



18th Annual REPORT

for the year ended 31 August 2024



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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 too."

"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

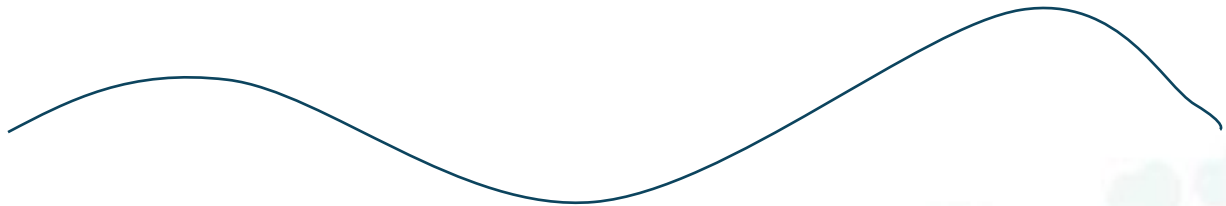
As a young boy, Carl Rogers, the father of person-centred therapy, observed that potato plants stored in a cellar continued to grow even in the relative absence of light. He came to believe that every living organism whether it be human, plant or animal, possessed an innate drive towards growth. He called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

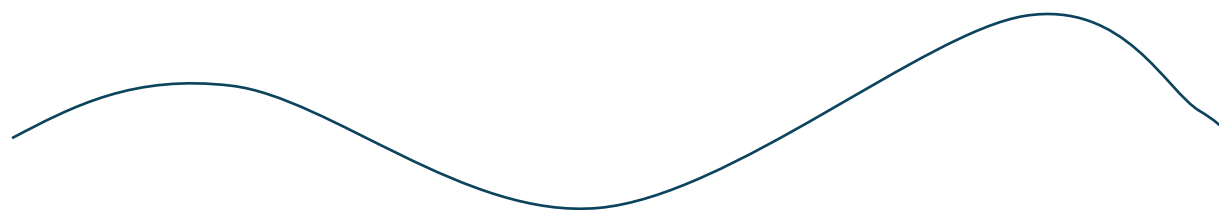
What Growth means to the team

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.

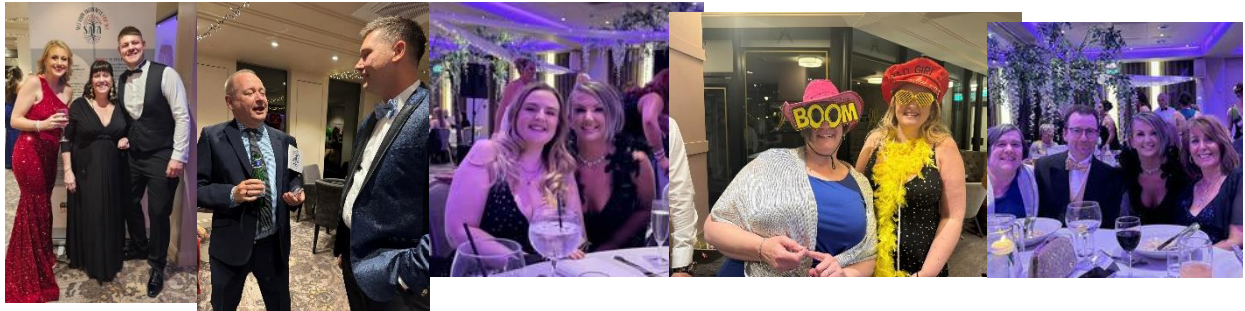
The client's preference to use therapy for what they called, "a space to off load and feel heard". Offering a warm and non-judgemental relationship created an environment in which the client was able to more fully share, the relationship provided a safe and contained space for them to process, to become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



BAE SYSTEMS

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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**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:				
Donations and legacies	6,249	182,180	188,429	118,896
Charitable activities	1,462	89,131	90,593	154,191
Other trading activities	8,950	-	8,950	4,494
Investments	3,125	-	3,125	4,862
Total	1,2 19,786	271,311	291,097	282,443
Expenditure on:				
Raising funds	13,806	2,570	16,376	14,178
Charitable activities	40,583	258,189	298,772	316,134
Other	-	-	-	-
Total	54,389	260,759	315,148	330,312
Net gains/(losses) on investments				-
Net income/(expenditure)	3 (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**

		2024		2023	
		£	£	£	£
	Notes				
FIXED ASSETS					
Tangible Assets	4	-	-	-	-
CURRENT ASSETS:					
Debtors	5	-	-	-	-
Cash at Bank and in hand		<u>273,542</u>		<u>297,593</u>	
		<u>273,542</u>		<u>297,593</u>	
CURRENT LIABILITIES:					
CREDITORS: Amounts Falling					
Due Within One Year	6	<u>-</u>	<u>-</u>	<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**

NOTE 1 ACCOUNTING POLICIES

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).

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.

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.

d Staff costs

	2024	2023
	£	£
Wages and salaries	131,457	124,355
Social security costs	6,210	3,418
Other pension costs	6,589	3,113
	<u>144,256</u>	<u>130,886</u>

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

	2024 No.	2023 No.
Charitable activities	4	4

e Tangible Fixed Assets

Office Equipment

Written down to current value

In the period to 31 August 2024 none of the company's income was derived from outside the United Kingdom.

The surplus of income is stated after charging

	2024	2023
	£	£
Depreciation of owned assets	-	-

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

6c.

**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

7a.

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	<u>772</u>	<u>-</u>	<u>89,131</u>	<u>89,903</u>	<u>154,011</u>
	<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	<u>483</u>	<u>-</u>	<u>-</u>	<u>483</u>	<u>762</u>
	<u>8,950</u>	<u>-</u>	<u>-</u>	<u>8,950</u>	<u>4,495</u>
<u>Investments</u>					
Interest received	<u>3,125</u>	<u>-</u>	<u>-</u>	<u>3,125</u>	<u>4,862</u>
	<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