe, relax and listen to our real needs and inner wisdom. Activities include gentle warm-ups, relaxation, guided meditation, visualisation and time to explore creative expression (free) 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 Moss, a survivor of depression who has many years' experience working with creativity as a path to knowing our experiences and finding our own ways towards health, strength and self-acceptance.

**Sessions on Zoom alternate Mondays 1 - 2.30pm**  
**(Tuesday 18.00pm - 4.00pm)**

**Contact:** [chrissy@iaddit.org](mailto:chrissy@iaddit.org) for more info! Zoom link or call 0114 279 5970. SODIT BYAC Business Centre 110-120 Wicker S1 8ED



## Women's & LGBTQIA+ wellbeing festival 2025

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

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



## The garden and therapeutic green space

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

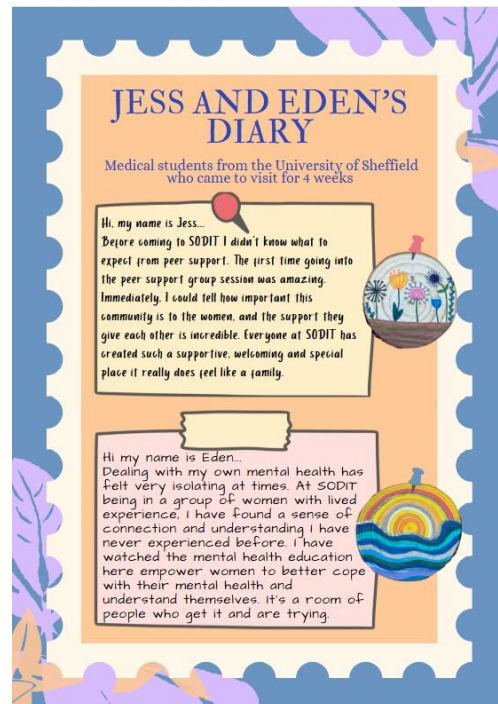
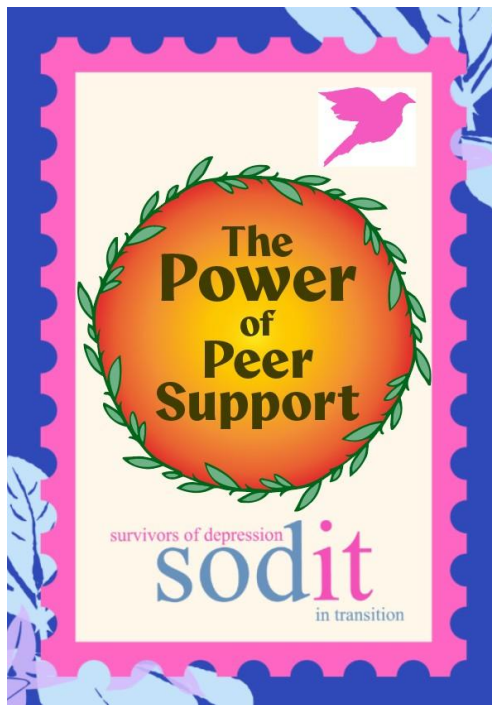
The space is such an oasis even though SYAC is next to the one of the main roads in and out of the city. We also had the counsellors using the space for 1-1 work with clients over the summer. The ESOL groups also use the space for their teaching and having an end of course shared meal.





## Power of Peer support project

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



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

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

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

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

## **Reference and Administrative details**

Charity No 1109165

### **Trustees**

Stephanie de la Haye appointed 12/3/11

Jill wood Appointed July 21

Bernadette Hannon appointed 12/3/11

### **Advisors**

Voluntary Action

Sheffield

NCVO

Volunteer events co Ordinator.

Jill wood            from 23/04/18

Admin/groups

Gemma Crookes

### **Registered Office**

Office 8

SYAC Centre

110-120 Wicker

Sheffield

S3 8JD

(As of July 2021)

Bank

Lloyds

High St Branch

Sheffield

S1 2GA

Independent examiner

Sarah Lightfoot FCA DChA

On behalf of

Seven Hills Accountancy

57 Burton Street

Sheffield

S6 2HH

## Structure & Governance

Survivors of Depression in Transition is a registered Charity 1109165 and was incorporated on 8<sup>th</sup> 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](http://www.sodit.org) when we are recruiting.

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

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

Name     stephanie de la Haye

A handwritten signature in black ink, appearing to read 'S. de la Haye', with a stylized, cursive script.

Position     Chair of Trustees

We would like to thank all our funders & supporters.

the  
**Tudor**trust



**Synergy**

Sheffield Mental Health Alliance



*Sheffield Town Trust*



## Survivors of Depression In Transition

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

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

0.00

### Approval of the accounts

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

Signed: 

Stephanie de la haye

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



### Total Receipts & Payments Account

	Total	Unrestricted	Tudor Trust	Synergy ICB	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	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	0.00
Grants ( Unrestricted )	2,000.00	0.00	0.00	0.00	2,000.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
unrestricted Donations	25,274.00	15,824.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	9,450.00	0.00	0.00	0.00	0.00	0.00
Refunds in	350.00	350.00	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
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	0.00
Training	(4,316.00)	(810.00)	0.00	0.00	0.00	0.00	0.00	0.00	0.00	(3,506.00)	0.00	0.00	0.00	0.00	0.00
Grants (Restricted)	23,600.00	0.00	0.00	23,600.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	46,908.00	15,364.00	0.00	23,600.00	2,000.00	0.00	0.00	0.00	0.00	5,944.00	0.00	0.00	0.00	0.00	0.00
Payments															
Rent to SYAC	17,080.00	6,790.00	4,620.00	4,480.00	0.00	0.00	1,190.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	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	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	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	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	0.00
Namesco ( web )	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	0.00
Phone coop (plus internet) mobile	661.00	170.00	108.00	239.00	0.00	0.00	38.00	0.00	0.00	0.00	0.00	0.00	106.00	0.00	0.00
Insurance	1,223.00	0.00	0.00	0.00	0.00	0.00	1,223.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Volunteer costs	319.00	77.00	0.00	242.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Events	2,768.00	0.00	0.00	0.00	2,768.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Office supplies	855.00	70.00	127.00	573.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	85.00	0.00	0.00
Postage	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	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	0.00
Publications	105.00	0.00	105.00	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)	2,000.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	2,000.00	0.00	0.00	0.00	0.00	0.00
Group peer activities	1,297.00	118.00	586.00	115.00	0.00	0.00	39.00	0.00	0.00	0.00	309.00	98.00	32.00	0.00	0.00
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	0.00
IT costs	1,529.00	718.00	525.00	286.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
DBS checks	65.00	65.00	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
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	0.00
Training costs	2,686.00	1,180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	1,506.00	0.00	0.00	0.00	0.00	0.00
Therapist costs ( freelance )	22,068.00	0.00	7,318.00	14,473.00	0.00	0.00	277.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
garden	163.00	135.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	28.00	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	0.00
miscellaneous	508.00	328.00	0.00	0.00	0.00	0.00	180.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
	53,327.00	9,651.00	13,389.00	20,408.00	2,768.00	0.00	2,947.00	0.00	0.00	3,506.00	309.00	98.00	251.00	0.00	0.00
Net receipts / (payments)	(6,419.00)	5,713.00	(13,389.00)	3,192.00	(768.00)	0.00	(2,947.00)	0.00	0.00	2,438.00	(309.00)	(98.00)	(251.00)	0.00	0.00
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	0.00
Balance brought forward	20,510.00	2,119.00	13,161.00	0.00	529.00	0.00	5,125.00	(231.00)	0.00	(830.00)	309.00	99.00	251.00	(22.00)	0.00
Balance carried forward	14,091.00	7,832.00	(228.00)	3,192.00	(239.00)	0.00	2,178.00	(231.00)	0.00	1,608.00	0.00	1.00	0.00	(22.00)	0.00
Made up of:															
Current account	14,091.00														
	0.00														
	14,091.00														

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

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

NOTE total includes cash reserves of £5000

**Assets retained for charity's own use**

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

Liabilities	0.00	0.00
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approved by the trustees on

14/01/26



stephanie de la Haye  
Chair

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

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

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

## **Independent examiner's statement**

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Signed: \_\_\_\_\_

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

Date: 26/01/26



