

SAFA CUMBRIA

England & Wales · Charity number 1121122

Details

Other names SELF HARM AWARENESS FOR THE FURNESS AREA (SAFA)

Status Registered

Legal form Charitable company

Company number [06344630](#)

Registered 2007-10-10

Register [View on the Charity Commission register](#)

Contact

Address Unit 24
Trinity Enterprise Centre
Ironworks Road
Barrow-In-Furness
Cumbria
LA14 2PN

Phone 01229832269

Email info@safa-selfharm.com

Website www.safa-selfharm.com

Activities

Objects: TO PROTECT AND PRESERVE HEALTH AND RELIEVE THE NEEDS OF THE PEOPLE IN THE FURNESS AREA WHO SELF HARM BY:-1) TO PROVIDE A LOCAL INFORMATION AND SUPPORT SERVICE FOR PEOPLE WHO SELF-HARM AND TO THOSE PEOPLE WHO SUPPORT THEM.2) TO PROVIDE FREE PROFESSIONAL QUALIFIED COUNSELLING AND FACILITATED GROUP SUPPORT, WORKING IN ACCORDANCE TO THE BACP ETHICAL FRAMEWORK FOR GOOD PRACTICE IN COUNSELLING AND PSYCHOTHERAPY.3) TO CREATE PUBLIC AWARENESS OF SELF-HARM AND TO DISPERSE THE MYTHS SURROUNDING IT.4) TO INCREASE THE AWARENESS AND UNDERSTANDING OF SELF-HARM AND RELATED ISSUES BY PROVIDING SPECIFIC TRAINING TO GROUPS, ORGANISATIONS AND OTHER PROFESSIONALS.5) TO CO-OPERATE WITH STATUTORY, VOLUNTARY AND PRIVATE SECTOR AGENCIES IN ORDER TO GIVE INDIVIDUALS CHOICES ABOUT ACCESS TO THE VARIOUS SERVICES AVAILABLE LOCALLY AND NATIONALLY.6) TO PROVIDE ENCOURAGEMENT IN HARM REDUCTION AND CARE OF WOUNDS.7) TO PROVIDE A FORUM FOR SELF-HARMERS VOICES.

Activities: To protect and preserve the health and relieve the needs of the people in Cumbria who self harm and create greater awareness of self harm through training and education.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, Elderly/old People, People With Disabilities, Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE, CUMBRIA
- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2025-08-31	£294,737	£322,587	-	-
2024-08-31	£291,097	£315,148	-	-
2023-08-31	£281,536	£329,925	-	-
2022-08-31	£273,648	£248,349	-	-
2021-08-31	£273,170	£240,588	-	-
2020-08-31	£240,635	£168,878	-	-

Trustees

Name	Role	Appointed
Ian Burns	Chair	2019-12-09
Benjamin Graham Shirley		2023-10-09
DENNIS LAIRD		2014-12-08
Emily Dougan		2022-02-14
Katie Moncrief		2022-03-14
Lucy Erin Gibson		2025-06-12
Simon Broadley		2014-11-25
Timothy Shuttleworth		2023-03-13

SAFA CUMBRIA

England & Wales - Charity number 1121122

Accounts



18th Annual REPORT

for the year ended 31 August 2024



Even if you're hesitating to
dive into something, Take
The leap. you could find something
you will grow to hold dear
to you.



← xie han
(Heaven official's
Blessing)

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Special thanks to: Eleanor Karasek for the art work on the front cover page

Board of Directors

Ian Burns	Chair
Katie Moncrief	Board Member – Vice Chair
Cindy Daltioni	CEO and ex Officio Board Member
Dennis Laird	Board Member
Emily Dougan	Board Member
Zena Walker	Board Member
Tim Shuttleworth	Board Member
Ben Shirley	Board Member
Joe Mckenna	Board Member–Resigned February 2024

Patrons of SAFA

Tim Farron	MP for Westmorland and Lonsdale
Rob Cairns	Deputy Lieutenant of Cumbria

Staff

Cindy Daltioni	Chief Officer & DSL
Hayley Sams	Finance and Office Manager
Helen Beech	Counselling Coordinator & deputy DSL
Jackie Cole	Family Support Worker
Shellie Briggs	Contracted Therapist

SAFA Registered Office

Unit 24 Trinity Enterprise Centre, Ironworks Rd, Barrow-in-Furness LA14 2PN.

Bankers

HSBC, 104 Duke Street, Barrow in Furness, LA14 1RD

Independent Examiners

Knox Accounting Ltd, 6 Bath Street, Barrow in Furness, Cumbria, LA14 1LZ

Received The Kings Award for Voluntary Service 2023



The King's Award
for Voluntary Service



Chairman's Report - Ian Burns

Welcome to our AGM of 2024 and thank you for attending, we really appreciate your support.

It has been another amazing year for SAFA with record service delivery, outstanding results for our clients and the formal presentation of our Kings Award for Voluntary Service.

I would like to sincerely thank all those who make our wonderful, vibrant organisation so successful

- Our truly amazing staff, Cindy, Hayley, Helen, Shellie and Jackie. People make an organisation and we are blessed to have the very best.
- Our fabulous, dedicated contracted counsellors, many of whom have worked with us on a long term basis. You literally save lives and improve the quality of so many more.
- Our generous benefactors who have awarded SAFA funding to undertake specific work with clients. Without you our crucial service across South Cumbria helping hundreds of people every year would simply not exist. Our ongoing pledge to you is that we will extract maximum value for our clients from every penny you award to us.
- Our diligent Board members who I am proud to lead. We have a diverse Board who bring some great experience that helps us steer the long term strategy and future of SAFA.
- Our clients who have been so brave to take that daunting first step of accepting they need some help or support, and for engaging so well with our counsellors. Some of the creativity we see from you is astounding and humbling. We are truly proud of the positive comments we receive and measurable progress we continually see.
- Anyone who has helped us during the year whether you have made a private donation, undertaken a sponsored activity for us, attended one of our social fund raising events or simply been a friend of SAFA, thank you for supporting us.

My background is in business and if I place SAFA in a business context then we have a fabulous, well run business with a great, cost effective product that is in high demand. We have a service delivery and continuous improvement culture second to none. If we were a business we would be unstoppable! However we all know the charity sector does not quite work in this way. Market forces do not apply and we are at the mercy of decisions from government and local NHS decision makers and benefactors who are sometimes drawn to the 'new and novel' rather than 'tried and proven' services.

One very unhelpful trend is the move to award contracts to organisations who then simply take a management fee and sub contract the actual service delivery to organisations like SAFA. Whilst we will work in this way through necessity, frankly all this does is reduce the amount of funding available for front line service delivery and weakens the long term sustainability of those who deliver service, clearly the exact opposite of what we should all be aspiring to achieve.

It costs us £ 325k a year to run SAFA and I convinced we save many multiples of this across many areas of government, as well as changing hundreds of lives for the better every year. Unfortunately there are too many charities seeking too little funding, too many 'integrators' taking some of this precious funding and delivering little value.

We will continue to challenge this trend and speak out for what we believe – the area we work in is too important for us not to and we look forward to continuing to deliver for our clients through 2025 and beyond.



CEO Report - Cindy Daltioni

This impact report tells the story of a year defined by how team SAFA has risen to the challenges and played a crucial role in tackling health and well-being issues by providing therapeutic interventions, direct support, education and awareness to the people in our communities. As a trauma informed service SAFA places great emphasis on the relationship, trust and boundaries it provides.

We do not diagnose or medicate. We do not ask what is wrong with people, we meet the person where they are and ask about their journey. Our work and objectives are rooted in the knowledge that counselling improves and saves lives. **Therapy is nothing we do to you it's something we do with you!**

We work alongside our local schools, healthcare providers, local authorities and community groups to raise awareness, reduce stigma, offer practical solutions, and provide psychoeducation and supervision. Given the growing demand for mental health services in Furness, Westmorland and the surrounding areas particularly among young people, our work has never been more vital.

As self-harming behaviours remain a key issue within our communities, we feel more needs to be done to address the fundamental questions about the rising levels of unhappiness and despair.

We often see the results of a system broken. As research suggests, we have the highest diagnostic waiting lists and number of drug prescriptions of all time. Our clients and their families are experiencing isolation, family breakdowns, generational trauma, drug use, poor nutrition, poverty as well as the negative impact of social media and the dark web. I hold a deep concern that these issues can all too easily become normalized. Global issues and political conflict are also becoming increasingly present in our therapy and training rooms. We need to recognize the huge impact of these things and we must be willing to get to grips with them.

We are heartbroken to listen to those who have lost loved ones far too soon and those waiting desperately for a psychological intervention - often too late. And whilst we continue to campaign for changes, SAFA is also committed to providing opportunities for local people to be heard thereby improving health, reducing crime and often saving lives.

As we support and listen to practitioners, we see the emotional and psychological cost to them of working within a broken system where they often feel powerless to prevent things. In their role, they bear witness to situations and experiences that go far beyond their own deeply held moral beliefs – often compounded by a sense of betrayal by authority. **THE WORK HURTS AT TIMES. SUPPORT IS VITAL.**

It would appear that work is being commissioned to offer signposting, online platforms and raising awareness services more than ever before, and while I do not oppose these, I do feel they have been shortsighted in the delivery of direct interventions needed to tackle this growing problem.

In the face of financial pressures on local organisations, raising funds for our life changing/lifesaving service work remains tough. It is the greatest battle we continue to face. We take nothing for granted and continue to deliver value for money whilst never losing what is in the best interest of the client. It's frustrating to see where the current money is being spent when we know we make a massive difference. We know what we do works. We have nearly twenty years of evidence of its impact. I would also like to put on record the incredible generosity and efforts of our funders who know us and continue to trust and invest in us. I

would also like to thank the person(s) who have raised vital funds for us. None of this would be possible without the efforts of many people across our community. **I could not be prouder of the work we do together.**

I would like to record my appreciation for the hard work and dedication and efforts of our key staff, therapists, volunteers, and partnership colleagues. Working alongside you is a privilege. Thank you!

A special mention must go to our board of directors, who continue to help us steer in the right direction ensuring that we use our resources wisely and strive to achieve the biggest impact we can. Always last but never least a special thanks to our Chair Ian Burns who continues to keep us moving when all feels lost.

The Impact

What would happen if we were not here and delivering the service we do?



**Suicide has hit an all-time high this year and it is not being talked about.
We are here to listen.**

SAFA: Statement of Purpose

SAFA is committed to making a positive difference to the lives of individuals who self-harm and to those who support them. Our primary goal is to empower the individual to take responsibility for their own lives by offering counselling and trusting support.

Objectives...

We aim to protect and preserve the health and relieve the needs of people in Cumbria who self-harm or are affected by others that self-harm by:

- Providing free, professionally qualified counselling to young people and adults who self-harm or have an eating disorder, working in accordance with the British Association of Counselling Professionals (BACP) ethical framework for good practice in counselling
- Providing a local information and support service
- Increasing awareness and understanding of self-harm and to dispel the myths surrounding it by providing training and advice to groups, organisations and professionals
- Cooperating with statutory, voluntary and private sector agencies in order to give individuals choices about access to the various services available locally.

Structure, Governance and Management

The Directors present their report along with the financial statements of the charity for the year ending 31 August 2024. The financial statements have been prepared in accordance with current statutory requirements, the charity's Memorandum and Articles and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2015) .

Organisation

The charity is governed by a board of Directors. These persons are responsible for all decisions regarding the operation of the charity on a day to day basis. A Director can be appointed at the Annual General Meeting of the charity by being proposed and seconded by existing Directors and voted upon. Alternatively a Director can be appointed directly by the board as the need arises throughout the year and in accordance with the Charity's Rules of Governance.

The Board of Directors is comprised of:

- Chair
- Vice Chair
- Finance Lead
- Safeguarding Lead
- CEO
- Company Secretary
- Elected and voting Board members

The quorum necessary for the transaction of the business of the Board is three (3) Members, or 50% of the Board of Directors at the time, whichever is the greater.

Board Recruitment

The charity seeks to recruit Board members from a wide range of backgrounds and experiences. This ensures a broad spectrum of skills available to the charity for the development and management of policies that will be of benefit to the staff and clients. New members are provided with a range of documentation and an induction into the charity's Aims and Objectives.

The recruitment and induction of Directors is intended to ensure that the appropriate skills are available to the Board of Directors for them to carry out their responsibilities and duties prudently and efficiently. Board members have current or recent back-grounds in education, counselling, health and business, and are in a position to access help and advice from other professionals as and when required.

Risk Management

The Directors regularly review risks to the charity. These are mainly of a financial nature due to the instability of the funding environment which the charity seeks to mitigate by ensuring a wide and diverse funding base. Operational risk through its core activities is minimised by a policy of continual training for staff and adherence to Charity's policies and procedures by others that may be required to carry out core counselling activities as directed by the Chief Officer.

Appropriate levels of insurance are maintained and adjusted as and when appropriate.

Safeguarding & Confidentiality

Safeguarding our vulnerable clients is at the heart of our operations. All Directors, counsellors and volunteers are fully DBS checked. SAFA has a comprehensive Confidentiality Policy which follows BACP Guidelines, and informs our sharing of information with other Agencies, including the police and statutory services.

Board members monitor and support policy and practice. Safeguarding is a standing item on monthly board meetings.



Growth of Services

Counselling

- We now have 18 qualified therapists that work to a highly professional standard, our therapists are diverse in what they can offer, their practice is trauma informed, alongside humanistic approaches, and therapists include CBT and DBT tools, creative work and play therapy. We match clients with the most appropriate therapist for their needs.
- We offer therapy to people from the age 11+
- We take professional and self-referrals through our online forms.

Family Support

- We provide wrap around support to family and friends with education on self-harming. Families are be offered, up to, 6-8 sessions on a one to one basis.
- We now hold **a weekly drop-in on a Wednesday morning from 9:30 – 10:30am, in Barrow**. Any families that are struggling and would like some support are welcome to come along and have a brew in a safe place to talk about any concerns.
- We also offer support in North Lancashire to families who are struggling.

Training and Group Workshops

- We offer training in self-harm and suicidal thoughts to specific groups, these include, health care professionals, community groups, education, emergency services and care settings.
- We currently run a Lived Experience project for 18-25 year olds. This is an opportunity for people to share their story around their mental health journey. We can tell your story through various mediums. The story could help to support other people who are struggling and provide valuable information to funders.
- We run harm minimisation groups for young people. We realise that we cannot stop someone from using self-harm, however, our workshops are designed for young people to have a say in what they would like to support them by collaborating with each other. It is about doing things safely and finding coping mechanisms where self-care is at the heart of it.
- We provide community-led online resources including lived experience videos and the SAFA self-care toolbox. You can find these on our website.

Supervision sessions

- We offer professional supervision sessions to specific groups to ensure that staff have continuing professional development to support both their own well-being and implementation of their approach. This could include emotional literacy, trauma , neuro-diversity, communication needs and relational approaches

Peer Support

- Our peer support programme offers the chance for young people to become a Mental Health Ambassador. They are trained to give a person advice and signpost them where needed.

The impact of our growth



Counselling Hours

	2022-2023	2023-2024
Total Clients	319	408
Total Sessions	2993	3498

Target: Increase counselling hours delivered by 25% (68 hours per week).



Wait Times

SAFA received 334 new referrals this year.

Wait Times:

Kendal/South Lakes	143 Days
Barrow In Furness	100 Days

Target: Reduce client waiting time by 25% (waiting list of less than 115 people).



Family Support

	2022-2023	2023-2024
Total Sessions	37	149

Target: Increase family support sessions to 156 hours per year.



Client Satisfaction

92% have a better understanding of their underlying issues

8% didn't know yet at the time of the survey.

91% have developed better coping strategies

9% didn't know yet at the time of the survey

79% have reduced or stopped self-harming

21% didn't know yet at the time of the survey

Target: Improve client satisfaction by at least 25%.

Client Feedback

“The counsellor is an amazing listener and made me feel calmer and validated about really difficult things in my past and present. I also learned some new ways to write/illustrated how I feel and some anxiety reducing techniques.”

“I have had a lot of types of therapy since I was 13ish and this has been one of the most helpful. The counsellor is so lovely and amazing at what she does and I'll never forget these sessions.”

“Overall good. The wait time is quite long although I understand the reason for this. I think there is a good variety of counsellors who all offer something different so there is something for everyone.”

“It has been a good experience, I appreciated when the last counsellor left suddenly that I was given extra counselling sessions with someone new. It's been a very positive experience, I've talked through experiences I never felt I would and felt listened to.”

“It took me a while to settle into it at the start, but it's become like a comfort, a release, and a safe space for me. I needed it. Especially alongside study and all sorts of stress.”

“The counsellor has been amazing and this has been a very different experience to my first counsellor. I felt heard, seen and understood and was met with genuine kindness and have been given some tools to keep going.”

Impact in Education

We have had an exceptional year in growth. We have pushed forward, listened to what the community needs and utilised the resources we have.

We are still in demand and the referrals come in each week with an average of eight. With this the family support has increased.

We have worked with local schools and colleges with various projects. Why is raising awareness of mental health so important for schools?

- Recent statistics show a growing concern around teenage mental health issues in the UK.
- As per the Office for National Statistics (2021), about one in seven young people aged 11-16 have reported experiencing some form of mental health problem.
- Shocking data from March 2024 reveals that over 270,300 children and young people are still waiting for mental health support from Children and Young People's Mental Health Services (CYPMHS).
- Anxiety and depression are the most common mental health issues among young people.
- The Guardian (August 2024) reports that 3 children and young people in the UK are referred to CAMHS every minute, or almost 4000 a week, for anxiety-related mental health problems.
- Current numbers are likely underreported, indicating that teenage mental health issues could be even higher.

Impact of Psycho-education and Resilience Centre (PARC)

We use the PARC to host SAFA training days. We run training for practitioners such as emergency services, health care sector, education, those working in residential settings and construction.

This training offers an opportunity to learn about self-harm behaviours and suicidal thoughts, deepen understanding about what is happening for individuals who experience these, signs to look out for and how to support someone who is self-harming or suicidal. We raise awareness about the work that SAFA does including how to refer people to our service and also other referral pathways.

Another focus for these days is to provide a safe space for practitioners to meet and connect with others working in the same field and to explore the challenges of their role. We invite them to consider their own mental health and self-care and we offer them a chance to reflect on what support they might need or how they can support themselves.

The feedback for our training has been overwhelmingly positive with many attendees reporting that they feel more confident and better equipped to support people who are self-harming or suicidal. For example, "I feel I can support my students more", "I wasn't sure what to expect but it was very informative and useful for my life and work", "Caring, compassionate and a lovely focus on us to ensure we take care of ourselves to be able to take care of those we support."

What Growth means to the team

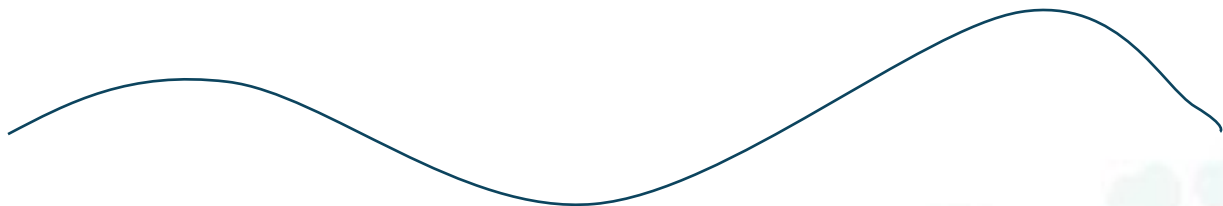
As a young boy, Carl Rogers, the father of person-centred therapy, observed that potato plants stored in a cellar continued to grow even in the relative absence of light. He came to believe that every living organism whether it be human, plant or animal, possessed an innate drive towards growth. He called this, the actualising tendency.

One of the deep joys of the work I do with SAFA is witnessing the actualising tendency at work in each one of our clients. Many have experienced significant life challenges and in some cases, devastating trauma and yet something within drives them forward. Clients may enter our counselling rooms without really knowing why they have come or what they might expect. Yet they come.



A significant part of our work is to provide the relational conditions that enable effective growth and change, including empathy, unconditional positive regard and authenticity. As I seek to offer these, I get to see clients grow in their knowledge and understanding of themselves, of what they need, who they are in the world and who they want to be. I get to walk alongside clients as they overcome difficulty, adapt and find new ways of being that are a truer reflection of themselves.

Shellie Briggs-Therapist



Throughout the years, I have grown, been at rock bottom and risen from the ashes. I feel that life is a lesson and growth does not stop from the time you leave school. You grow in all challenges, even when it seems the universe is against you.

A main challenge was words, verbal sentences that stuck in my head. It has amazed me over the years to learn that, although people can't see it, how words affect the mind. They become engrained and they felt a part of my personality. They drag you into the ground and you feel you can never be anything else.



Over time, with strength and giving myself the permission, I have grown. I have grown within myself to be a good mum, daughter and friend to many. I have pushed myself to learn, to take on new tasks and be okay with not knowing the outcomes, even though this is still hard. I have learnt to replace the words that brought me down with words and sentences that make me feel positive and worthwhile. I am learning and growing.

Hayley Sams-Finance/Office Manager

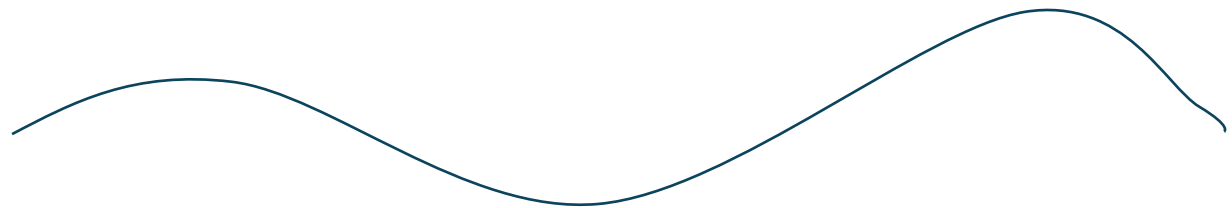
What Growth means to the team

I have noticed when I experience growth it often comes during or after a period of change, this year I have faced challenges both personally and professionally, and believe this has led to growth. I have had to review my life a little this year; there have been recent situations in my personal life where I have said no to things that I would have liked to say yes to. Saying no has given me a greater understanding around the importance of it and the value in putting my health before some of things I wanted to do, while acknowledging the feelings that brings.

Professionally, SAFA has gone into a period of change, what we offer within the service. Sometimes I find change difficult to navigate, when I am confident around the work I am doing that feels okay, when I am out of my comfort zone it's scary, taking time to feel those fears, often around getting it wrong and making mistakes. Also being open learning new things shows me new possibilities and greater a strength within team SAFA.



Helen Beech-Counselling Co-ordinator



Growth for me is believing in myself. It's about feeling the fear and doing it anyway. Trying new things and not letting age be a barrier. It's about leaving the past behind and living in the here and now and looking forward to each new day, because today is the day that matters.

Having grown up with negative introjected values, I found it hard to believe in myself. I spent many years not feeling good enough and not loving myself. Wasted years where I wasn't living my best life.

Through reading self-help books, studying, exercising and trying out new things I started to believe in myself.

Letting go of negative thoughts is very liberating, however it takes time, patience and hard work, however the rewards are that I am living life to the full. My real self has blossomed and I have become the person I was born to be.

Jackie Cole-Family Support Worker



Client Synopsis 1

The client came to SAFA with issues around low self-esteem, previous suicidal thoughts, and history of sexual abuse.

At the beginning of the relationship, the client started very critical of them self, to the extent that they reported having visualized shooting their adolescent self to obliterate them.

Although I didn't discuss it with the client, the work I did on my own 'inner child', as well as a theoretical understanding, helped me in the work we did around this, and it felt like there were some moments of real relational depth in the work we did around this.

The client often quoted other people in what they should do or accept, throughout the sessions, they became more confident of their own feelings, and more accepting of their positive and negative feelings. Perhaps the most significant point was where they were able to be compassionate towards their younger self, and acknowledge what they had achieved as a parent and an adult. This enabled the anger towards them diminish, and for them to see what their child wanted, and what they were able to give, when the need to defend them self constantly was significantly reduced.

We both valued having 15 sessions, as it took until about session 7 for them to feel confident to talk more fully about their past and inner conflicts, eventually being able to share that they may be holding strong feelings in their body the origins of which they were unaware of but wanted to acknowledge

As we concluded the work the client felt it was less necessary to wear a mask, they had repaired some important relationships in their life.

Client Synopsis 2

This client came to SAFA struggling in their relationships, having had a history of not feeling heard or understood by significant others.

This was the second time they have accessed our counselling service. They reported that they regularly engage in self-harm behaviours including cutting and burning, which developed in their early teenage years.

The client's preference to use therapy for what they called, "a space to off load and feel heard". Offering a warm and non-judgemental relationship created an environment in which the client was able to more fully share, the relationship provided a safe and contained space for them to process, to become more aware and accepting of the different parts within them.

As a practitioner remaining present with the client in their pain and isolation was at times deeply challenging. The client spoke of feeling 'as if' they had a black hole inside, expressing long-term suicidal thoughts. It was difficult to hear and to stay in their process rather than reaching for solutions or trying to bring about change for them, allowing the work to reflect what the client needed, and embracing where they were in their own process ultimately honoured the ethical value of client autonomy. As we came to the end of our sessions the client gained insights into parts of them self that they had not explored before with another person. These insights led to

greater self-understanding and ultimately, greater self-acceptance – a precursor to change.

Events and Fundraising

We have had a wonderful year of events including a Charity Ball, organised by the amazing Natalie and Jordan Woodend. They raised an incredible amount for us.



Jordan Shipley, Dawn Hadrick and Alexander Scales all did the Great North Run and smashed it! They all raised funds for SAFA. The dedication and training is outstanding.



Our very own Vice Chair organised our first Fizzy Friday! It was a huge success!





We received a lovely letter with a pack of stickers. Rowan Parker designed and produced the sticker packs for us and is selling them on Etsy. A donation from each sale is made to SAFA, we could not be more grateful and the stickers are amazing.

We try to attend all well-being events and raise awareness where we can!



Funders



A special Thanks also goes to our individual Fundraisers, Supporters and the General Public for their donations and generosity!

Financial Information

Summary of Finances for F/Y 2023/24 (year ending 31/08/24)

Whilst the funding environment remains challenging with more charities chasing less funding, SAFA had a good year securing funds from our generous benefactors, allowing us to deliver more counselling than we have ever delivered.

Expenditure is very closely controlled with all costs directly linked to service delivery.

In 2025 we are looking to successfully secure a greater level of funding so that we can deliver even more counselling support, such is the demand for our service.

Expenditure	Value
Raising Funds	£16,376
Salaries and Wages	£137,667
Counselling Costs	£94,797
Property and Utility Costs	£41,656
Other Charitable Activities	£24,652
Total	£315,148

Income	Value
Donations and Legacies	£188,429
Charitable Activities	£90,593
Other Trading Activities	£8,950
Investments	£3,125
Total	£291,097



Visit our Facebook page: www.facebook.com/SAFACumbria
www.safa-selfharm.com

SAFA CUMBRIA

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 AUGUST 2024

Registered Number 06344630

KNOX ACCOUNTING

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2024

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| 6 | Notes to the accounts |

**The following page does not form part of the statutory accounts
which can be provided on request:**

- | | |
|---|--------------------------------|
| 7 | Income and Expenditure Account |
|---|--------------------------------|

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2024
Report of the trustees

The trustees presents their annual report and financial statements for the year ended 31 August 2024.

CONSTITUTION

Safa Cumbria Limited is a company limited by guarantee and a registered charity governed by its Memorandum & Articles of Association.

PRINCIPAL ACTIVITY

The principal activity of the company during the period was to protect and preserve health and relieve the needs of people in Cumbria who self harm.

No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

DIRECTORS AND TRUSTEES

The directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees. As we are a registered charity and a company Limited by guarantee the terms directors and trustees are used interchangeably throughout.

The trustees who served during the year were as follows:

I Burns	Chairman		
K Moncrief	Vice Chairman		
D Laird	Company Secretary		
C Daltioni	Ex Officio		
E Dougan			
Z Walker			
T Shuttleworth			
D Jackson		Resigned	16/10/2023
J McKenna		Resigned	19/02/2024
B A Shirley		Appointed	16/10/2023
A Treharne		Appointed	17/06/2024

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006 and applicable charity legislation.

**Signed on behalf
of the board**

I Burns
Director

30 November 2024

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2024

Statement of trustees responsibilities

The directors are responsible for preparing the annual report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each year.

Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The accounts are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

select suitable accounting policies and then apply them consistently;

make judgments and estimates that are reasonable and prudent;

prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SAFA CUMBRIA**ACCOUNTANTS' REPORT
ON THE UNAUDITED FINANCIAL STATEMENTS TO THE BOARD OF DIRECTORS OF
SAFA CUMBRIA**

In order to assist you to fulfill your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Income and Expenditure Account and Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors as a body in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements for the year ended 31 August 2024 that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

**Knox Accounting
6 Bath Street
Barrow in Furness
Cumbria
LA14 1LZ**

30 November 2024

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2024

Notes	2024			2023
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Income and endowments from:				
	6,249	182,180	188,429	118,896
	1,462	89,131	90,593	154,191
	8,950	-	8,950	4,494
	3,125	-	3,125	4,862
Total	19,786	271,311	291,097	282,443
Expenditure on:				
	13,806	2,570	16,376	14,178
	40,583	258,189	298,772	316,134
	-	-	-	-
Total	54,389	260,759	315,148	330,312
Net gains/(losses) on investments				-
Net income/(expenditure)	(34,603)	10,552	(24,051)	(47,869)
Transfers between funds	23,613	(23,613)	-	-
Net Movement in Funds	(10,990)	(13,060)	(24,051)	(47,869)
Reconciliation of Funds				
Total funds brought forward	(1,726)	299,318	297,593	345,463
Total funds carried forward	(12,716)	286,258	273,542	297,593

The notes on pages 6a and 6b form part of these accounts

SAFA CUMBRIA
BALANCE SHEET AS AT
31 AUGUST 2024

	Notes	2024		2023	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	4		-		-
CURRENT ASSETS:					
Debtors	5		-		-
Cash at Bank and in hand		273,542		297,593	
		<u>273,542</u>		<u>297,593</u>	
CURRENT LIABILITIES:					
CREDITORS: Amounts Falling					
Due Within One Year	6		-		-
			<u>-</u>		<u>-</u>
NET CURRENT ASSETS			<u>273,542</u>		<u>297,593</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>273,542</u>		<u>297,593</u>
SHARE CAPITAL AND RESERVES					
Share Capital	7		-		-
Restricted Funds	8/9		286,258		299,318
Unrestricted Funds	8/9		<u>(12,716)</u>		<u>(1,726)</u>
			<u>273,542</u>		<u>297,593</u>

The notes on pages 6a and 6b form part of these accounts

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

For the financial year ended 31 August 2024 the company was entitled to exemption from audit under section 477 Companies Act 2006, and no notice has been deposited under section 476B(2).

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and preparing accounts which give a true and fair view of the state of affairs of the company as at the year end and of its profit for the financial year in accordance with the requirements of sections 393 and 394 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

Signed on behalf of the board

I Burns
Director

Approved by the board of directors: 30 November 2024

SAFA CUMBRIA
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2024

NOTE 4 TANGIBLE FIXED ASSETS

	Office Equipment	Total
Cost		
At 1 September 2023	-	-
Additions	-	-
At 31 August 2024	<u>-</u>	<u>-</u>
Depreciation		
At 1 September 2023	-	-
Charge for year	-	-
At 31 August 2024	<u>-</u>	<u>-</u>
Net Book values		
At 31 August 2024	<u>-</u>	<u>-</u>
At 31 August 2023	<u>-</u>	<u>-</u>

NOTE 5 DEBTORS:

	2024	2023
Trade Debtors	-	-
Other Debtors	-	-
	<u>-</u>	<u>-</u>

NOTE 6 CREDITORS: Amounts falling due within one year

	2024 £	2023 £
Trade Creditors	-	-
Other Taxes & Social Security	-	-
Accruals	-	-
	<u>-</u>	<u>-</u>

NOTE 7 SHARE CAPITAL

The company is limited by guarantee and therefore has no share capital.

NOTE 8 RESERVES

	Unrestricted	Restricted	Total
At 1 September 2023	(1,726)	299,318	297,593
Excess of income for the period	<u>(10,990)</u>	<u>(13,060)</u>	<u>(24,051)</u>
At 31 August 2024	<u>(12,716)</u>	<u>286,258</u>	<u>273,542</u>

SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2024**

NOTE 9 SUMMARY OF FUND MOVEMENTS

	Balance at 1 September 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2024 £
Unrestricted Funds					
General Fund	(1,726)	19,786	54,389	23,613	(12,716)
Total Unrestricted Funds	(1,726)	19,786	54,389	23,613	(12,716)
Restricted Funds					
Adult Funding	-	-	21,094	-	(21,094)
Albert Hunt 2023	-	4,000	3,974	(26)	-
Albert Hunt Trust	3,384	-	3,501	117	-
Awards for All	9,910	-	9,956	46	-
Awards for All	4,552	-	5,006	454	-
BBC cost of living	1,637	-	1,637	-	-
Bounce Back Training	9,748	561	10,309	-	-
CCF 23 Core	-	8,000	8,000	-	-
CCF CYP	-	13,000	193	-	12,807
CCF Lakeland	10,967	-	10,967	-	-
Contingency Reserve	85,608	-	-	-	85,608
Cumbria Youth Alliance	-	12,380	1,199	-	11,181
Edward Gostling Core	-	5,000	5,000	-	-
Evan Cornish	4,654	-	4,654	-	-
Francis C Scott	-	20,000	14,296	-	5,704
Fieda Scott Trust	-	20,000	12,651	-	7,349
Hadfield Trust	3,652	-	4,244	593	-
Hadfield Trust	-	5,000	2,484	-	2,516
Hardship CCF	1,120	-	1,280	160	-
NHS ICB	-	75,000	21,360	-	53,640
Priority Wards	-	9,800	2,335	-	7,465
Project Fund	28,399	-	4,655	(23,744)	-
Safa Party	438	-	79	-	358
Sir Bernard and Lady Schreier	651	-	928	278	-
SJF 23 Core	-	10,000	10,000	-	-
Sir John Fisher Foundation	-	-	-	-	-
Spot Purchases	122,494	88,570	87,769	(20,000)	103,295
The Edward Gostling	9,904	-	9,904	-	-
Toolbox	2	-	2	-	-
Ulverston Curry Club	2,200	-	713	(1,487)	-
Young People Project	-	-	2,571	20,000	17,429
Total Restricted Funds	299,318	271,311	260,759	(23,613)	286,258
Total Funds	297,593	291,097	315,148	-	273,542

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2024

	General £	Designated £	Restricted £	2024 £	2023 £
<u>Donations and legacies</u>					
Donations received	6,249	-	-	6,249	48,896
Gift Aid tax claimed	-	-	-	-	-
South grants received	-	-	182,180	182,180	70,000
North grants received	-	-	-	-	-
Cumbriawide grants received - Gen	-	-	-	-	-
	<u>6,249</u>	<u>-</u>	<u>182,180</u>	<u>188,429</u>	<u>118,896</u>
<u>Charitable activities</u>					
Training	690	-	-	690	180
Fees Received	-	-	-	-	-
Other Income	772	-	89,131	89,903	154,011
	<u>1,462</u>	<u>-</u>	<u>89,131</u>	<u>90,593</u>	<u>154,191</u>
<u>Other trading activities</u>					
Fundraising income - general	8,466	-	-	8,466	3,613
Sale of Merchandise	-	-	-	-	120
Room Hire Income	483	-	-	483	762
	<u>8,950</u>	<u>-</u>	<u>-</u>	<u>8,950</u>	<u>4,495</u>
<u>Investments</u>					
Interest received	3,125	-	-	3,125	4,862
	<u>3,125</u>	<u>-</u>	<u>-</u>	<u>3,125</u>	<u>4,862</u>
	19,786	-	271,311	291,097	282,444

7b.

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2024

	General £	Designated £	Restricted £	2024 £	2023 £
<u>Raising funds</u>					
Fundraising costs	13,806	-	2,570	16,376	14,178
	<u>13,806</u>	<u>-</u>	<u>2,570</u>	<u>16,376</u>	<u>14,178</u>
<u>Charitable activities</u>					
Administration salaries	-	-	-	-	-
Other direct admin costs	1,800	-	-	1,800	-
Salaries & wages	20,597	-	117,069	137,667	120,187
Pension Contributions	1,026	-	5,564	6,589	3,113
Staff training costs	-	-	432	432	600
DBS Checks	62	-	362	424	183
Salaried Counselling	-	-	-	-	-
Counselling	-	-	94,797	94,797	88,243
Training	-	-	-	-	804
Supervision	155	-	943	1,098	375
Counsellor Coordination	-	-	-	-	-
External Trainers	-	-	-	-	-
Travel & Sustenance	1,247	-	379	1,626	391
Utilities	18	-	5,502	5,520	5,786
Rent	8,662	-	26,041	34,703	34,647
Room Hire	-	-	-	-	-
Rates	168	-	212	380	851
Insurances	974	-	459	1,433	1,387
Repairs & Renewals	149	-	-	149	215
Telephone	547	-	1,939	2,486	1,856
Postage	122	-	-	122	-
Stationary	30	-	48	78	176
Advertising	121	-	824	945	581
Printing/Photography	379	-	487	866	871
Toolbox	-	-	-	-	34,564
Website	243	-	161	404	521
IT Costs	252	-	2,213	2,465	1,878
Equipment Purchases	1,604	-	49	1,654	16,298
Equipment Repairs	-	-	-	-	-
Library	-	-	-	-	-
Sundry	753	-	38	791	1,432
Memberships	1,637	-	-	1,637	493
Accountancy Costs	-	-	634	634	609
Bank Charges	35	-	36	71	72
Legal & professional	-	-	-	-	-
Trustees Meeting Expenses	-	-	-	-	-
Funds Transfer	-	-	-	-	-
	<u>40,583</u>	<u>-</u>	<u>258,189</u>	<u>298,772</u>	<u>316,133</u>
<u>Other expenses</u>					
Depreciation	-	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<u>Transfers between funds</u>					
	23,613	-	(23,613)	-	-
	<u>23,613</u>	<u>-</u>	<u>(23,613)</u>	<u>-</u>	<u>-</u>
<u>Gains/losses on revaluation of</u>					
	-	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	78,002	-	237,147	315,148	330,311

SAFA CUMBRIA

England & Wales - Charity number 1121122

Accounts

SAFA CUMBRIA

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 AUGUST 2024

Registered Number 06344630

KNOX ACCOUNTING

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2024

Contents

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1	Report of the trustees
2	Statement of trustees responsibilities
3	Accountants report
4	Profit and loss account
5	Balance sheet
6	Notes to the accounts

**The following page does not form part of the statutory accounts
which can be provided on request:**

7	Income and Expenditure Account
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SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2024
Report of the trustees

The trustees presents their annual report and financial statements for the year ended 31 August 2024.

CONSTITUTION

Safa Cumbria Limited is a company limited by guarantee and a registered charity governed by its Memorandum & Articles of Association.

PRINCIPAL ACTIVITY

The principal activity of the company during the period was to protect and preserve health and relieve the needs of people in Cumbria who self harm.

No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

DIRECTORS AND TRUSTEES

The directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees. As we are a registered charity and a company Limited by guarantee the terms directors and trustees are used interchangeably throughout.

The trustees who served during the year were as follows:

I Burns	Chairman		
K Moncrief	Vice Chairman		
D Laird	Company Secretary		
C Daltioni	Ex Officio		
E Dougan			
Z Walker			
T Shuttleworth			
D Jackson		Resigned	16/10/2023
J McKenna		Resigned	19/02/2024
B A Shirley		Appointed	16/10/2023
A Treharne		Appointed	17/06/2024

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006 and applicable charity legislation.

**Signed on behalf
of the board**

I Burns
Director

30 November 2024

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2024

Statement of trustees responsibilities

The directors are responsible for preparing the annual report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each year.

Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The accounts are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

select suitable accounting policies and then apply them consistently;

make judgments and estimates that are reasonable and prudent;

prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SAFA CUMBRIA**ACCOUNTANTS' REPORT
ON THE UNAUDITED FINANCIAL STATEMENTS TO THE BOARD OF DIRECTORS OF
SAFA CUMBRIA**

In order to assist you to fulfill your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Income and Expenditure Account and Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors as a body in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements for the year ended 31 August 2024 that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

**Knox Accounting
6 Bath Street
Barrow in Furness
Cumbria
LA14 1LZ**

30 November 2024

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2024

Notes	2024			2023
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Income and endowments from:				
	6,249	182,180	188,429	118,896
	1,462	89,131	90,593	154,191
	8,950	-	8,950	4,494
	3,125	-	3,125	4,862
Total	19,786	271,311	291,097	282,443
Expenditure on:				
	13,806	2,570	16,376	14,178
	40,583	258,189	298,772	316,134
	-	-	-	-
Total	54,389	260,759	315,148	330,312
Net gains/(losses) on investments				-
Net income/(expenditure)	(34,603)	10,552	(24,051)	(47,869)
Transfers between funds	23,613	(23,613)	-	-
Net Movement in Funds	(10,990)	(13,060)	(24,051)	(47,869)
Reconciliation of Funds				
Total funds brought forward	(1,726)	299,318	297,593	345,463
Total funds carried forward	(12,716)	286,258	273,542	297,593

The notes on pages 6a and 6b form part of these accounts

SAFA CUMBRIA
BALANCE SHEET AS AT
31 AUGUST 2024

	Notes	2024		2023	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	4		-		-
CURRENT ASSETS:					
Debtors	5		-		-
Cash at Bank and in hand		273,542		297,593	
		<u>273,542</u>		<u>297,593</u>	
CURRENT LIABILITIES:					
CREDITORS: Amounts Falling					
Due Within One Year	6		-		-
			<u>-</u>		<u>-</u>
NET CURRENT ASSETS			<u>273,542</u>		<u>297,593</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>273,542</u>		<u>297,593</u>
SHARE CAPITAL AND RESERVES					
Share Capital	7		-		-
Restricted Funds	8/9		286,258		299,318
Unrestricted Funds	8/9		<u>(12,716)</u>		<u>(1,726)</u>
			<u>273,542</u>		<u>297,593</u>

The notes on pages 6a and 6b form part of these accounts

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

For the financial year ended 31 August 2024 the company was entitled to exemption from audit under section 477 Companies Act 2006, and no notice has been deposited under section 476B(2).

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and preparing accounts which give a true and fair view of the state of affairs of the company as at the year end and of its profit for the financial year in accordance with the requirements of sections 393 and 394 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

Signed on behalf of the board

I Burns
Director

Approved by the board of directors: 30 November 2024

SAFA CUMBRIA
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2024

NOTE 4 TANGIBLE FIXED ASSETS

	Office Equipment	Total
Cost		
At 1 September 2023	-	-
Additions	-	-
At 31 August 2024	<u>-</u>	<u>-</u>
Depreciation		
At 1 September 2023	-	-
Charge for year	-	-
At 31 August 2024	<u>-</u>	<u>-</u>
Net Book values		
At 31 August 2024	<u>-</u>	<u>-</u>
At 31 August 2023	<u>-</u>	<u>-</u>

NOTE 5 DEBTORS:

	2024	2023
Trade Debtors	-	-
Other Debtors	-	-
	<u>-</u>	<u>-</u>

NOTE 6 CREDITORS: Amounts falling due within one year

	2024 £	2023 £
Trade Creditors	-	-
Other Taxes & Social Security	-	-
Accruals	-	-
	<u>-</u>	<u>-</u>

NOTE 7 SHARE CAPITAL

The company is limited by guarantee and therefore has no share capital.

NOTE 8 RESERVES

	Unrestricted	Restricted	Total
At 1 September 2023	(1,726)	299,318	297,593
Excess of income for the period	<u>(10,990)</u>	<u>(13,060)</u>	<u>(24,051)</u>
At 31 August 2024	<u>(12,716)</u>	<u>286,258</u>	<u>273,542</u>

SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2024**

NOTE 9 SUMMARY OF FUND MOVEMENTS

	Balance at 1 September 2023 £	Income £	Expenditure £	Transfers £	Balance at 31 August 2024 £
Unrestricted Funds					
General Fund	(1,726)	19,786	54,389	23,613	(12,716)
Total Unrestricted Funds	(1,726)	19,786	54,389	23,613	(12,716)
Restricted Funds					
Adult Funding	-	-	21,094	-	(21,094)
Albert Hunt 2023	-	4,000	3,974	(26)	-
Albert Hunt Trust	3,384	-	3,501	117	-
Awards for All	9,910	-	9,956	46	-
Awards for All	4,552	-	5,006	454	-
BBC cost of living	1,637	-	1,637	-	-
Bounce Back Training	9,748	561	10,309	-	-
CCF 23 Core	-	8,000	8,000	-	-
CCF CYP	-	13,000	193	-	12,807
CCF Lakeland	10,967	-	10,967	-	-
Contingency Reserve	85,608	-	-	-	85,608
Cumbria Youth Alliance	-	12,380	1,199	-	11,181
Edward Gostling Core	-	5,000	5,000	-	-
Evan Cornish	4,654	-	4,654	-	-
Francis C Scott	-	20,000	14,296	-	5,704
Fieda Scott Trust	-	20,000	12,651	-	7,349
Hadfield Trust	3,652	-	4,244	593	-
Hadfield Trust	-	5,000	2,484	-	2,516
Hardship CCF	1,120	-	1,280	160	-
NHS ICB	-	75,000	21,360	-	53,640
Priority Wards	-	9,800	2,335	-	7,465
Project Fund	28,399	-	4,655	(23,744)	-
Safa Party	438	-	79	-	358
Sir Bernard and Lady Schreier	651	-	928	278	-
SJF 23 Core	-	10,000	10,000	-	-
Sir John Fisher Foundation	-	-	-	-	-
Spot Purchases	122,494	88,570	87,769	(20,000)	103,295
The Edward Gostling	9,904	-	9,904	-	-
Toolbox	2	-	2	-	-
Ulverston Curry Club	2,200	-	713	(1,487)	-
Young People Project	-	-	2,571	20,000	17,429
Total Restricted Funds	299,318	271,311	260,759	(23,613)	286,258
Total Funds	297,593	291,097	315,148	-	273,542

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2024

	General £	Designated £	Restricted £	2024 £	2023 £
<u>Donations and legacies</u>					
Donations received	6,249	-	-	6,249	48,896
Gift Aid tax claimed	-	-	-	-	-
South grants received	-	-	182,180	182,180	70,000
North grants received	-	-	-	-	-
Cumbriawide grants received - Gen	-	-	-	-	-
	<u>6,249</u>	<u>-</u>	<u>182,180</u>	<u>188,429</u>	<u>118,896</u>
<u>Charitable activities</u>					
Training	690	-	-	690	180
Fees Received	-	-	-	-	-
Other Income	772	-	89,131	89,903	154,011
	<u>1,462</u>	<u>-</u>	<u>89,131</u>	<u>90,593</u>	<u>154,191</u>
<u>Other trading activities</u>					
Fundraising income - general	8,466	-	-	8,466	3,613
Sale of Merchandise	-	-	-	-	120
Room Hire Income	483	-	-	483	762
	<u>8,950</u>	<u>-</u>	<u>-</u>	<u>8,950</u>	<u>4,495</u>
<u>Investments</u>					
Interest received	3,125	-	-	3,125	4,862
	<u>3,125</u>	<u>-</u>	<u>-</u>	<u>3,125</u>	<u>4,862</u>
	19,786	-	271,311	291,097	282,444

7b.

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2024

	General £	Designated £	Restricted £	2024 £	2023 £
<u>Raising funds</u>					
Fundraising costs	13,806	-	2,570	16,376	14,178
	<u>13,806</u>	<u>-</u>	<u>2,570</u>	<u>16,376</u>	<u>14,178</u>
<u>Charitable activities</u>					
Administration salaries	-	-	-	-	-
Other direct admin costs	1,800	-	-	1,800	-
Salaries & wages	20,597	-	117,069	137,667	120,187
Pension Contributions	1,026	-	5,564	6,589	3,113
Staff training costs	-	-	432	432	600
DBS Checks	62	-	362	424	183
Salaried Counselling	-	-	-	-	-
Counselling	-	-	94,797	94,797	88,243
Training	-	-	-	-	804
Supervision	155	-	943	1,098	375
Counsellor Coordination	-	-	-	-	-
External Trainers	-	-	-	-	-
Travel & Sustenance	1,247	-	379	1,626	391
Utilities	18	-	5,502	5,520	5,786
Rent	8,662	-	26,041	34,703	34,647
Room Hire	-	-	-	-	-
Rates	168	-	212	380	851
Insurances	974	-	459	1,433	1,387
Repairs & Renewals	149	-	-	149	215
Telephone	547	-	1,939	2,486	1,856
Postage	122	-	-	122	-
Stationary	30	-	48	78	176
Advertising	121	-	824	945	581
Printing/Photography	379	-	487	866	871
Toolbox	-	-	-	-	34,564
Website	243	-	161	404	521
IT Costs	252	-	2,213	2,465	1,878
Equipment Purchases	1,604	-	49	1,654	16,298
Equipment Repairs	-	-	-	-	-
Library	-	-	-	-	-
Sundry	753	-	38	791	1,432
Memberships	1,637	-	-	1,637	493
Accountancy Costs	-	-	634	634	609
Bank Charges	35	-	36	71	72
Legal & professional	-	-	-	-	-
Trustees Meeting Expenses	-	-	-	-	-
Funds Transfer	-	-	-	-	-
	<u>40,583</u>	<u>-</u>	<u>258,189</u>	<u>298,772</u>	<u>316,133</u>
<u>Other expenses</u>					
Depreciation	-	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
<u>Transfers between funds</u>					
	23,613	-	(23,613)	-	-
	<u>23,613</u>	<u>-</u>	<u>(23,613)</u>	<u>-</u>	<u>-</u>
<u>Gains/losses on revaluation of</u>					
	-	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	78,002	-	237,147	315,148	330,311

SAFA CUMBRIA

England & Wales - Charity number 1121122

Accounts

SAFA CUMBRIA

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 AUGUST 2022

Registered Number 06344630

KNOX ACCOUNTING

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2022

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| 2 | Statement of trustees responsibilities |
| 3 | Accountants report |
| 4 | Profit and loss account |
| 5 | Balance sheet |
| 6 | Notes to the accounts |

**The following page does not form part of the statutory accounts
which can be provided on request:**

- | | |
|---|--------------------------------|
| 7 | Income and Expenditure Account |
|---|--------------------------------|

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2022
Report of the trustees

The trustees presents their annual report and financial statements for the year ended 31 August 2022.

CONSTITUTION

Safa Cumbria Limited is a company limited by guarantee and a registered charity governed by its Memorandum & Articles of Association.

PRINCIPAL ACTIVITY

The principal activity of the company during the period was to protect and preserve health and relieve the needs of people in Cumbria who self harm.

No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

DIRECTORS AND TRUSTEES

The directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees. As we are a registered charity and a company Limited by guarantee the terms directors and trustees are used interchangeably throughout.

The trustees who served during the year were as follows:

I Burns	Chairman		
R White	Vice Chairman		
D Laird	Company Secretary		
C Daltioni			
E Foylan		Resigned	13/09/2021
A Onslow			
L Aspin		Resigned	13/12/2021
A Hart			
D Jackson			
E Dougan		Appointed	14/02/2022
H Edwards		Appointed	30/05/2022
K Moncrief		Appointed	08/11/2021
Z Walker		Appointed	11/07/2022

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006 and applicable charity legislation.

**Signed on behalf
of the board**

**I Burns
Director**

30 November 2022

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2022

Statement of trustees responsibilities

The directors are responsible for preparing the annual report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each year.

Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The accounts are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

select suitable accounting policies and then apply them consistently;

make judgments and estimates that are reasonable and prudent;

prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SAFA CUMBRIA**ACCOUNTANTS' REPORT
ON THE UNAUDITED FINANCIAL STATEMENTS TO THE BOARD OF DIRECTORS OF
SAFA CUMBRIA**

In order to assist you to fulfill your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Income and Expenditure Account and Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors as a body in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements for the year ended 31 August 2022 that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

**Knox Accounting
The Old Fire Station
1 Abbey Road
Barrow in Furness
Cumbria
LA14 1XH**

30 November 2022

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2022

Notes	2022			2021
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Income and endowments from:				
	11,053	174,981	186,034	250,022
	15,350	59,728	75,078	23,119
	10,217	2,223	12,440	-
	95	-	95	30
Total	1,2 <u>36,715</u>	<u>236,932</u>	<u>273,648</u>	<u>273,170</u>
Expenditure on:				
	13,468	-	13,468	500
	42,349	192,532	234,881	234,542
	-	-	-	5,546
Total	<u>55,817</u>	<u>192,532</u>	<u>248,349</u>	<u>240,588</u>
Net gains/(losses) on investments				-
Net income/(expenditure)	3 <u>(19,102)</u>	<u>44,400</u>	<u>25,299</u>	<u>32,583</u>
Transfers between funds	18,869	(18,869)	-	-
Net Movement in Funds	(233)	25,531	25,299	32,583
Reconciliation of Funds				
Total funds brought forward	<u>20,414</u>	<u>302,229</u>	<u>322,643</u>	<u>290,061</u>
Total funds carried forward	<u>20,182</u>	<u>327,760</u>	<u>347,942</u>	<u>322,643</u>

The notes on pages 6a and 6b form part of these accounts

SAFA CUMBRIA
BALANCE SHEET AS AT
31 AUGUST 2022

	Notes	2022		2021	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	4		-		-
CURRENT ASSETS:					
Debtors	5		-		-
Cash at Bank and in hand		348,297		322,643	
		<u>348,297</u>		<u>322,643</u>	
CURRENT LIABILITIES:					
CREDITORS: Amounts Falling					
Due Within One Year	6	<u>355</u>		-	
NET CURRENT ASSETS			<u>347,942</u>		<u>322,643</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>347,942</u>		<u>322,643</u>
SHARE CAPITAL AND RESERVES					
Share Capital	7		-		-
Restricted Funds	8/9		327,760		302,229
Unrestricted Funds	8/9		<u>20,182</u>		<u>20,414</u>
			<u>347,942</u>		<u>322,643</u>

The notes on pages 6a and 6b form part of these accounts

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

For the financial year ended 31 August 2022 the company was entitled to exemption from audit under section 477 Companies Act 2006, and no notice has been deposited under section 476B(2).

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and preparing accounts which give a true and fair view of the state of affairs of the company as at the year end and of its profit for the financial year in accordance with the requirements of sections 393 and 394 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

Signed on behalf of the board

I Burns
Director

Approved by the board of directors: 30 November 2022

SAFA CUMBRIA
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2022

NOTE 4 TANGIBLE FIXED ASSETS

	Office Equipment	Total
Cost		
At 1 September 2021	8,510	8,510
Additions	-	-
At 31 August 2022	<u>8,510</u>	<u>8,510</u>
Depreciation		
At 1 September 2021	8,510	8,510
Charge for year	-	-
At 31 August 2022	<u>8,510</u>	<u>8,510</u>
Net Book values		
At 31 August 2022	<u>-</u>	<u>-</u>
At 31 August 2021	<u>-</u>	<u>-</u>

NOTE 5 DEBTORS:

	2022	2021
Trade Debtors	-	-
Other Debtors	-	-
	<u>-</u>	<u>-</u>

NOTE 6 CREDITORS: Amounts falling due within one year

	2022 £	2021 £
Trade Creditors	355	-
Other Taxes & Social Security	-	-
Accruals	-	-
	<u>355</u>	<u>-</u>

NOTE 7 SHARE CAPITAL

The company is limited by guarantee and therefore has no share capital.

NOTE 8 RESERVES

	Unrestricted	Restricted	Total
At 1 September 2021	20,414	302,229	322,643
Excess of income for the period	<u>(233)</u>	<u>25,531</u>	<u>25,299</u>
At 31 August 2022	<u>20,182</u>	<u>327,760</u>	<u>347,942</u>

SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2022**

NOTE 9 SUMMARY OF FUND MOVEMENTS

	Balance at 1 September 2021	Income	Expenditure	Transfers	Balance at 31 August 2022
	£	£	£	£	£
Unrestricted Funds					
General Fund	20,414	36,715	55,817	18,869	20,182
Total Unrestricted Funds	20,414	36,715	55,817	18,869	20,182
Restricted Funds					
Albert Hunt Trust	-	4,000	-	-	4,000
Artworks	6,571	2,403	-	(8,974)	-
Awards for All	-	10,000	-	-	10,000
BBC Children in Need	23,852	-	23,852	-	-
Big Lottery Fund	61,450	49,902	99,260	-	12,092
Bounce Back Training	10,228	-	-	-	10,228
CCF-C19 COVID	3,419	-	-	(3,419)	-
Contingency Reserve	85,000	-	-	-	85,000
Covid 19 Gateway	(4,940)	-	75	5,015	-
CPCC-COVID 19	4,264	-	49	(4,215)	-
Cumbria Community Foundation	259	18,000	593	-	17,666
Francis C Scott	13,173	18,000	5,992	-	25,181
Garfield Weston	9,285	20,000	5,826	-	23,459
Hadfield Trust	0	5,000	-	-	5,000
Orsted	320	35,922	8,453	(27,789)	-
Project Fund	46,000	-	-	25,000	71,000
Sir Bernard and Lady	-	3,000	-	-	3,000
Sir John Fisher Foundation	-	10,000	-	-	10,000
Spot Purchases	19,745	59,705	28,397	-	51,053
Tesco COVID 19	14	-	14	-	-
Therapy Boxes	-	1,000	919	-	81
Toolbox	23,757	-	19,102	(4,655)	-
WCM-C19 LANKELLY	(168)	-	-	168	-
Total Restricted Funds	302,229	236,932	192,532	(18,869)	327,760
Total Funds	322,643	273,648	248,349	-	347,942

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2022

	General £	Designated £	Restricted £	2022 £	2021 £
<u>Donations and legacies</u>					
Donations received	3,053	-	3,180	6,233	25,783
Gift Aid tax claimed	-	-	-	-	-
South grants received	8,000	-	171,801	179,801	46,400
North grants received	-	-	-	-	-
Cumbriawide grants received - Gen	-	-	-	-	177,839
	<u>11,053</u>	<u>-</u>	<u>174,981</u>	<u>186,034</u>	<u>250,022</u>
<u>Charitable activities</u>					
Training	250	-	-	250	717
Fees Received	100	-	-	100	21,877
Other Income	15,000	-	59,728	74,728	525
	<u>15,350</u>	<u>-</u>	<u>59,728</u>	<u>75,078</u>	<u>23,119</u>
<u>Other trading activities</u>					
Fundraising income	9,200	-	-	9,200	-
Sale of Merchandise	135	-	2,223	2,359	-
Room Hire Income	882	-	-	882	-
	<u>10,217</u>	<u>-</u>	<u>2,223</u>	<u>12,440</u>	<u>-</u>
<u>Investments</u>					
Interest received	95	-	-	95	30
	<u>95</u>	<u>-</u>	<u>-</u>	<u>95</u>	<u>30</u>
	36,715	-	236,932	273,648	273,171

7b.

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2022

	General £	Designated £	Restricted £	2022 £	2021 £
Raising funds					
Fundraising costs	13,468	-	-	13,468	500
	<u>13,468</u>	<u>-</u>	<u>-</u>	<u>13,468</u>	<u>500</u>
Charitable activities					
Administration salaries	-	-	-	-	-
Other direct admin costs	-	-	-	-	-
Salaries & wages	32,267	-	80,644	112,910	127,773
Pension Contributions	593	-	2,408	3,001	3,835
Staff training costs	1,195	-	-	1,195	667
DBS Checks	281	-	-	281	110
Salaried Counselling	-	-	52,044	52,044	-
Counselling	-	-	-	-	47,275
Training	60	-	-	60	1,760
Supervision	345	-	-	345	809
Counsellor Coordination	-	-	-	-	-
External Trainers	-	-	-	-	27
Travel & Sustenance	551	-	64	615	853
Utilities	645	-	6,169	6,814	2,255
Rent	-	-	30,251	30,251	21,815
Room Hire	-	-	-	-	42
Rates	-	-	3,026	3,026	1,005
Insurances	712	-	1,571	2,283	1,084
Repairs & Renewals	-	-	-	-	647
Telephone	428	-	1,272	1,701	4,879
Postage	202	-	-	202	693
Stationary	100	-	-	100	366
Advertising	237	-	-	237	660
Printing/Photography	976	-	-	976	479
Toolbox	-	-	14,150	14,150	3,679
Website	187	-	-	187	4,106
IT Costs	1,890	-	-	1,890	2,977
Equipment Purchases	-	-	683	683	-
Equipment Repairs	-	-	-	-	90
Library	-	-	-	-	-
Sundry	715	-	251	966	3,045
Memberships	258	-	-	258	744
Accountancy Costs	620	-	-	620	385
Bank Charges	51	-	-	51	-
Legal & professional	35	-	-	35	2,483
Trustees Meeting Expenses	-	-	-	-	-
Funds Transfer	-	-	-	-	-
	<u>42,349</u>	<u>-</u>	<u>192,532</u>	<u>234,881</u>	<u>234,543</u>
Other expenses					
Depreciation	-	-	-	-	5,546
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>5,546</u>
Transfers between funds					
	<u>(18,869)</u>	<u>-</u>	<u>18,869</u>	<u>-</u>	<u>-</u>
	<u>(18,869)</u>	<u>-</u>	<u>18,869</u>	<u>-</u>	<u>-</u>
Gains/losses on revaluation of					
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	<u>36,948</u>	<u>-</u>	<u>211,401</u>	<u>248,349</u>	<u>240,589</u>

SAFA CUMBRIA

England & Wales - Charity number 1121122

Accounts



Annual Accounts
September 2020 - August
2021

Prepared by Knox Accounting

E: finance@safa-selfharm.com

T: 01229 832269



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re	Notes to the accounts	10-16 <input type="text" value="he year"/>

As the charity's trustees, 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 Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the application directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below*) which gives me cause to believe that in, any material respect:

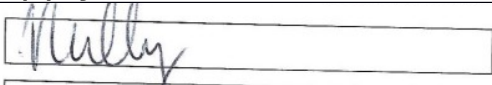
**Independent
examiner's
statement**

- 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 (Accounts and Reports) Regulations 2009 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 matter 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.

*Please delete the words in brackets if they do not apply.

Signed:



Date:

17/11/2021

Name:

Janine Kelly

**Relevant
professional
qualification(s)
or body (if
any):**

MAAT

Address:

Knox Accounting, Unit 2 The Old Fire Station, 1 Abbey Road, Barrow In Furness, LA14 1XH

Section B

Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose

**SAFA CUMBRIA
FINANCIAL STATEMENTS FOR THE YEAR ENDED
31st August 2021**

Report of Trustees

The trustees presents their annual report and financial statements for the year ended 31 August 2021.

CONSTITUTION

Safa Cumbria Limited is a company limited by guarantee and a registered charity governed by its Memorandum & Articles of Association.

PRINCIPAL ACTIVITY

The principal activity of the company during the period was to protect and preserve health and relieve the needs of people in Cumbria who self-harm. No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

DIRECTORS AND TRUSTEES

The directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees. As we are a registered charity and a company Limited by guarantee the terms directors and trustees are used interchangeably throughout.

The trustees who served during the year were as follows:

I Burns	Chairman
R White	Vice Chairman
D Laird	Company
E Foylan	Secretary
A Onslow	
L Aspin	
A Hartle	Appointed
D Jackson	14/12/2020
D L Jacobs	Appointed
K E Robinson	15/06/2021
G Cameron	Appointed
C Faulkner	14/06/2021
	Resigned
	14/12/2020
	Resigned
	14/12/2020
	Resigned
	14/12/2020
	Resigned
	14/12/2020

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006 and applicable charity legislation.

Signed on behalf of the board

I Burns - Director
30 November 2021

SAFA CUMBRIA FINANCIAL STATEMENTS FOR THE YEAR ENDED 31st August 2021

Statement of Trustee Responsibilities

The directors are responsible for preparing the annual report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements

for each year.

Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The accounts are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

select suitable accounting policies and then apply them consistently;

make judgments and estimates that are reasonable and prudent;

prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**SAFA CUMBRIA
FINANCIAL STATEMENTS FOR THE YEAR ENDED
31st August 2021**

Accountants Report on the unaudited financial statements to the board of directors of SAFA Cumbria

In order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Income and Expenditure Account and Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors as a body in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements for the year ended 31 August 2021 that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

**Knox Accounting
The Old Fire Station
1 Abbey Road
Barrow in Furness Cumbria
LA14 1XH**

30 November 2021

**SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNTS FOR THE YEAR**

ENDED
31st August 2021

Income and Expenditure Account

		2021		2020	
	Notes	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds (£)	Total Funds (£)
Income and endowments from:					
Donations and legacies		6,762	243,260	250,022	202,772
Charitable activities		1,997	21,122	23,119	30,329
Other trading activities		-	-	-	7,237
Investments		30	-	30	297
Total	1,2	8,789	264,381	273,170	240,635
Expenditure On:					
Raising funds		500	-	500	2,317
Charitable activities		5,348	229,194	234,542	166,367
Other		5,546	-	5,546	191
Total		11,394	229,194	240,588	168,875
Net gains/losses on investments					-
Net income/ (expenditure)	3	(2,605)	35,186	32,583	71,761
Transfers between Funds		(65,520)	65,520	-	-
Net Movement in Funds		(68,125)	100,706	32,583	71,761
Reconciliation of Funds					-
Total funds brought forward		88,538	201,523	290,061	218,301
Total funds carried forward		20,413	302,229	322,643	290,061

**SAFA CUMBRIA
BALANCE SHEET AS AT
31st August 2021**

Balance Sheet				
		2021	2020	
	Notes	£	£	£
Fixed Assets				
Tangible Assets	4			5,547
Current Assets				
Debtors	5	-		125
Cash at bank and in hand		322,643	284,389	
		<u>322,643</u>	<u>284,514</u>	
Current Liabilities				
Creditors: Amounts Falling due within one year	6	-	-	
Net current Assets		<u>322,643</u>	<u>284,514</u>	
Total Assets less current liabilities		<u>322,643</u>	<u>290,061</u>	
Share Capital and Reserves				
Share Capital	7	-		-
Restricted Funds	8/9	302,229	201,523	
Unrestricted Funds	8/9	<u>20,413</u>	<u>88,538</u>	
		<u>322,643</u>	<u>290,061</u>	

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008). For the financial year ended 31 August 2021 the company was entitled to exemption from audit under section 477 Companies Act 2006, and no notice has been deposited under section 476B(2). The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and preparing accounts which give a true and fair view of the state of affairs of the company as at the year end and of its profit for the

financial year in accordance with the requirements of sections 393 and 394 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

Signed on behalf of the board
I Burns - Director

Approved by the board of directors: 30 November 2021

SAFA CUMBRIA
NOTES TO THE ACCOUNTS
31st August 2021

Notes to the accounts

NOTE 1 ACCOUNTING POLICIES

a. Basis of Accounting

The accounts have been prepared in accordance with appropriate accounting standards and under the historical cost convention. The accounts have also been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) and the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2019).

b. Turnover

Income comprises of Grants and Donations received during the year except when donors specify that amounts given to the charity may be used in future accounting years, the income is deferred until those years.

c. Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund.

d. Staff costs

The breakdown of salary & wage costs are as follows:

2021 2020

At 31 st August 2021	<u>8,510</u>	<u>8,510</u>
---------------------------------	--------------	--------------

Net Book Values

At 31 st August 2021	<u>0</u>	<u>0</u>
At 31 st August 2020	<u>5,547</u>	<u>5,547</u>

NOTE 5 DEBTORS

	2021	2020
Trade Debtors	-	-
Other Debtors	-	125
	<u>-</u>	<u>125</u>

NOTE 6 CREDITORS: Amounts falling due within one year

	2021	2020
	£	£
Trade Creditors	-	-
Other taxes & Social Security	-	-
Accruals	-	-
	<u>-</u>	<u>-</u>

NOTE 7 SHARE CAPITAL

The company is limited by guarantee and therefore has no share capital.

NOTE 8 RESERVES

	Unrestric ted	Restricte d	Total
At 1 st September 2021	88,538	201,523	290,061
Excess of income for the period	(68,125)	100,705	32,580
At 31 st August 2021	<u>20,413</u>	<u>302,228</u>	<u>322,640</u>

NOTE 9 SUMMARY OF FUND MOVEMENTS

	Balance at 01/09/20 20 £	Income £	Expendi- ture £	Transfe rs £	Balance at 31/08/20 21 £
Unrestricted Funds					
General Fund	88,538	8,789	11,394	(65,520)	20,413
Total	88,538	8,789	11,394	(65,520)	20,413
Restricted Funds					
BBC Children in Need	17,346	23,852	17,346	-	23,852
Big Lottery Fund	56,310	99,756	94,616	-	61,450
Francis C. Scott	(336)	20,000	6,827	336	13,173
Sir John Fisher F	817	-	-	(817)	-
Bounce Back Training	5,610	6,444	1,826	-	10,228
Covid 19 Gateway	4,602	-	9,542	-	(4,940)
Cumbria Community F	36,500	-	21,241	(15,000)	259
Garfield Weston	14,758	-	5,473	-	9,285
Orsted	3,057	-	2,738	-	320
Spot Purchases	12,425	21,075	13,755	-	19,745
Tesco Covid 19 Artworks	435	-	420	-	14
BL-C19 Toolkit	-	6,571	-	-	6,571
CCF-C19 Covid	-	70,434	46,677	-	23,757
CPCC-Covid 19	-	8,000	4,581	-	3,419
WCM-C19	-	5,000	736	-	4,264
LANKELLY	-	3,250	3,418	-	(168)
Contingency Reserve	50,000	-	-	35,000	85,000
Project Fund	-	-	-	46,000	46,000
Total Restricted Funds	201,523	264,382	229,194	65,520	302,229

Total Funds	290,061	273,171	240,588	-	322,643
-------------	---------	---------	---------	---	---------

	General	Designated	Restricted	2021	2020
	£	£	£	£	£
Donations and legacies					
Donations received	3,112	-	22,671	25,783	2,216
Gift Aid tax claimed	-	-	-	-	-
South grants received	3,650	-	42,750	46,400	24,500
North grants received	-	-	-	-	-
Cumbriawide grants	-	-	177,839	177,839	176,056
	6,762	-	243,260	250,022	202,772
Charitable activities					
Training	717	-	-	717	-
Fees received	756	-	21,122	21,877	17,770
Other Income	525	-	-	525	12,559
	1,997	-	21,122	23,119	30,329
Other trading activities					
Fundraising Income	-	-	-	-	7,117
Room Hire Income	-	-	-	-	12-
	-	-	-	-	7,237

Investments

Interest Received	30	-	-	30	297
	<u>30</u>	-	-	<u>30</u>	<u>297</u>
	8,789	-	264,381	273,171	240,635

	General £	Designated £	Restricted £	2021 £	2020 £
Raising Funds					
Fundraising costs	500	-	-	500	2,317
	500	-	-	500	2,317
Charitable activities					
Administration salaries	-	-	-	-	-
Other direct admin costs	-	-	-	-	-
Salaries and wages	(3,825)	-	131,597	127,773	87,027
Pension contributions	-	-	3,835	3,835	3,541
Staff training costs	95	-	572	667	1,341
DBS Checks	-	-	110	110	200
Salaried counselling	-	-	-	-	-
Counselling	133	-	47,142	47,275	38,400
Training	500	-	1,260	1,760	545
Supervision	423	-	387	809	(50)
Counsellor Coordination	-	-	-	-	-
External Trainers	27	-	-	27	-
Travel & Sustenance	617	-	236	853	2,022
Utilities	-	-	2,255	2,255	3,410
Rent	-	-	21,815	21,815	16,890
Room Hire	7	-	35	42	602
Rates	-	-	1,005	1,005	484
Insurances	479	-	604	1,084	801
Repairs and Renewals	(71)	-	718	647	-
Telephone	356	-	4,523	4,879	1,731
Postage	519	-	174	693	155
Stationary	272	-	94	366	266
Advertising	-	-	660	660	1
Printing/Photography	479	-	-	479	1,700
Toolbox	-	-	3,679	3,679	-
Website	120	-	3,986	4,106	599
IT Costs	1,320	-	1,657	2,977	1,883
Equipment purchases	-	-	-	-	2,822
Equipment repairs	-	-	90	90	135
Library	-	-	-	-	-
Sundry	2,542	-	503	3,045	586
Memberships	486	-	258	744	709
Accountancy costs	385	-	-	385	519
Legal & Professional	483	-	2,000	2,483	-
Trustees Meeting Expenses	-	-	-	-	50
Funds Transfer	-	-	-	-	-
	5,348	-	229,195	234,543	166,369
Other Expenses					
Depreciation	5,546	-	-	5,546	191
	5,546	-	-	5,546	191
Transfers between funds	(65,520)	-	65,520	-	-
	(65,520)	-	65,520	-	-
	(54,126)	-	294,715	240,589	168,877

SAFA CUMBRIA

England & Wales - Charity number 1121122

Accounts



Annual Report

for the year ended 31 August 2020

Registered Charity No: 1121122

Company No.6344630



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TRUSTEES & STAFF

Trustees

Ian Burns	Chair (from 12/19)
Rod White	Chair (until 12/19)
	Vice Chair (from 12/19)
Vacant position	Treasurer
Donna Jacobs	Secretary (until 12/19)
	Board Member (from 12/19)
Gemma Cameron	Board Member
Kim Robinson	Board Member
Dennis Laird	Board Member, Secretary (from 12/19)
Elaine Foylan	Board Member
Caroline Faulkner	Board Member
Dr Arabella Onslow	Board Member
David Jackson	Co-opted Board Member
Cindy Daltioni	Ex Officio

Staff

Cindy Daltioni	Chief Officer & Safeguarding Lead
Kath Threlkeld	Project Manager
Helen Beech	Counselling Coordinator & Dep. Safeguarding
Chris Adams	Finance Manager

SAFA Registered Office

Heron House, 114 Duke Street, Barrow-in-Furness, LA14 1LW

Bankers

HSBC, 104 Duke Street, Barrow in Furness, LA14 1RD

Independent Examiners

Knox Accounting Ltd, Old Fire Station, 1 Abbey Road, Barrow-in-Furness, LA14 1XH

MISSION & GOVERNANCE

MISSION STATEMENT

SAFA is committed to making a positive difference to the lives of individuals who self-harm and to those people who support them.

Objectives

We aim to protect and preserve the health and relieve the needs of people in Cumbria who self-harm or are affected by others that self-harm. We do this by:

- Providing free, professionally qualified counselling to young people and adults who self-harm or have an eating disorder, working in accordance with the British Association of Counselling Professionals (BACP) ethical framework for good practice in counselling
- Providing a local information and support service
- Increasing awareness and understanding of self-harm and to dispel the myths surrounding it by providing training and advice to groups, organisations and professionals
- Cooperating with statutory, voluntary and private sector agencies in order to give individuals choice about access to the various services available locally.

Organisation

The charity is governed by a board of Directors (aka trustees). These persons are responsible for all decisions regarding the operation of the charity on a day to day basis. A Director can be appointed at the Annual General Meeting by being proposed and seconded by existing Directors and voted upon. Alternatively a Director can be appointed directly by the board as the need arises throughout the year and in accordance with the Charity's Rules of Governance.

The Board of Directors is comprised of:

- Chair
- Vice Chair
- Treasurer
- CEO
- Elected and voting board members

The quorum necessary for the transaction of the business of the Board is three (3)

MISSION & GOVERNANCE

Structure, Governance and Management

The Directors present their report along with the financial statements of the charity for the year ending 31 August 2020. The financial statements have been prepared in accordance with current statutory requirements, the charity's Memorandum and Articles and the requirements of the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2019) .

Committee Recruitment

The charity seeks to recruit committee members from a wide range of backgrounds and experiences. This ensures a broad spectrum of skills available to the charity for the development and management of policies that will be of benefit to the staff and clients. New members are provided with a range of documentation and an induction into the charity's Aims and Objectives.

The recruitment and induction of Directors is intended to ensure that the appropriate skills are available to the Board of Directors for them to carry out their responsibilities and duties prudently and efficiently. Board members have current or recent backgrounds in education, social work, counselling, health and business, and are in a position to access help and advice from other professionals as and when required.

Risk Management

The Directors regularly review risks to the charity. These are mainly of a financial nature due to the instability of the funding environment which the charity seeks to mitigate by ensuring a wide and diverse funding base. Operational risk through its core activities is minimised by a policy of continual training for staff and adherence to Charity's policies and procedures by others that may be required to carry out core counselling activities as directed by the Chief Officer.

Appropriate levels of insurance are maintained and adjusted as and when appropriate.

Safeguarding & Confidentiality

Safeguarding our vulnerable clients is at the heart of our operations. All Directors, counsellors and volunteers are fully DBS checked. SAFA has a comprehensive Confidentiality Policy which follows BACP Guidelines, and informs our sharing of information with other Agencies, including the police and statutory services.

Board members monitor and support policy and practice. Safeguarding is a standing item on monthly board meetings.

Chair's Foreword



This is my first AGM foreword after taking over from Rod White as Chair at the AGM in December 2019. Whatever challenges I thought the future offered us, the COVID Pandemic was not one of them but I have been amazed and humbled how everyone associated with SAFA has fought to keep the service going at a time when the need is obviously increasing. In adversity we have seen some fantastic innovation to sustain, modify and improve the services we offer. I think online counselling via Zoom will stay with us after COVID as an option for some people and the Toolbox project we are starting to develop with

the local community will be a significant game changer in improving our understanding from the client perspective.

I would like to personally thank the Board, Cindy, our CEO, our employees and our counsellors who all help SAFA deliver such an amazing service to those who are struggling. The most powerful thing about mental well-being is the fact 1 in 4 people will be suffering at any one time but that 3 in 4 of those will not be in a year's time. So, if treated, (important caveat) mental well-being issues are often transient and people can move on after receiving help. I am so proud to be a small part of the fabulous SAFA team of employees and counsellors who deliver that help and literally change people's lives for the better.

Notwithstanding COVID, I think 2020 to date has been a good year for SAFA. As a Board we continue to develop our management information and governance to ensure we get the best possible results from the resources we have, and ensuring that we are planning for the future so we can sustain the services so clearly needed across our community. We have also strengthened the Board in 2020 in terms of numbers, skills, experience and diversity and it is an absolute pleasure to lead such a dedicated team. We have introduced Board Sub Groups to address the critical risks and opportunities we have and these have proved really successful in driving the pace of improvement.

I would particularly like to thank Rod White who I succeeded as Chair – they were and remain big boots to fill but the task is made so much easier by Rod's continued great support and wise counsel.

Our challenges for the rest of 2020 and 2021 include continued reduction in the waiting list so people can be seen more swiftly, delivery of the Toolbox community led project, a major focus on future funding streams and moving in to new premises in the Barrow area. Whatever the next year throws at us I am confident that the SAFA team will tackle it head on and continue to go from strength to strength

CEO Report



Building on past successes, our focus for the next year is building a sustainable strategy – reaching even more people and providing greater awareness and hope.

Last year I highlighted that ‘people were suffering, people were dying, and that we were in the midst of a mental health crisis’. In March, the unwelcome coronavirus cemented those words. With increased loss, impact of lockdown, and the inevitable recession that lies ahead it will leave a deep and lasting scar on our nation’s mental health. Never before has there been such a need to invest in community services, protect those most at risk, and support our children and young people.

SAFA responded to this need by providing a Covid helpline to support people’s emotional and more immediate needs. This was on top of SAFA’s other challenges - a growing waiting list and lack of resources. Not only did we have a new language to learn (e.g. furlough, zoom etc.), but we also had to adapt our governance to become compliant with this new way of working. This included provided training for staff and counsellors so they could continue to work to the high standards we set.

Our counselling service continued via an online platform, but with the added concerns of how we could stay connected to clients who could not access online counselling. We are currently preparing our counselling rooms for some face to face work to continue, within the current government guidelines. This includes changing Kendal premises to meet those standards. Recommencing face-to-face work has been a life line to many.

Feedback from our clients tell us that SAFA continues to provide life changing and at times a life-saving service. Our position in North & West Cumbria remains unchanged in spite of people still contacting us for help. As our waiting list in these areas nears an end we are communicating with all our stakeholders regarding our departure strategy, that we signalled 18 months ago. This has been one of the most difficult decisions to date; knowing people need our service, but being unable to provide it due to lack of funding commitments.

Schools education work has been put on hold. We are currently planning an online resource that can be used at the start of the new academic year. I have great faith in the team leading on this and know they will find a way to deliver using creativeness and professionalism.

We have applied for funding to run a project to help us better understand the communities needs, especially in these challenging times. We are hopeful of a successful bid which would enable us to have meaningful connections that will bring us closer together, moving beyond the current landscape we have found ourselves in. As this present situation deepens, social inequalities can only be addressed in conjunction with addressing other societal injustices. We are learning to become true partners in building a trusting and meaningful culture. Our previous success is rooted in strong relationships with our clients, other community groups, local officials, and others. By increasing our support in community-based organising, non-traditional partnerships, grassroots movement and power building, we are partnering for progress.

A quote from a former CEO of General Electric states “an organisations ability to learn and translate that learning into action rapidly, is the ultimate competitive advantage”. SAFA will continue to set the bar.

Never could I conclude an annual report without a special acknowledgment to our incredible staff, counsellors and volunteers that rally together to make things happen. I am so thankful for all your dedication and efforts! To our funders who continue to put their faith in us and see our work as a great investment. With your support we’ll continue to honour our word and our communities. To our Board of Directors for all your expertise and commitment to me and belief in our work. And last but not least a special thank you for the remarkable leadership of our Chair Ian Burns. His exceptional resilience has been grounding and enlightening.

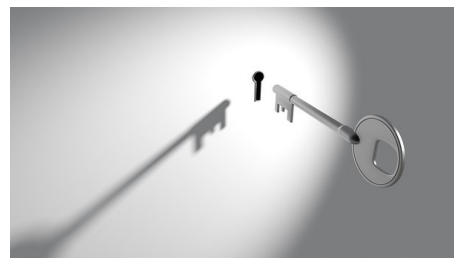
SAFA is about real change through transformative partnerships and without the excellent efforts of the whole team we could not achieve this.

Client Feedback



“I haven’t self harmed or even thought about it since I started SAFA”

“I now eat intuitively and it feels right”



“Excellent. Don't know where I would have been without it especially during this very isolating time because I am totally alone”

“Highly positive, very chilled staff, very lovely people and amazing work being done”



“The best experience I've had with counselling “

Client Case Study

Client consent received & identifying features removed. The client is a 14 year old female and had 18 sessions with SAFA.



Presenting issues

- Eating disorder – binging/purging/starving
- Regular cutting & suicidal thoughts
- Absent from school for 9 months due to extreme bullying
- Issues with bereavement, self-confidence, anxiety & witnessing domestic violence

Specific examples of therapeutic input

- Counselling provided with genuineness, unconditional positive regard and empathy
- Exploring and recognizing strengths - looking for exceptions to the problem.
- Completing a time-line of significant life events which were good and not so good.
- Activity scheduling - identifying helpful behaviors and exploring support networks
- Exercises around living in the moment to reduce rumination and obsessing
- Exploring role play around managing particular scenarios.
- Psychoeducation including helpful apps, STOPP, CALM & Headspace

Outcomes to date

- Improved self management— able to more effectively regulate feelings.
- Gained greater self-awareness and insight into their core self
- Attending school regularly and excelling academically
- Self –harming incidents have greatly reduced with no reported suicide ideation, thoughts, plans or intent.
- Improved friendships, improved confidence and improved eating habits

Statistics

Clients & Session Figures

	2019-2020	2018-2019
Total clients	177	142
Total sessions	1564	1246
Average per client	9	9

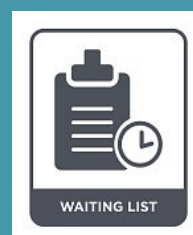
Our 3 main outcomes

	2019-2020	2018-2019
% of clients who have a better understanding of underlying issues	92.5%	81%
% of clients who have reduced—or stopped—self harm	87.5%	80%
% of clients who have developed better coping strategies	95%	86%

WAITING LIST

The waiting list for counselling with SAFA at the end of August 2020 stood at 126 .

The average wait time across the areas is 4-6 months.



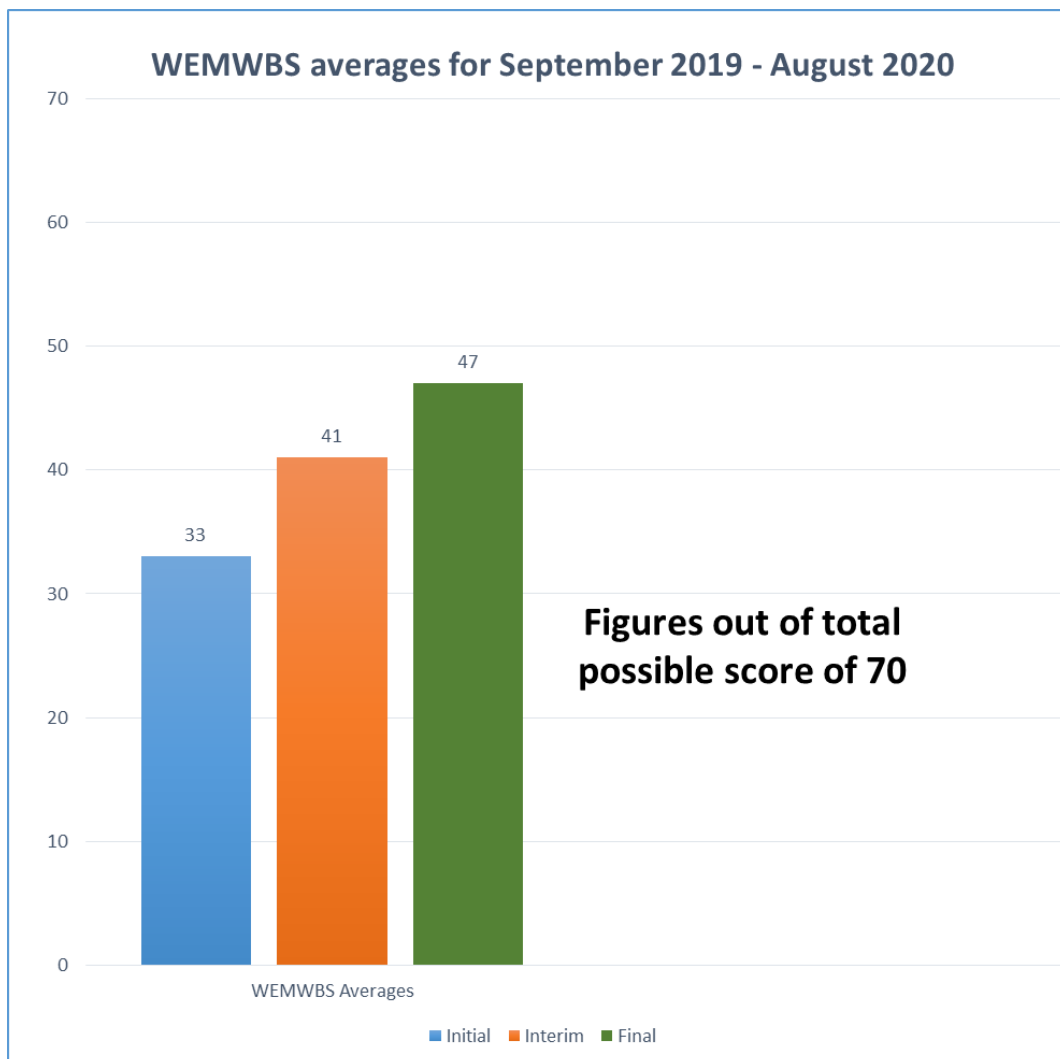
Statistics

Warwick & Edinburgh Mental Wellbeing Scale (WEMWBS)

SAFA uses this scale 3 times with clients— beginning, middle & end.

The scale measures various individual levels of progress—such as feeling loved, feeling cheerful, feeling useful, feeling confident etc..

The minimum score is 14 and the maximum score is 70. Below is a graph of averages. This clearly shows increase in scores—and therefore is evidence of the positive effect of SAFA counselling.



Counselling Coordinator Report



My second year in post, and what a year it has been! I love working for SAFA and all it represents. This year our team have had to adjust to working remotely, whilst also growing and expanding to accommodate clients ever changing needs

Cindy has been an unwavering support, whilst Chris in Finance has brought much needed humour into many situations! Kath our Project Manager has offered me consistent support, resulting in extensive service improvements.

Switching from face to face to virtual counselling meant our counsellors underwent additional training and worked in more isolating conditions. They worked tirelessly and I am humbled by their drive to continue on the client journey in these unprecedented times. We have a remarkable team, thank you to all.

I look forward to the year ahead. I am excited to be part of the website 'Toolbox' and how this will benefit our clients. With the upcoming recruitment of the family worker, I also look forward to being included in supporting not just clients, but their families too.

Helen Beech, Counselling Coordinator

Finance Manager Report



At the end of August 2018, I was asked if I could come into SAFA and for a short while help them out with their Finances. Over two years later and I'm still here! I came to SAFA knowing nothing about them, and with only a slight awareness of the impact of self-harm on individuals and families. Boy have my eyes been opened.

My background was initially in finance, firstly in the private sector, then with the NHS and I then moved into General and Project Management and Service Development in the NHS. I have a broad experience of financial and management issues, though the Charity Sector was and still is new to me. I also support a number of other people and organisations with their finances including private and voluntary sectors.

While I don't usually have direct client contact, my role is to support the delivery of operational services, support bid writing processes and provide financial management information to the Chief Executive and the Board. With the pressures on funding as things are, this latter part of the role is and will in the future be key in supporting the Board in taking informed decisions about strategic direction and operational planning.

Chris Adams, Finance Manager

Project Manager Report



I have been with SAFA for almost a year and my role links with all parts of the organisation. This year, I have worked hard to make efficiencies and streamline the SAFA service. Key projects this year have included managing the Cumbria Youth Alliance training contract, rolling out electronic record keeping for the SAFA counsellors and setting up and marketing the Covid 19 helpline.

Although not a core part of my role, I also have assisted with fundraising - and have secured grants and contracts worth over £20k in income.

Going forward I hope to continue to refine the operations side of the charity, including working with Helen on the clients SAFA journey—and making sure the processes are smooth for SAFA staff, our counsellors—and most importantly - our clients.

The obvious main difference this year has been working from home due to Covid 19. Trying to understand MS Teams, Zoom and keeping in contact where all a steep learning curve – but one I think the SAFA team managed admirably.

Kath Threlkeld, Project Manager

Funding Report



Before I joined the SAFA Board, I had little knowledge of who they were or what they did. After attending an eye-opening meeting, where some of their work was showcased, I was keen to contribute whatever skills were needed.

Since that time, I have been involved as a Board member, latterly as Company Secretary. However, my main focus was, and continues to be, securing funding for our service.

SAFA has no income of its own and is totally dependent on the generosity of grant funders organisational and individual donors. To our major funders, I would like to record that without their generosity SAFA could not continue it's vital work.

The availability of such funds is reducing year on year, with an increasing number of organisations bidding to secure money from a decreasing 'pot'. National economic uncertainty and COVID-19 – as well as its longer-term economic impact - is bound to have a serious effect on future funding. As such. the Board are working hard to explore options so that SAFA is prepared for the future.

Dennis Laird, Company Secretary/Board member

Accounts for 2019/2020

An unusual year as noted in my colleague's previous statements has been reflected in the accounts and financial position for 2019-20.

We have spent slightly less than last year. Counsellor costs are down slightly due to the changes in how we have delivered our service since Covid restrictions began. Property costs are down due full year rates savings at Barrow, and time lag between moving from old premises to new in Kendal (again Covid related)

Our income is up on 2018-19 which reflects additional monies received to support Covid 19, including the Helpline, Toolbox Development , and funding to make our premises Covid secure for clients & staff. However, fees received are well down on last year. Some of this is due to one-off income received in 2018/19, some to year end timing of invoices and some is down to reduced fundraising due to Covid.

It is important to note that the excess of income over expenditure is NOT a profit. It merely reflects funding received in advance of work to be done. For example we received funding this year for the support worker post that only started in the new financial year.

Looking at finances going forward, I would like to commend the work done by Kath and Helen in bringing the waiting list down to a more manageable and (perhaps more importantly financially) a more meaningful level, to the point that I have more confidence that the activity data are reflected in the financials. Consequently, I am confident enough to use the waiting list (and planned activity dropping from this) as a basis for budgeting for the remainder of this year and future years. This the first time for the past 2 or 3 years that I feel we have been able to do this.

Chris Adams, Finance Manager

INCOME		EXPENDITURE	
	2019/20		2019/20
	£		£
Big Lottery	99,756	Direct Staffing Costs	90,568
Children in Need	14,547	Other Staff Costs	2,222
Sir John Fisher		Training	1,886
Foundation	10,920	Direct Project Delivery	38,750
Covid 19 Monies	9,200	Premises	21,787
Cumbria Community		Consultancy &	
Foundation	21,500	Professional	519
Garfield Weston	15,000	Office & IT	9,928
Orsted (Grantscape)	5,132	Memberships	709
Other Income	64,283	Fundraising Costs	2,317
Bank Interest	297	Depreciation	191
TOTALS	240,635	TOTALS	168,878

Funders



National Lottery Fund
Children In Need
Francis C Scott Trust
Sir John Fisher Foundation
Orsted Extension Fund



Garfield Weston
Hadfield Trust



Cumbria Youth Alliance
Cumbria Community Foundation



Morecambe Bay CCG
Gateway Partnership
Tesco Bags of Help



National Lottery Covid 19 Fund
Police & Crime Commissioner

Lankelly Chase



BAE Systems



K2B Walk

Hart Jackson Solicitors

Rod White Cemetery Walks

Individual Donations

**A big thank you to everyone who gives to our work—
it's not possible without you.**



SAFA CUMBRIA

FINANCIAL STATEMENTS

FOR THE YEAR ENDED

31 AUGUST 2020

Registered Number 06344630

KNOX ACCOUNTING

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2020

Contents

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1	Report of the trustees
2	Statement of trustees responsibilities
3	Accountants report
4	Profit and loss account
5	Balance sheet
6	Notes to the accounts

**The following page does not form part of the statutory accounts
which can be provided on request:**

7	Income and Expenditure Account
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SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2020

Report of the trustees

The trustees presents their annual report and financial statements for the year ended 31 August 2020

CONSTITUTION

Safa Cumbria Limited is a company limited by guarantee and a registered charity governed by its Memorandum & Articles of Association.

PRINCIPAL ACTIVITY

The principal activity of the company during the period was to protect and preserve health and relieve the needs of people in Cumbria who self harm.

No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors

DIRECTORS AND TRUSTEES

The directors of the charitable company are its Trustees for the purpose of charity law and throughout this report are collectively referred to as the Trustees. As we are a registered charity and a company Limited by guarantee the terms directors and trustees are used interchangeably throughout

The trustees who served during the year were as follows:

I Burns	Chairman		
R White	Vice Chairman		
R Heron		Resigned	09/12/19
D L Jacobs			
K E Robinson			
G Cameron			
D Laird	Company Secretary		
E Foylan			
A Onslow			
C Faulkner			

The above report has been prepared in accordance with the small companies regime of the Companies Act 2006 and applicable charity legislation.

**Signed on behalf
of the board**

I. Burns

**I Burns
Director**

30 November 2020

SAFA CUMBRIA
FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 AUGUST 2020

Statement of trustees responsibilities

The directors are responsible for preparing the annual report and the accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each year.

Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The accounts are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

select suitable accounting policies and then apply them consistently;

make judgments and estimates that are reasonable and prudent;

prepare the financial statements on a going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

SAFA CUMBRIA**ACCOUNTANTS' REPORT
ON THE UNAUDITED FINANCIAL STATEMENTS TO THE BOARD OF DIRECTORS OF****SAFA CUMBRIA**

In order to assist you to fulfill your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Income and Expenditure Account and Balance Sheet and the related notes from the accounting records and information and explanations you have given to us.

This report is made to the company's Board of Directors as a body in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the company's Board of Directors that we have done so, and state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet your duty to ensure that the company has kept proper accounting records and to prepare financial statements for the year ended 31 August 2020 that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the period.

We have not been instructed to carry out an audit of the financial statements. For this reason we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

**Knox Accounting
The Old Fire Station
1 Abbey Road
Barrow in Furness
Cumbria
LA14 1XH**

30 November 2020

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2020

Notes	2020			2019
	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	£	£	£	£
Income and endowments from:				
Donations and legacies	8,812	193,960	202,772	152,406
Charitable activities	30,329	-	30,329	64,269
Other trading activities	7,237	-	7,237	751
Investments	297	-	297	303
Total	1,2 <u>46,675</u>	<u>193,960</u>	<u>240,635</u>	<u>217,729</u>
Expenditure on:				
Raising funds	461	1,856	2,317	101
Charitable activities	6,980	159,387	166,367	171,605
Other	191	-	191	198
Total	<u>7,634</u>	<u>161,243</u>	<u>168,876</u>	<u>171,904</u>
Net gains/(losses) on investments				-
Net income/(expenditure)	3 <u>39,041</u>	<u>32,717</u>	<u>71,760</u>	<u>45,826</u>
Transfers between funds	1,441	(1,441)	-	-
Net Movement in Funds	40,483	31,276	71,760	45,826
Reconciliation of Funds				
Total funds brought forward	<u>113,058</u>	<u>105,247</u>	<u>218,305</u>	<u>172,480</u>
Total funds carried forward	<u>153,540</u>	<u>136,523</u>	<u>290,064</u>	<u>218,305</u>

The notes on pages 6a and 6b form part of these accounts

SAFA CUMBRIA

BALANCE SHEET AS AT

31 AUGUST 2020

	Notes	2020		2019	
		£	£	£	£
FIXED ASSETS					
Tangible Assets	4		5,546		5,738
CURRENT ASSETS:					
Debtors	5	125		125	
Cash at Bank and in hand		284,391		212,492	
		<u>284,516</u>		<u>212,617</u>	
CURRENT LIABILITIES:					
CREDITORS: Amounts Falling					
Due Within One Year	6	-		50	
NET CURRENT ASSETS			<u>284,516</u>		<u>212,567</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>290,062</u>		<u>218,305</u>
SHARE CAPITAL AND RESERVES					
Share Capital	7	-		-	
Restricted Funds	8/9	136,523		105,247	
Unrestricted Funds	8/9	<u>153,540</u>		<u>113,058</u>	
		<u>290,062</u>		<u>218,305</u>	

The notes on pages 6a and 6b form part of these accounts

The accounts have been prepared in accordance with the provisions of the Companies Act 2006 applicable to companies subject to the small companies regime, and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

For the financial year ended 31 August 2020 the company was entitled to exemption from audit under section 477 Companies Act 2006, and no notice has been deposited under section 476B(2).

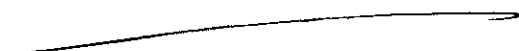
The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and preparing accounts which give a true and fair view of the state of affairs of the company as at the year end and of its profit for the financial year in accordance with the requirements of sections 393 and 394 and which otherwise comply with the requirements of the Companies Act 2006, so far as applicable to the company.

Signed on behalf of the board

I Burns
Director



Approved by the board of directors: 30 November 2020



SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2020**

NOTE 1 ACCOUNTING POLICIES

a Basis of Accounting

The accounts have been prepared in accordance with appropriate accounting standards and under the historical cost convention. The accounts have also been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008) and the Statement of Recommended Practice, Accounting and Reporting by Charities (SORP 2019).

b Turnover

Income comprises of Grants and Donations received during the year except when donors specify that amounts given to the charity may be used in future accounting years, the income is deferred until those years.

c Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund.

d Staff costs

The breakdown of salary & wage costs are as follows:

	2020	2019
	£	£
Wages and salaries	84,598	76,408
Social security costs	2,429	5,556
Other pension costs	<u>3,541</u>	<u>2,043</u>
	90,568	84,007

A fully compliant workplace pension scheme has been running from January 2017.

The average number of employees during the year was as follows:

	2020	2019
	No.	No.
Charitable activities	<u>4</u>	<u>4</u>

Holiday accrued and not taken up to 31 August 2020 amounted to 0

e Tangible Fixed Assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life:

Office Equipment 10% on written down value

NOTE 2 INCOME

In the period to 31 August 2020 none of the company's income was derived from outside the United Kingdom.

NOTE 3 EXCESS OF INCOME

The surplus of income is stated after charging

	2020	2019
	£	£
Depreciation of owned assets	<u>191</u>	<u>198</u>

SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2020**

NOTE 4 TANGIBLE FIXED ASSETS

	Office Equipment	Total
Cost		
At 1 September 2019	8,510	8,510
Additions	-	-
At 31 August 2020	<u>8,510</u>	<u>8,510</u>
Depreciation		
At 1 September 2019	2,773	2,773
Charge for year	191	191
At 31 August 2020	<u>2,964</u>	<u>2,964</u>
Net Book values		
At 31 August 2020	<u>5,546</u>	<u>5,546</u>
At 31 August 2019	<u>5,738</u>	<u>5,738</u>

NOTE 5 DEBTORS:

	2020	2019
Trade Debtors	-	-
Other Debtors	125	125
	<u>125</u>	<u>125</u>

NOTE 6 CREDITORS: Amounts falling due within one year

	2020	2019
	£	£
Trade Creditors	-	50
Other Taxes & Social Security	-	-
Accruals	-	-
	<u>0</u>	<u>50</u>

NOTE 7 SHARE CAPITAL

The company is limited by guarantee and therefore has no share capital.

NOTE 8 RESERVES

	Unrestricted	Restricted	Total
At 1 September 2019	113,058	105,247	218,305
Excess of income for the period	<u>40,483</u>	<u>31,275</u>	<u>71,758</u>
At 31 August 2020	<u>153,542</u>	<u>136,522</u>	<u>290,062</u>

SAFA CUMBRIA

**NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED
31 AUGUST 2020**

NOTE 9 SUMMARY OF FUND MOVEMENTS

	Balance at 1 September 2019	Income	Expenditure	Transfers	Balance at 31 August 2020
	£	£	£	£	£
Unrestricted Funds					
General Fund	63,058	46,675	7,634	1,441	103,539
General Contingency	50,000	-	-		50,000
Total Unrestricted Funds	113,058	46,675	7,634	1,441	153,540
Restricted Funds					
BBC Children in Need	16,658	14,547	13,858		17,346
Big Lottery Fund	29,054	99,756	72,500		56,310
CCC Children & Young People	975	-	-	(975)	-
Francis C Scott	21,439	-	21,775		(336)
Sir John Fisher Foundation	13,920	10,920	24,024		817
The Henry Smith Charity	4,179	-	3,712	(466)	-
Bounce Back Training	-	6,000	390		5,610
Covid 19 Gateway	-	8,200	3,598		4,602
Cumbria Community Foundation	-	21,500			21,500
Garfield Weston	-	15,000	243		14,758
Orsted	-	5,132	2,075		3,057
Spot Purchases	19,022	11,905	18,502		12,425
Tesco Covid 19	-	1,000	565		435
Total Restricted Funds	105,247	193,960	161,243	(1,441)	136,523
Total Funds	218,305	240,635	168,877	-	290,063

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2020

	General £	Designated £	Restricted £	2020 £	2019 £
<u>Donations and legacies</u>					
Donations received	2,216	-	-	2,216	24,880
Gift Aid tax claimed	-	-	-	-	40
South grants received	-	-	24,500	24,500	43,720
North grants received	-	-	-	-	14,000
Cumbriawide grants received - Gen	6,596	-	169,460	176,056	69,766
	<u>8,812</u>	<u>-</u>	<u>193,960</u>	<u>202,772</u>	<u>152,406</u>
<u>Charitable activities</u>					
Training	-	-	-	-	-
Fees Received	17,770	-	-	17,770	27,710
Other Income	12,559	-	-	12,559	36,559
	<u>30,329</u>	<u>-</u>	<u>-</u>	<u>30,329</u>	<u>64,269</u>
<u>Other trading activities</u>					
Fundraising income	7,117	-	-	7,117	446
Room Hire Income	120	-	-	120	305
	<u>7,237</u>	<u>-</u>	<u>-</u>	<u>7,237</u>	<u>751</u>
<u>Investments</u>					
Interest received	297	-	-	297	303
	<u>297</u>	<u>-</u>	<u>-</u>	<u>297</u>	<u>303</u>
	46,675	-	193,960	240,635	217,729

SAFA CUMBRIA
INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED
31 AUGUST 2020

	General £	Designated £	Restricted £	2020 £	2019 £
<u>Raising funds</u>					
Fundraising costs	461	-	1,856	2,317	101
	<u>461</u>	<u>-</u>	<u>1,856</u>	<u>2,317</u>	<u>101</u>
<u>Charitable activities</u>					
Administration salaries	-	-	-	-	-
Other direct admin costs	-	-	-	-	339
Salaries & wages	-	-	87,027	87,027	75,113
Pension Contributions	-	-	3,541	3,541	2,043
Staff training costs	-	-	1,341	1,341	977
DBS Checks	-	-	200	200	11
Salaried Counselling	-	-	-	-	770
Counselling	-	-	38,400	38,400	43,050
Training	500	-	45	545	1,573
Supervision	-	-	(50)	(50)	220
Counsellor Coordination	-	-	-	-	6,555
External Trainers	-	-	-	-	342
Travel & Sustenance	-	-	2,022	2,022	2,116
Utilities	-	-	3,410	3,410	3,213
Rent	-	-	16,890	16,890	20,635
Room Hire	-	-	602	602	1,115
Rates	-	-	484	484	1,326
Insurances	-	-	801	801	1,197
Repairs & Renewals	-	-	-	-	62
Telephone	-	-	1,731	1,731	2,530
Postage	25	-	130	155	44
Stationary	266	-	-	266	633
Advertising	1	-	-	1	254
Printing/Photography	1,700	-	-	1,700	651
Toolbox	-	-	-	-	-
Website	599	-	-	599	520
IT Costs	647	-	1,236	1,883	2,004
Equipment Purchases	2,034	-	788	2,822	2,185
Equipment Repairs	-	-	135	135	-
Library	-	-	-	-	-
Sundry	424	-	162	586	609
Memberships	216	-	493	709	769
Accountancy Costs	519	-	-	519	711
Legal & professional	-	-	-	-	40
Trustees Meeting Expenses	50	-	-	50	-
Funds Transfer	-	-	-	-	-
	<u>6,981</u>	<u>-</u>	<u>159,388</u>	<u>166,369</u>	<u>171,607</u>
<u>Other expenses</u>					
Depreciation	191	-	-	191	198
	<u>191</u>	<u>-</u>	<u>-</u>	<u>191</u>	<u>198</u>
<u>Transfers between funds</u>					
	1,441	-	(1,441)	-	-
	<u>1,441</u>	<u>-</u>	<u>(1,441)</u>	<u>-</u>	<u>-</u>
<u>Gains/losses on revaluation of</u>					
	-	-	-	-	-
	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
	9,075	-	159,803	168,878	171,906

Independent Examiner's Report on the Accounts

Section A

Independent Examiner's Report

Report to the trustees/members of

Charity Name
SAFA CUMBRIA

On accounts for the year ended

3 1 0 8 2 0

Charity no (if any)

1 1 2 1 1 2 2

Set out on pages

1 - 70 (remember to include the page numbers of additional sheets)

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention (other than that disclosed below*):

- (1) which gives me reasonable cause to believe that in, any material respect, the requirements:
- to keep accounting records in accordance with section 130 of the Charities Act;
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the Charities Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed

Janine Kelly

Date

30/11/2020

Name

JANINE KELLY

Relevant professional qualification(s) or body (if any)

MAAT

Address

KNOX ACCOUNTING, UNIT 2 THE OLD
FIRE STATION, 1 ABBEY ROAD, BARROW
IN FURNESS, CUMBRIA, LA14 1XH