IF U CARE SHARE FOUNDATION

England & Wales · Charity number 1142001

Details

Status	Registered
Legal form	Charitable company
Company number	07505273
Registered	2011-05-19
Register	View on the Charity Commission register

Contact

Address	27 The Close East South Pelaw Chester le Street DH2 2EY
Phone	01913875661
Email	DEAN@IFUCARESHARE.CO.UK
Website	www.ifucareshare.co.uk

Activities

Objects: THE RELIEF OF ANY PERSONS WHO HAVE SUFFERED SUICIDE RELATED BEREAVEMENT, PARTICULARLY THE DEATH OF A FAMILY MEMBER OR FRIEND, PRIMARILY BUT NOT EXCLUSIVELY BY PROVIDING OR ASSISTING IN THE PROVISION OF: BEREAVEMENT SUPPORT, LISTENING, ADVICE, COUNSELING OR OTHER SUPPORT SERVICES.TRAINING, EDUCATIONAL, AWARENESS RAISING AND SUPPORT RESOURCES, MATERIALS AND PACKAGES.SEMINARS, CONFERENCES, WORKSHOPS AND OTHER EVENTS.

Activities: Suicide prevention training. Advocacy. Suicide Bereavement support - listening ear. Awareness Days for Schools & Groups of young people aged 14 -24 years. Youth mental health first aid training. Provider of emotional and mental health training to League Football Education and Premier League . Partnership work . Suicide prevention training for peer support service to Durham University.

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Charities Or Voluntary Bodies, Other Defined Groups, The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,280,867	£1,271,124	£1,083,246	31
2024-03-31	£1,440,864	£1,401,547	£1,073,503	31
2023-01-31	£1,227,067	£1,217,924	£1,034,186	34
2022-01-31	£759,874	£771,141	£1,025,043	25
2021-01-31	£946,663	£620,675	£1,036,310	22

Trustees

Name	Role	Appointed
BLAKELEY ROBINSON		2011-05-19
COLIN DAVIDSON		2017-02-13
DEAN MICHAEL SMITH		2011-03-16
Daniel Michael Cunningham		2020-05-10
Dr Paul Thomas Fletcher		2019-09-17
Geoffrey Lumsdale		2019-06-24
John Elliott		2014-03-01
MICHELLE SMITHSON		2013-03-17
Paul Baldwin		2024-04-15
SUZANNE MCIVOR		2013-03-17
Shirley Smith		2024-10-07

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IF U CARE SHARE FOUNDATION

England & Wales - Charity number 1142001

Accounts

Company registration number 07505273 (England and Wales)

Charity registration number 1142001 (England and Wales)

IF U CARE SHARE FOUNDATION

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

IF U CARE SHARE FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	J Elliott	
	S McIvor	
	B Robinson	
	D Smith	
	M Smithson	
	C Davidson	
	G Lumsdale	
	P Fletcher	
	D Cunningham	
	P Baldwin	(Appointed 15 April 2024)
	S Smith	(Appointed 7 October 2024)
Company number	07505273	
Charity registration	1142001	
Registered office	27 The Close East South Pelaw Chester le Street Co Durham DH2 2EY	
Auditor	Robson Laidler Accountants Limited Fernwood House Fernwood Road Jesmond Newcastle upon Tyne Tyne and Wear England NE2 1TJ	
Bankers	Co-operative Bank Co-operative Bank 1 Balloon Street Manchester M60 4EP	
	Lloyds Bank 98 Victoria Street London SW1E 5JL	

IF U CARE SHARE FOUNDATION

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IF U CARE SHARE FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2025

The trustees present their annual report and financial statements for the year ended 31 March 2025.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)".

Objectives and activities

The objectives of the Charity are to provide relief for any persons who have suffered suicide related bereavement, particularly the death of a family member or friend, to preserve and protect the health and well-being of any persons, in particular of young people, by seeking to reduce the risks of suicide and to promote positive mental health through the provision of education and training, advice and counselling, respite support, crisis support and other support services and resources as appropriate.

In pursuing these objectives, the Charity provides bereavement support and listening advice along with other support services such as training and workshops and so meets the Objects in its constitution, which are the relief of any persons who have suffered suicide-related bereavement and to preserve the health and well-being of any persons and, in particular, young people. The criteria the Charity uses to measure its success in that respect are the numbers of positive outcomes reported as being delivered to the parties commissioning postvention, prevention and intervention services and the numbers of people effectively supported.

Achievements and performance

The Charity continued to provide various services during the reporting period, which focus attention on its core objectives, including:

- Delivery of Emotional and Mental Health workshops, which are aimed at 4 to 16-year-olds in schools throughout the North East of England;
- Delivery of Mental Health and Suicide Prevention workshops in partnership with the Premier League, League Football Education and Women's Super League;
- Providing one on one practical and emotional support to people throughout County Durham, Newcastle, Gateshead, Sunderland, North/South Tyneside and Northumberland who have been affected by suicide;
- Providing one-on-one practical and emotional support to people throughout County Durham and Sunderland who are at risk of suicide;
- Running awareness courses for people throughout the North East; and
- Delivering training programmes on suicide prevention and support after suicide.

Public benefit

The Trustees have had regard to the Charity Commission's guidance on their legal duty on public benefit and are satisfied that the Charity delivers public benefit and pays due regard to the guidance on public benefit when deciding which new projects the Charity should undertake.

The main activities undertaken to further the Charity's purposes for the public benefit, are those detailed above.

Fundraising activities

Having registered with the Fundraising Regulator, the Charity has agreed to meet the principles contained in the Fundraising Regulator's Code of Practice and, in doing so, works in line with the Code of Practice's values and supports the system of voluntary regulation. The Charity is committed to the Fundraising Promise and has processes in place to ensure its fundraising activities are legal, open, honest and respectful, which include the use of fundraising agreements with its supporters that set out the Charity's expectations as to how they will behave when raising funds on the Charity's behalf.

The Charity monitors fundraising activities on an ad-hoc basis, did not identify any failures to comply with the voluntary standard noted above and did not receive any complaints regarding its fundraising activities during the reporting period.

The Trustees consider that the Charity met the Objects in its constitution in the reporting period by successfully delivering the following:

Training and Workshops

Throughout the reporting period, we conducted a wide range of training programmes and workshops aimed at suicide prevention and mental health awareness to both adults and young people. These initiatives have been instrumental in equipping individuals, both within our community and beyond, with the necessary knowledge and skills to identify warning signs, offer support, and intervene when someone is at risk. Our team has developed and delivered comprehensive workshops that address various aspects of mental health, including early intervention, suicide prevention, postvention, crisis management, and self-care strategies. By collaborating with local schools, sports clubs and corporate organisations, we have successfully reached a diverse audience, empowering them to create a supportive environment that fosters mental well-being. As Trustees, we are immensely proud of the positive impact our training programmes and workshops have had in preventing suicide by providing accessible mental health education to individuals who need it most. We remain dedicated to continually improving and adapting our training initiatives to address the evolving needs of our community. In the future, we will continue to look to further expand our outreach, develop new partnerships, and introduce innovative training approaches in order to make a meaningful difference in suicide prevention and mental health support. Our work with young people during the reporting period saw us provide:

- 44 workshops to primary schools;
- 51 workshops to secondary schools;
- 66 workshops to the Premier League;
- 35 workshops to League Football Education clubs; and
- 6 workshops to the Women's Super League.

We also presented at conferences and delivered training courses to a variety of private, statutory and voluntary organisations as well as attending various events to raise awareness of the issues around suicide.

Suicide Prevention

Our Suicide Prevention service offers one-to-one person-centred support across County Durham and Sunderland. This team provides specialist support for individuals at significant risk of suicide, with the main referral pathway being from professionals such as the crisis team, secondary mental health services, and the access team aligned to several areas across our operational footprint. Our service over the reporting period has been primarily supported by Public Health through Sunderland City Council along with NHS funding though County Durham Clinical Commissioning group. This funding came to an end at the end of this reporting period.

The total number of referrals for the reporting period was 290 (2024:682). Our team supported individuals and continued our innovative and bespoke approach for community outreach. This approach has seen us engage with local communities at both a statutory and grassroots level following multiple suspected deaths by suicide and we will continue to develop it further over the coming year. Following the introduction of Boxing Therapy in the previous reporting period we continue to offer this service and many individuals benefit from the combination of physical activity in a therapeutically safe and trauma informed environment. Funding for this element of our service predominantly comes from charitable fundraising activities.

Our suicide prevention work is often the most difficult to explain due to the very nature of that work. Nonetheless, our approach is based on achieving clear outcomes, with those receiving help from the Charity rarely re-entering mainstream mental health services. Overall, the prevention team has been able to proactively use established risk assessment and internal processes to ensure those most at risk are provided with timely, appropriate, practical and emotional support but, more importantly, hope. Our emphasis is on empowering individuals to create safety plans they can implement in their own life and utilise at any point moving forward.

Support After Suicide

The Charity's Support after Suicide service offers one-to-one-person centred support across the North East of England. We support those who have been bereaved or impacted by suicide. The support is delivered by those who have lived experience of suicide.

We are part of Durham Mental Health Alliance which funds our support within County Durham. Since August 2019 we have secured funding from the former Clinical Commissioning Groups, now the Integrated Care Board, which allows us to provide Suicide bereavement support across Newcastle, Gateshead, Sunderland, North Tyneside, South Tyneside and Northumberland. The Charity offers social, emotional and practical support, which is bespoke to the individual. However, some of the potential issues following bereavement are:

- Attending a coroner's inquest;
- Advice on coroner's procedures;
- Welfare rights support;
- Housing advice;
- Legal and benefit advice;
- Navigation to other support services if required;
- Access to counselling and trauma therapy;
- Support around the common emotions felt following a loss to suicide; and
- Support to access alternative therapies.

Over the last reporting period there has been a total of 600 (2024:536) people referred into the support after suicide service, in addition to the referrals we are still supporting from previous periods.

Financial review

The Trustees' objective is to raise as many funds as is reasonably possible in order to finance the Charity's activities and to meet its reserves policy. That objective was met for the reporting period with funds being raised from the following sources:

Support After Suicide

Continued funding to enable the Charity to provide a bespoke Support After Suicide service for people affected by suicide by:

- Durham County Council and the Durham Mental Wellbeing Alliance;
- NHS North East and Cumbria ICB

Suicide Prevention

Funding by Public Health through Sunderland City Council to provide bespoke prevention support for people at risk of suicide within Sunderland, along with NHS funding through County Durham Clinical Commissioning Group to provide bespoke prevention support for people at risk of suicide.

Training and Workshops

Workshops with young people generated income for the Charity from the Premier League, League Football Education and Loughbrough University's Diploma In Sporting Excellence programme. Additional funding was secured through Karbon Homes, Sunderland City Council, Durham County Council, County Durham Community Foundation and CHAD.

Further income was generated through the delivery of training to a number of external organisations and groups who paid for the services provided. This included Karbon Homes and Newcastle University amongst others.

Other Fundraising Activities

A significant proportion of the Charity's income comes from other fundraising activities, including individual donations, and fundraisers for and events hosted by the Charity. In addition, supporters running the Great North Run continue to contribute to our overall income. This funding is then used across the Charity to enable us to meet the needs of our services and those we support.

Incoming resources

The net incoming resources for the period amounted to a surplus of £9,743 (2024: surplus of £39,317). The amount attributable to reserves stands at £1,083,246 (2024: £1,073,503) of which £340,937 (2024: £276,117) are restricted.

Reserves policy

In accordance with the Charity Commission's guidance, the Trustees' policy is to hold reserves based on a realistic estimation of reserve requirements. Reserves represent those resources which can be made available to spend once all commitments and planned expenditure have been met. Reserves are spent at the discretion of the Trustees and in the furtherance of the Charity's aims and objectives.

The level of reserves held, as decided by the Trustees is equal to the value of six months of running costs. Current total reserves exceed this by 71% (2024: 53%), although of the total reserves only 69% (2024: 70%) are free reserves which can cover 100% (2024: 100%) of the level of reserves decided by the Trustees.

The reserves policy will be reviewed by the Trustees at the annual audit meeting.

Free reserves as at 31 March 2025 amounted to £726,849 (2024: £757,804).

Plans for future periods

In the last reporting period, we acknowledged the significant growth and the need for a systemic review and a revised strategy. During this reporting period a number of key activities have taken place to provide a short medium- and long-term strategic approach to the charity's development. This work does require a number of structural, procedural, or other changes to take place and this work is ongoing. Financial needs continue to be a key consideration and our future strategy seeks to maintain financial stability now with a future focus on sustainability and growth.

Structure, governance and management

The Charity is a company limited by guarantee, as defined by the Companies Act 2006, and is constituted by its Articles of Association.

Day to day management

The officers responsible, on a joint basis, for the day-to-day management of the Charity during the reporting period were Hannah Neil (COO), and Matthew Smith (COO).

The trustees, who are also the directors for the purpose of company law, and who served during the reporting year and up to the date of signature of the financial statements were:

J Elliott
S McIvor
B Robinson
D Smith
M Smithson
C Davidson
G Lumsdale
P Fletcher
D Cunningham
S Barlow (Deceased 13 October 2025)
P Baldwin (Appointed 15 April 2024)
S Smith (Appointed 7 October 2024)

Statement of trustees' responsibilities

The trustees, who are also the directors of If U Care Share Foundation for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Auditor

In accordance with the company's articles, a resolution proposing that Robson Laidler Accountants Limited be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.

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J Elliott

Trustee

Date: 24/11/25

IF U CARE SHARE FOUNDATION

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF IF U CARE SHARE FOUNDATION

Opinion

We have audited the financial statements of If U Care Share Foundation (the 'charity') for the year ended 31 March 2025 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception
In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees
As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements
Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

The risk of material misstatement due to error or fraud has been assessed in conjunction with how internal controls may mitigate any such risk. These controls are reviewed as part of the audit be performing systems walkthroughs to ensure they are operating effectively. Other substantive testing is also performed on all material balances and therefore any instances of non-compliance should be identified or considered as insignificant.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud, the audit engagement team;
- obtained an understanding of the nature of the industry and sector, including the legal and regulatory framework, in which the charity operates and how the charity complies with that legal and regulatory framework
- inquired with management and those charged with governance about their own identification and assessment of the risks of irregularities, including any know actual, suspected or alleged instances of fraud
- discussed with management and those charged with governance any non-compliance with laws and regulations and how fraud might occur including assessments of how and where the financial statements may be susceptible to fraud.

The risk of management override of controls was also considered an area of potential misstatement due to fraud. Audit procedures performed included testing of manual journal entries and other adjustments and evaluating the business rationale in relation to significant, unusual transactions and transactions entered into outside the normal course of business..

INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF IF U CARE SHARE FOUNDATION

There are inherent limitations in the audit procedures described above and the primary responsibility for the prevention and detection of irregularities including fraud rests with management. As with any audit, there remained a risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations or the override of internal controls.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Nicholas Cunningham MSc BSc FCCA (Senior Statutory Auditor)
for and on behalf of Robson Laidler Accountants Limited

27-11-2025

Statutory Auditor

Fernwood House
Fernwood Road
Jesmond
Newcastle upon Tyne
Tyne and Wear
England
NE2 1TJ

IF U CARE SHARE FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

Current financial year	Notes	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
Income from:					
Donations and legacies	2	400,705	315,632	716,337	649,859
Charitable activities	3	304,716	223,017	527,733	732,544
Other trading activities		35,555	1,242	36,797	58,461
Total income		740,976	539,891	1,280,867	1,440,864
Expenditure on:					
Charitable activities	4	796,053	475,071	1,271,124	1,401,547
Total expenditure		796,053	475,071	1,271,124	1,401,547
Net income/(expenditure)		(55,077)	64,820	9,743	39,317
Net movement in funds	6	(55,077)	64,820	9,743	39,317
Reconciliation of funds:					
Fund balances at 1 April 2024		797,386	276,117	1,073,503	1,034,186
Fund balances at 31 March 2025		742,309	340,937	1,083,246	1,073,503

The statement of financial activities includes all gains and losses recognised in the year. All income and expenditure derive from continuing activities.

IF U CARE SHARE FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

Prior financial period	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Income from:				
Donations and legacies	2	354,401	295,458	649,859
Charitable activities	3	594,052	138,492	732,544
Other trading activities		58,461	-	58,461
Total income		1,006,914	433,950	1,440,864
Expenditure on:				
Charitable activities	4	951,096	450,451	1,401,547
Total expenditure		951,096	450,451	1,401,547
Net income/(expenditure)		55,818	(16,501)	39,317
Transfers between funds		246,851	(246,851)	-
Net movement in funds	6	302,669	(263,352)	39,317
Reconciliation of funds:				
Fund balances at 1 February 2023		494,717	539,469	1,034,186
Fund balances at 31 March 2024		797,386	276,117	1,073,503

IF U CARE SHARE FOUNDATION

BALANCE SHEET

AS AT 31 MARCH 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	**10**		15,460		39,582
Current assets					
Stocks	**11**	24,416		16,349	
Debtors	**12**	152,583		141,148	
Cash at bank and in hand		924,843		1,012,137	
		1,101,842		1,169,634	
Creditors: amounts falling due within one year	**13**	(34,056)		(135,713)	
Net current assets			1,067,786		1,033,921
Total assets less current liabilities			1,083,246		1,073,503
The funds of the charity					
Restricted income funds	**16**		340,937		276,117
Unrestricted funds	**15**		742,309		797,386
			1,083,246		1,073,503

The financial statements were approved by the trustees on 24 November 2025

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J Elliott
Trustee

IF U CARE SHARE FOUNDATION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Cash flows from operating activities					
Cash absorbed by operations	**20**		(87,165)		(23,972)
Investing activities					
Purchase of tangible fixed assets		(129)		(7,149)	
Net cash used in investing activities			(129)		(7,149)
Net cash generated from financing activities			-		-
Net decrease in cash and cash equivalents			(87,294)		(31,121)
Cash and cash equivalents at beginning of year			1,012,137		1,043,258
Cash and cash equivalents at end of year			924,843		1,012,137

1 Accounting policies

Charity information

If U Care Share Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is 27 The Close East, South Pelaw, Chester le Street, Co Durham, DH2 2EY.

1.1 Reporting period

The prior year end was extended by two months to 31 March 2024, therefore the comparative amounts presented in the financial statements (including the related notes) are not entirely comparable.

1.2 Basis of preparation

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.5 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	15% reducing balance
Computers	33% straight line
Motor vehicles	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.10 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1 Accounting policies **(Continued)**

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2025 £	2025 £	2025 £	2024 £	2024 £	2024 £
Donations and gifts	374,058	-	374,058	305,701	-	305,701
Grants	26,647	315,632	342,279	48,700	295,458	344,158
	400,705	315,632	716,337	354,401	295,458	649,859
Grants receivable for core activities						
Chester-Le-Street AAP	-	11,371	11,371	-	-	-
The Rose Patterson Trust	-	30,000	30,000	-	22,000	22,000
Barbour Foundation	-	10,000	10,000	-	-	-
David Riddell Foundation	-	20,000	20,000	-	-	-
The National Lottery	-	123,375	123,375	-	240,292	240,292
Chester-Le-Street AAP - Suicide Prevention Service	-	19,526	19,526	-	-	-
The National Lottery Awards for All	-	20,000	20,000	-	-	-
CDCF Household Support Fund	-	8,700	8,700	-	-	-
Alex Ferry Foundation	-	10,000	10,000	8,700	-	8,700
Sunderland Prevention	-	9,980	9,980	-	-	-
Other	26,647	52,680	79,327	40,000	33,166	73,166
	26,647	315,632	342,279	48,700	295,458	344,158

Included in other grants is £2,425 ACTS 435, £2,000 CHAD, £4,800 CDCF Darlington Building Society, £5,500 CDCF Community Grants Funding Programme, £1,125 Groundwork UK - Tesco Stronger Starts, £500 Neighbourly Sainsbury's, £3,550 Screwfix Foundations, £8,530 Durham County Council - Derwent Valley AAP, £6,230 Sport England (Walking Group), £5,000 Elise Davis Trust, £500 Kuits Solicitors, £4,300 Karbon Homes Phase 4, £3,000 Catherine Cookson, £1,000 Skipton Building Society, £6,500 Point North Household Support Fund, £2,500 Tees Foundation, £5,000 Card Factory Foundation, £5,000 Sir James Knott Trust, £2,000 The Joicey Trust, £7,500 Hays Travel Foundation, £667 Durham County Council - Neighbourhood Budget - CLS AAP, £1,200 The Rothley Trust, and £500 Co-op Local Community Fund.

3 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Charitable activities						
NHS North CCG Contract Income	182,710	-	182,710	266,225	-	266,225
Training income	45,501	-	45,501	24,531	-	24,531
Other contract income	10,902	223,017	233,919	186,567	138,492	325,059
Premier, FA and League football	61,851	-	61,851	110,557	-	110,557
Other income	3,752	-	3,752	6,172	-	6,172
	304,716	223,017	527,733	594,052	138,492	732,544

4 Expenditure on charitable activities

	Charitable activities 2025 £	Charitable activities 2024 £
Direct costs		
Staff costs	935,559	1,039,856
Utilities	19,586	27,611
Postage and stationery	9,890	8,109
Refreshments	971	969
Marketing	63,433	45,471
Activity costs	81,924	96,599
Travel expenses	32,431	40,678
Insurance	5,682	10,236
Computer costs	25,064	27,301
	1,174,540	1,296,830
Share of support and governance costs (see note 5)		
Support	46,583	65,358
Governance	50,001	39,359
	1,271,124	1,401,547
Analysis by fund		
Unrestricted funds	796,053	951,096
Restricted funds	475,071	450,451
	1,271,124	1,401,547

5 Support costs allocated to activities

	2025	2024
	£	£
Depreciation	24,251	36,998
Cleaning	1,069	4,517
Repairs costs	5,790	3,348
Staff trainig	2,728	4,294
Sundry expenses	12,745	16,200
Governance costs	50,001	39,360
	96,584	104,717
Analysed between:		
Charitable activities	96,584	104,717

Governance costs comprise:	2025 £	2024 £
Audit fees	8,244	8,824
Accountancy	-	1,656
Legal and professional	41,757	28,880
	50,001	39,360

6 Net movement in funds

	2025	2024
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	8,244	8,824
Depreciation of owned tangible fixed assets	24,251	36,998

7 Trustees

None of the trustees received any remuneration or benefits from the charity during the year.

8 Employees

The average monthly number of employees during the year was:

	2025 Number	2024 Number
Admin	1	1
Finance	1	1
Support	16	15
TEAMH	3	4
Management	10	10
Total	31	31

Employment costs	2025 £	2024 £
Wages and salaries	841,105	936,816
Social security costs	70,611	78,387
Other pension costs	23,843	24,653
	935,559	1,039,856

During the year, key management personnel received total remuneration and other benefits of £137,539 (2024: £107,012).

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Tangible fixed assets

	Fixtures and fittings	Computers	Motor vehicles	Total
	£	£	£	£
Cost				
At 1 April 2024	7,535	77,958	45,000	130,493
Additions	-	129	-	129
At 31 March 2025	7,535	78,087	45,000	130,622
Depreciation and impairment				
At 1 April 2024	4,103	65,948	20,860	90,911
Depreciation charged in the year	515	8,736	15,000	24,251
At 31 March 2025	4,618	74,684	35,860	115,162
Carrying amount				
At 31 March 2025	2,917	3,403	9,140	15,460
At 31 March 2024	3,432	12,010	24,140	39,582

11 Stocks

	2025	2024
	£	£
Finished goods and goods for resale	24,416	16,349

12 Debtors

	2025	2024
Amounts falling due within one year:	£	£
Trade debtors	30,873	36,808
Other debtors	59	42
Prepayments and accrued income	121,651	104,298
	152,583	141,148

13 Creditors: amounts falling due within one year

	2025	2024
	£	£
Other taxation and social security	17,253	17,888
Trade creditors	3,470	10,700
Other creditors	4,660	4,105
Accruals and deferred income	8,673	103,020
	34,056	135,713

14 Retirement benefit schemes

Defined contribution schemes	2025 £	2024 £
Charge to profit or loss in respect of defined contribution schemes	23,843	24,653

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2025 £
General funds	797,386	740,976	(796,053)	-	742,309

Previous period:	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
General funds	494,717	1,006,914	(951,096)	246,851	797,386

16 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

		Movement in funds		
	Balance at 1 April 2024	Incoming resources	Resources expended	Balance at 31 March 2025
	£	£	£	£
Fundraising	2,619	900	(59)	3,460
Prevent	97,551	202,768	(151,480)	148,839
SAS	6,008	156,290	(130,238)	32,060
TEAMH	39,363	24,713	(53,842)	10,234
TREAT	8,343	1,125	(3,344)	6,124
National Lottery	122,233	123,375	(118,004)	127,604
Therapies	-	1,000	-	1,000
Community	-	5,500	-	5,500
Training	-	16,220	(10,104)	6,116
Support	-	8,000	(8,000)	-
	276,117	539,891	(475,071)	340,937

Fundraising

To fund fundraising events.

Prevent

To fund prevention work.

SAS

The Support after Suicide service provides bespoke practical and emotional support to persons affected by a death by suicide throughout the North East.

TEAMH

The Emotional and Mental Health workshop is aimed at 14-16 year olds and fits curriculum. This programme is delivered in schools across the North East as well as football academies within the Premier League, LFE, FA and DiSE.

TREAT

Provision of treatment and counselling sessions for supported people.

Therapies

Provision of therapy sessions for supported people.

16 Restricted funds **(Continued)**

Community

To fund community work.

Training

Provision of training sessions for supported people.

Support

To fund support work.

17 Analysis of net assets between funds

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £
At 31 March 2025:			
Tangible assets	15,460	-	15,460
Current assets/(liabilities)	726,849	340,937	1,067,786
	742,309	340,937	1,083,246

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Tangible assets	39,582	-	39,582
Current assets/(liabilities)	757,804	276,117	1,033,921
	797,386	276,117	1,073,503

18 Fund Transfers

Transfers between funds totalled £Nil this year (2024: £246,851) to correct fund allocations.

19 Related party transactions

During the year the Charity paid salaries of £47,894 (2024 : £53,680) in total to Mrs S Smith and Mr M Smith, the wife and son of trustee Mr D Smith. The terms of the employment are on a normal commercial basis.

20	Cash absorbed by operations	2025 £	2024 £
	Surplus for the year	9,743	39,317
	Adjustments for:		
	Depreciation and impairment of tangible fixed assets	24,251	36,998
	Movements in working capital:		
	(Increase) in stocks	(8,067)	(16,349)
	(Increase)/decrease in debtors	(11,435)	36,299
	(Decrease) in creditors	(101,657)	(120,237)
	Cash absorbed by operations	(87,165)	(23,972)

21 Analysis of changes in net funds

The charity had no material debt during the year.

IF U CARE SHARE FOUNDATION

England & Wales - Charity number 1142001

Accounts

Charity registration number 1142001

Company registration number 07505273 (England and Wales)

IF U CARE SHARE FOUNDATION

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE PERIOD ENDED 31 MARCH 2024

IF U CARE SHARE FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	J Elliott	
	S McIvor	
	B Robinson	
	D Smith	
	M Smithson	
	C Davidson	
	G Lumsdale	
	P Fletcher	
	D Cunningham	
	S Barlow	(Appointed 4 December 2023)
	P Baldwin	(Appointed 15 April 2024)
	S Smith	(Appointed 7 October 2024)
Charity number	1142001	
Company number	07505273	
Registered office	27 The Close East South Pelaw Chester le Street Co Durham DH2 2EY	
Auditor	Robson Laidler Accountants Limited Fernwood House Fernwood Road Jesmond Newcastle upon Tyne Tyne and Wear England NE2 1TJ	
Bankers	Co-operative Bank 1 Balloon Street Manchester M60 4EP	

IF U CARE SHARE FOUNDATION

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IF U CARE SHARE FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT)

FOR THE PERIOD ENDED 31 MARCH 2024

The trustees present their annual report and financial statements for the period ended 31 March 2024.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The objectives of the Charity are to provide relief for any persons who have suffered suicide related bereavement, particularly the death of a family member or friend, to preserve and protect the health and well-being of any persons, in particular of young people, by seeking to reduce the risks of suicide and to promote positive mental health through the provision of education and training, advice and counselling, respite support, crisis support and other support services and resources as appropriate.

In pursuing these objectives, the Charity provides bereavement support and listening advice along with other support services such as training and workshops and so meets the Objects in its constitution. The criteria the Charity uses to measure its success in that respect are the numbers of positive outcomes reported as being delivered to the parties commissioning postvention, prevention and intervention services and the numbers of people effectively supported.

Achievements and performance

The Charity continued to provide various services during the reporting period, which focus attention on its core objectives, including:

- Delivery of Emotional and Mental Health workshops, which are aimed at 4 to 16-year-olds in schools throughout the North East of England;
- Delivery of Mental Health and Suicide Prevention workshops in partnership with the Premier League, League Football Education and Women's Super League;
- Providing one on one practical and emotional support to people throughout County Durham, Newcastle, Gateshead, Sunderland, North/South Tyneside and Northumberland who have been affected by suicide;
- Providing one-on-one practical and emotional support to people throughout County Durham and Sunderland who are at risk of suicide;
- Running awareness courses for people throughout the North East; and
- Delivering training programmes on suicide prevention and support after suicide.

Public benefit

The Trustees have had regard to the Charity Commission's guidance on their legal duty on public benefit and are satisfied that the Charity delivers public benefit and pays due regard to the guidance on public benefit when deciding which new projects the Charity should undertake.

The main activities undertaken to further the Charity's purposes for the public benefit, are those detailed above.

Fundraising activities

Having registered with the Fundraising Regulator, the Charity has agreed to meet the principles contained in the Fundraising Regulator's Code of Practice and, in doing so, works in line with the Code of Practice's values and supports the system of voluntary regulation. The Charity is committed to the Fundraising Promise and has processes in place to ensure its fundraising activities are legal, open, honest and respectful, which include the use of fundraising agreements with its supporters that set out the Charity's expectations as to how they will behave when raising funds on the Charity's behalf.

The Charity monitors fundraising activities on an ad-hoc basis, did not identify any failures to comply with the voluntary standard noted above and did not receive any complaints regarding its fundraising activities during the reporting period.

The Trustees consider that the Charity met the Objects in its constitution in the reporting period by successfully delivering the following:

Training and Workshops

Throughout the reporting period, we conducted a wide range of training programmes and workshops aimed at suicide prevention and mental health awareness to both adults and young people. These initiatives have been instrumental in equipping individuals, both within our community and beyond, with the necessary knowledge and skills to identify warning signs, offer support, and intervene when someone is at risk. Our team has developed and delivered comprehensive workshops that address various aspects of mental health, including early intervention, suicide prevention, postvention, crisis management, and self-care strategies. By collaborating with local schools, sports clubs and corporate organisations, we have successfully reached a diverse audience, empowering them to create a supportive environment that fosters mental well-being. As Trustees, we are immensely proud of the positive impact our training programmes and workshops have had in preventing suicide by providing accessible mental health education to individuals who need it most. We remain dedicated to continually improving and adapting our training initiatives to address the evolving needs of our community. In the future, we will continue to look to further expand our outreach, develop new partnerships, and introduce innovative training approaches in order to make a meaningful difference in suicide prevention and mental health support. Our work with young people during the reporting period saw us provide:

- 112 workshops to primary schools;
- 38 workshops to secondary schools;
- 11 workshops to colleges;
- 95 workshops to the Premier League;
- 28 workshops to League Football Education clubs; and
- 22 workshops to the Women's Super League.

We also presented at 8 conferences and delivered 12 training courses and facilitated 7 workshops in suicide awareness and postvention training to a variety of private, statutory and voluntary organisations as well as attending various events to raise awareness of the issues around suicide.

Suicide Prevention

Our Suicide Prevention service offers one-to-one person-centred support across County Durham and Sunderland. This team provides specialist support for individuals at significant risk of suicide, with the main referral pathway being from professionals such as the crisis team, secondary mental health services, and the access team aligned to several areas across our operational footprint. Our service over the reporting period has been primarily supported by Public Health through Sunderland City Council along with NHS funding though county Durham Clinical Commissioning group. This funding came to an end at the end of this reporting period.

The total number of referrals for the reporting period was 682 (2023:536). Our team supported individuals and continued our innovative and bespoke approach for community outreach. This approach has seen us engage with local communities at both a statutory and grassroots level following multiple suspected deaths by suicide and we will continue to develop it further over the coming year. Following the introduction of Boxing Therapy in the previous reporting period we continue to offer this service and many individuals benefit from the combination of physical activity in a therapeutically safe and trauma informed environment. Funding for this element of our service predominantly comes from charitable fundraising activities.

Our suicide prevention work is often the most difficult to explain due to the very nature of that work. Nonetheless, our approach is based on achieving clear outcomes, with those receiving help from the Charity rarely re-entering mainstream mental health services. Overall, the prevention team has been able to proactively use established risk assessment and internal processes to ensure those most at risk are provided with timely, appropriate, practical and emotional support but, more importantly, hope. Our emphasis is on empowering individuals to create safety plans they can implement in their own life and utilise at any point moving forward.

Support After Suicide

The Charity's Support after Suicide service offers one-to-one-person centred support across the North East of England. We support those who have been bereaved or impacted by suicide. The support is delivered by those who have lived experience of suicide.

We are part of Durham Mental Health Alliance which funds our support within County Durham. Since August 2019 we have secured funding from the former Clinical Commissioning Groups, now the Integrated Care Board, which allows us to provide Suicide bereavement support across Newcastle, Gateshead, Sunderland, North Tyneside, South Tyneside and Northumberland. The Charity offers social, emotional and practical support, which is bespoke to the individual. However, some of the potential issues following bereavement are:

- Attending a coroner's inquest;
- Advice on coroner's procedures;
- Welfare rights support;
- Housing advice;
- Legal and benefit advice;
- Navigation to other support services if required;
- Access to counselling and trauma therapy;
- Support around the common emotions felt following a loss to suicide; and
- Support to access alternative therapies.

Over the last reporting period there has been a total of 536 (2023: 343) people referred into the support after suicide service, in addition to the referrals we are still supporting from previous periods.

Financial review

The Trustees' objective is to raise as many funds as is reasonably possible in order to finance the Charity's activities and to meet its reserves policy. That objective was met for the reporting period with funds being raised from the following sources:

Support After Suicide

Continued funding to enable the Charity to provide a bespoke Support After Suicide service for people affected by suicide by:

- Durham County Council and the Durham Mental Wellbeing Alliance;
- Newcastle & Gateshead Clinical Commissioning Group;
- Sunderland Clinical Commissioning Group;
- North Tyneside Clinical Commissioning Group;
- South Tyneside Clinical Commissioning Group; and
- Northumberland Clinical Commissioning Group.

Suicide Prevention

Funding by Public Health through Sunderland City Council to provide bespoke prevention support for people at risk of suicide within Sunderland, along with NHS funding through County Durham Clinical Commissioning Group to provide bespoke prevention support for people at risk of suicide. Although this funding expired on 31st March 2024, efforts are ongoing to secure future funding to be able to continue to provide the service at full capacity.

Training and Workshops

Workshops with young people generated income for the Charity from the Premier League, League Football Education and Loughbrough University's Diploma In Sporting Excellence programme. Additional funding was secured through Karbon Homes, Sunderland City Council, Durham County Council, County Durham Community Foundation and CHAD.

Further income was generated through the delivery of training to a number of external organisations and groups who paid for the services provided. This included Humankind, Karbon Homes, Newcastle University amongst others.

Other Fundraising Activities

A significant proportion of the Charity's income comes from other fundraising activities, including individual donations, and fundraisers for and events hosted by the Charity. In addition, supporters running the Great North Run continue to contribute to our overall income. This funding is then used across the Charity to enable us to meet the needs of our services and those we support.

Incoming resources

The net incoming resources for the period amounted to a surplus of £39,317 (2023: surplus of £9,143). The amount attributable to reserves stands at £1,073,503 (2023: £1,034,186) of which £276,117 (2023: £539,469) are restricted.

Reserves policy

In accordance with the Charity Commission's guidance, the Trustees' policy is to hold reserves based on a realistic estimation of reserve requirements. Reserves represent those resources which can be made available to spend once all commitments and planned expenditure have been met. Reserves are spent at the discretion of the Trustees and in the furtherance of the Charity's aims and objectives.

The level of reserves held, as decided by the Trustees is equal to the value of six months of running costs. Current total reserves exceed this by 53% (2023: 38%), although of the total reserves only 70% (2023: 41%) are free reserves which equates to 100% (2023: 70%) of the level of reserves decided by the Trustees.

The reserves policy will be reviewed by the Trustees at the annual audit meeting.

Free reserves as at 31 March 2024 amounted to £757,804 (2023: £425,286).

Plans for future periods

In the last reporting period we acknowledged the significant growth and the need for a systemic review and a revised strategy. During this reporting period a number of key activities have taken place to provide a short medium and long term strategic approach to the Charity's development. This work does require a number of I structural, procedural, or other changes to take place and this work is ongoing. Financial needs continue to be a key consideration and our future strategy seeks to create financial stability now with a future focus on sustainability and growth.

Structure, governance and management

The Charity is a company limited by guarantee, as defined by the Companies Act 2006, and is constituted by its Articles of Association.

Day to Day Management

The officers responsible, on a joint basis, for the day to day management of the Charity during the reporting period were Hannah Neil (CEO) and Matthew Smith (CEO)

.

The trustees, who are also the directors for the purpose of company law, and who served during the reporting period and up to the date of signature of the financial statements were:

J Elliott	
S McIvor	
B Robinson	
D Smith	
M Smithson	
C Davidson	
D Milligan	(Resigned 10 September 2023)
G Lumsdale	
P Fletcher	
D Cunningham	
S Barlow	(Appointed 4 December 2023)
P Baldwin	(Appointed 15 April 2024)
S Smith	(Appointed 7 October 2024)

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Statement of trustees' responsibilities

The trustees, who are also the directors of If U Care Share Foundation for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Auditor

In accordance with the company's articles, a resolution proposing that Robson Laidler Accountants Limited be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.

D Smith
Trustee

2 December 2024

IF U CARE SHARE FOUNDATION

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF IF U CARE SHARE FOUNDATION

Opinion

We have audited the financial statements of If U Care Share Foundation (the 'charity') for the period ended 31 March 2024 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2024 and of its incoming resources and application of resources, including its income and expenditure, for the period then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial period for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

The risk of material misstatement due to error or fraud has been assessed in conjunction with how internal controls may mitigate any such risk. These controls are reviewed as part of the audit be performing systems walkthroughs to ensure they are operating effectively. Other substantive testing is also performed on all material balances and therefore any instances of non-compliance should be identified or considered as insignificant.

In identifying and assessing risks of material misstatement in respect of irregularities, including fraud, the audit engagement team;
- obtained an understanding of the nature of the industry and sector, including the legal and regulatory framework, in which the charity operates and how the charity complies with that legal and regulatory framework
- inquired with management and those charged with governance about their own identification and assessment of the risks of irregularities, including any know actual, suspected or alleged instances of fraud
- discussed with management and those charged with governance any non-compliance with laws and regulations and how fraud might occur including assessments of how and where the financial statements may be susceptible to fraud.

The risk of management override of controls was also considered an area of potential misstatement due to fraud. Audit procedures performed included testing of manual journal entries and other adjustments and evaluating the business rationale in relation to significant, unusual transactions and transactions entered into outside the normal course of business..

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF IF U CARE SHARE FOUNDATION

There are inherent limitations in the audit procedures described above and the primary responsibility for the prevention and detection of irregularities including fraud rests with management. As with any audit, there remained a risk of non-detection of irregularities, as these may involve collusion, forgery, intentional omissions, misrepresentations or the override of internal controls.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Nicholas Cunningham MSc BSc ACCA (Senior Statutory Auditor)
for and on behalf of Robson Laidler Accountants Limited

9 December 2024

Statutory Auditor

Fernwood House
Fernwood Road
Jesmond
Newcastle upon Tyne
Tyne and Wear
England
NE2 1TJ

IF U CARE SHARE FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 MARCH 2024

Current financial period	Notes	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Total 2023 £
Income from:					
Donations and legacies	**2**	354,401	295,458	649,859	406,592
Charitable activities	**3**	594,052	138,492	732,544	744,751
Other trading activities		58,461	-	58,461	75,724
Total income		1,006,914	433,950	1,440,864	1,227,067
Expenditure on:					
Charitable activities	**4**	951,096	450,451	1,401,547	1,217,924
Total expenditure		951,096	450,451	1,401,547	1,217,924
Net income/(expenditure)		55,818	(16,501)	39,317	9,143
Transfers between funds		246,851	(246,851)	-	-
Net movement in funds	**6**	302,669	(263,352)	39,317	9,143
Reconciliation of funds:					
Fund balances at 1 February 2023		494,717	539,469	1,034,186	1,025,043
Fund balances at 31 March 2024		797,386	276,117	1,073,503	1,034,186

The statement of financial activities includes all gains and losses recognised in the period. All income and expenditure derive from continuing activities.

IF U CARE SHARE FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE PERIOD ENDED 31 MARCH 2024

Prior financial year	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Income from:				
Donations and legacies	**2**	271,869	134,723	406,592
Charitable activities	**3**	107,303	637,448	744,751
Other trading activities		75,724	-	75,724
Total income		454,896	772,171	1,227,067
Expenditure on:				
Charitable activities	**4**	727,517	490,407	1,217,924
Total expenditure		727,517	490,407	1,217,924
Net income/(expenditure)		(272,621)	281,764	9,143
Transfers between funds		521,026	(521,026)	-
Net movement in funds	**6**	248,405	(239,262)	9,143
Reconciliation of funds:				
Fund balances at 1 February 2022		246,312	778,731	1,025,043
Fund balances at 31 January 2023		494,717	539,469	1,034,186

IF U CARE SHARE FOUNDATION

BALANCE SHEET

AS AT 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	**10**		39,582		69,431
Current assets					
Stocks	**11**	16,349		-	
Debtors	**12**	141,148		177,447	
Cash at bank and in hand		1,012,137		1,043,258	
		1,169,634		1,220,705	
Creditors: amounts falling due within one year	**13**	(135,713)		(255,950)	
Net current assets			1,033,921		964,755
Total assets less current liabilities			1,073,503		1,034,186
The funds of the charity					
Restricted income funds	**16**		276,117		539,469
Unrestricted funds	**15**		797,386		494,717
			1,073,503		1,034,186

The financial statements were approved by the trustees on 2 December 2024

D Smith
Trustee

Company registration number 07505273 (England and Wales)

IF U CARE SHARE FOUNDATION

STATEMENT OF CASH FLOWS

FOR THE PERIOD ENDED 31 MARCH 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	**20**		(23,972)		193,356
Investing activities					
Purchase of tangible fixed assets		(7,149)		(59,893)	
Net cash used in investing activities			(7,149)		(59,893)
Net cash used in financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(31,121)		133,463
Cash and cash equivalents at beginning of period			1,043,258		909,795
Cash and cash equivalents at end of period			1,012,137		1,043,258

1 Accounting policies

Charity information

If U Care Share Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is 27 The Close East, South Pelaw, Chester le Street, Co Durham, DH2 2EY.

1.1 **Reporting period**

The year end has been extended by two months to the 31 March 2024 therefore the comparative amounts presented in the financial statements (including the related notes) are not entirely comparable.

1.2 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 “The Financial Reporting Standard applicable in the UK and Republic of Ireland” (“FRS 102”) and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.3 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.4 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors or grantors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.5 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1 Accounting policies **(Continued)**

1.6 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1.7 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	15% reducing balance
Computers	33% straight line
Motor vehicles	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.8 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.9 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition. Items held for distribution at no or nominal consideration are measured the lower of replacement cost and cost.

Net realisable value is the estimated selling price less all estimated costs of completion and costs to be incurred in marketing, selling and distribution.

1.10 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.11 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1 Accounting policies **(Continued)**

1.12 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2024	2024	2024	2023	2023	2023
	£	£	£	£	£	£
Donations and gifts	305,701	-	305,701	252,169	50	252,219
Grants	48,700	295,458	344,158	19,700	134,673	154,373
	354,401	295,458	649,859	271,869	134,723	406,592
Grants receivable for core activities						
Durham County Council	-	3,319	3,319	1,050	40,865	41,915
The Rose Patterson Trust	-	22,000	22,000	-	20,000	20,000
Newcastle University	-	-	-	18,000	-	18,000
Sunderland County Council	-	-	-	-	16,204	16,204
The National Lottery	-	240,292	240,292	-	-	-
Scotto Trust	-	-	-	-	10,000	10,000
ACTS 435	-	5,630	5,630	-	8,955	8,955
the National Lottery Community Fund	35,000	-	35,000	-	-	-
Alex Ferry Foundation	8,700	-	8,700	-	5,000	5,000
CDCF Support Box Funding	-	16,500	16,500	-	5,000	5,000
Other	5,000	7,717	12,717	650	28,649	29,299
	48,700	295,458	344,158	19,700	134,673	154,373

Included in other grants is £2,460 CDCF The Banks, £377 Groundworks, £ 4,880 Bernicia Homes, and £5,000 from the JD Foundation.

3 Income from charitable activities

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Charitable activities						
NHS North CCG Contract Income	266,225	-	266,225	-	148,153	148,153
Training income	24,531	-	24,531	8,583	-	8,583
Other contract income	186,567	138,492	325,059	-	466,054	466,054
Premier, FA and League football	110,557	-	110,557	78,983	23,241	102,224
Other income	6,172	-	6,172	19,737	-	19,737
	594,052	138,492	732,544	107,303	637,448	744,751

4 Expenditure on charitable activities

	Charitable activities 2024 £	Charitable activities 2023 £
Direct costs		
Staff costs	1,039,856	861,430
Utilities	27,611	19,879
Postage and stationery	8,109	14,646
Refreshments	969	1,943
Marketing	45,471	60,457
Activity costs	96,599	82,943
Travel expenses	40,678	46,972
Insurance	10,236	6,723
Computer costs	27,301	18,049
	1,296,830	1,113,042
Share of support and governance costs (see note 5)		
Support	65,358	54,691
Governance	39,359	50,191
	1,401,547	1,217,924
Analysis by fund		
Unrestricted funds	951,096	727,517
Restricted funds	450,451	490,407
	1,401,547	1,217,924

5 Support costs allocated to activities

	2024	2023
	£	£
Depreciation	36,998	18,949
Cleaning	4,517	1,309
Repairs costs	3,348	3,976
Staff trainig	4,294	1,586
Workwear	-	5,192
Sundry expenses	16,200	1,931
Management charge	-	21,748
Governance costs	39,360	50,191
	104,717	104,882
Analysed between:		
Charitable activities	104,717	104,882

Governance costs comprise:	2024 £	2023 £
Audit fees	8,824	8,852
Accountancy	1,656	-
Legal and professional	28,880	41,339
	39,360	50,191

6 Net movement in funds

	2024	2023
	£	£
The net movement in funds is stated after charging/(crediting):		
Fees payable for the audit of the charity's financial statements	8,824	8,852
Depreciation of owned tangible fixed assets	36,998	18,949

7 Trustees

None of the trustees received any remuneration or benefits from the charity during the period.

8 Employees

The average monthly number of employees during the period was:

	2024 Number	2023 Number
Admin	1	1
Finance	1	1
Support	15	17
TEAMH	4	3
Management	10	12
Total	31	34

Employment costs	2024 £	2023 £
Wages and salaries	936,816	770,979
Social security costs	78,387	62,511
Other pension costs	24,653	27,940
	1,039,856	861,430

During the year, key management personnel received total remuneration and other benefits of £107,012 (2023: £105,389).

There were no employees whose annual remuneration was more than £60,000.

9 Taxation

The charity is exempt from taxation on its activities because all its income is applied for charitable purposes.

10 Tangible fixed assets

	Fixtures and fittings	Computers	Motor vehicles	Total
	£	£	£	£
Cost				
At 1 February 2023	7,165	71,179	45,000	123,344
Additions	370	6,779	-	7,149
At 31 March 2024	7,535	77,958	45,000	130,493
Depreciation and impairment				
At 1 February 2023	3,375	47,178	3,360	53,913
Depreciation charged in the period	728	18,770	17,500	36,998
At 31 March 2024	4,103	65,948	20,860	90,911
Carrying amount				
At 31 March 2024	3,432	12,010	24,140	39,582
At 31 January 2023	3,790	24,001	41,640	69,431

11 Stocks

	2024	2023
	£	£
Finished goods and goods for resale	16,349	-

12 Debtors

	2024	2023
Amounts falling due within one year:	£	£
Trade debtors	36,808	37,940
Other debtors	42	-
Prepayments and accrued income	104,298	139,507
	141,148	177,447

13 Creditors: amounts falling due within one year

	2024	2023
	£	£
Other taxation and social security	17,888	24,873
Trade creditors	10,700	11,179
Other creditors	4,105	5,108
Accruals and deferred income	103,020	214,790
	135,713	255,950

14 Retirement benefit schemes

	2024	2023
Defined contribution schemes	**£**	**£**
Charge to profit or loss in respect of defined contribution schemes	24,653	27,940

The charity operates a defined contribution pension scheme for all qualifying employees. The assets of the scheme are held separately from those of the charity in an independently administered fund.

15 Unrestricted funds

The unrestricted funds of the charity comprise the unexpended balances of donations and grants which are not subject to specific conditions by donors and grantors as to how they may be used. These include designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes.

	At 1 February 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
General funds	494,717	1,006,914	(951,096)	246,851	797,386

Previous year:	At 1 February 2022	Incoming resources	Resources expended	Transfers	At 31 January 2023
	£	£	£	£	£
General funds	246,312	454,896	(727,517)	521,026	494,717

16 Restricted funds

The restricted funds of the charity comprise the unexpended balances of donations and grants held on trust subject to specific conditions by donors as to how they may be used.

		Movement in funds			
	Balance at 1 February 2023	Incoming resources	Resources expended	Transfers	Balance at 31 March 2024
	£	£	£	£	£
Fundraising	2,619	-	-	-	2,619
Prevent	183,224	63,787	(77,399)	(72,061)	97,551
SAS	227,524	119,801	(146,204)	(195,113)	6,008
TEAMH	116,821	8,709	(105,613)	19,446	39,363
TREAT	9,281	1,360	(3,175)	877	8,343
National Lottery	-	240,293	(118,060)	-	122,233
	539,469	433,950	(450,451)	(246,851)	276,117

Fundraising

To fund fundraising events.

Prevent

To fund prevention work.

SAS

The Support after Suicide service provides bespoke practical and emotional support to persons affected by a death by suicide throughout the North East.

TEAMH

The Emotional and Mental Health workshop is aimed at 14-16 year olds and fits curriculum. This programme is delivered in schools across the North East as well as football academies within the Premier League, LFE, FA and DiSE.

TREAT

Provision of treatment, therapies and counselling sessions for supported people.

17 Fund Transfers

Transfers between funds totalled £246,851 this year (2023: £521,026) to correct fund allocations.

18 Analysis of net assets between funds

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
At 31 March 2024:			
Tangible assets	39,582	-	39,582
Current assets/(liabilities)	757,804	276,117	1,033,921
	797,386	276,117	1,073,503

	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
At 31 January 2023:			
Tangible assets	65,698	3,733	69,431
Current assets/(liabilities)	429,019	535,736	964,755
	494,717	539,469	1,034,186

19 Related party transactions

During the year the Charity paid salaries of £53,680 (2023 : £53,471) in total to Mrs S Smith and Mr M Smith, the wife and son of trustee Mr D Smith. The terms of the employment are on a normal commercial basis.

20 Cash generated from operations

	2024 £	2023 £
Surplus for the period	39,317	9,143
Adjustments for:		
Depreciation and impairment of tangible fixed assets	36,998	18,951
Movements in working capital:		
(Increase) in stocks	(16,349)	-
Decrease/(increase) in debtors	36,299	(63,712)
(Decrease)/increase in creditors	(120,237)	228,974
Cash (absorbed by)/generated from operations	(23,972)	193,356

21 Analysis of changes in net funds

The charity had no material debt during the year.

IF U CARE SHARE FOUNDATION

England & Wales - Charity number 1142001

Accounts

Charity registration number 1142001

Company registration number 07505273 (England and Wales)

IF U CARE SHARE FOUNDATION

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2023

IF U CARE SHARE FOUNDATION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	J Elliott S McIvor B Robinson D Smith M Smithson C Davidson D Milligan G Lumsdale P Fletcher D Cunningham
Charity number	1142001
Company number	07505273
Registered office	27 The Close East South Pelaw Chester le Street Co Durham DH2 2EY
Auditor	Robson Laidler Accountants Limited Fernwood House Fernwood Road Jesmond Newcastle Upon Tyne Tyne and Wear England NE2 1TJ
Bankers	Co-operative Bank 1 Balloon Street Manchester M60 4EP

IF U CARE SHARE FOUNDATION

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IF U CARE SHARE FOUNDATION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 JANUARY 2023

The trustees present their annual report and financial statements for the year ended 31 January 2023.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's [governing document], the Companies Act 2006 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

The objectives of the Charity are to provide relief for any persons who have suffered suicide related bereavement, particularly the death of a family member or friend, to preserve and protect the health and well-being of any persons, in particular of young people, by seeking to reduce the risks of suicide and to promote positive mental health through the provision of education and training, advice and counselling, respite support, crisis support and other support services and resources as appropriate.

In pursuing these objectives, the Charity provides bereavement support and listening advice along with other support services such as training and workshops and so meets the Objects in its constitution, which are the relief of any persons who have suffered suicide-related bereavement and to preserve the health and well-being of any persons and, in particular, young people. The criteria the Charity uses to measure its success in that respect are the numbers of positive outcomes reported as being delivered to the parties commissioning postvention, prevention and intervention services and the numbers of people effectively supported.

Significant activities

During the year the Charity continued to provide various services, which focus attention on its core objectives, including:

- Delivery of Emotional and Mental Health workshops, which are aimed at 4 to 16-year-olds in schools throughout the North East of England;

- Delivery of Mental Health and Suicide Prevention workshops in partnership with the Premier League, League Football Education and Women's Super League;

- Providing one on one practical and emotional support to people throughout County Durham, Newcastle, Gateshead, Sunderland, North/South Tyneside and Northumberland who have been affected by suicide;

- Providing one on one practical and emotional support to people throughout County Durham and Sunderland who are at risk of suicide;

- Running awareness courses for people throughout the North East;

- Delivering training programmes on suicide prevention and support after suicide.

Public benefit

The Trustees have had regard to the Charity Commission's guidance on their legal duty on public benefit and are satisfied that the Charity delivers public benefit and pays due regard to the guidance on public benefit when deciding which new projects the Charity should undertake.

The main activities undertaken to further the Charity's purposes for the public benefit, are those detailed above.

Achievements and performance
Fundraising activities

Having registered with the Fundraising Regulator, the Charity has agreed to meet the principles contained in the Fundraising Regulator's Code of Practice and, in doing so, works in line with the Code of Practice's values and supports the system of voluntary regulation. The Charity is committed to the Fundraising Promise and has processes in place to ensure its fundraising activities are legal, open, honest and respectful, which include the use of fundraising agreements with its supporters that set out the Charity's expectations as to how they will behave when raising funds on the Charity's behalf.

The Charity monitors fundraising activities on an ad-hoc basis, did not identify any failures to comply with the voluntary standard noted above and did not receive any complaints regarding its fundraising activities during the year.

The Trustees consider that the Charity met the Objects in its constitution in the year by successfully delivering the following:

Training and Workshops

Throughout the year, we have conducted a wide range of training programs and workshops aimed at suicide prevention and mental health awareness to both adults and young people. These initiatives have been instrumental in equipping individuals, both within our community and beyond, with the necessary knowledge and skills to identify warning signs, offer support, and intervene when someone is at risk. Our team has developed and delivered comprehensive workshops that address various aspects of mental health, including early intervention, suicide prevention, postvention, crisis management, and self-care strategies. By collaborating with local schools, sports clubs and corporate organisations, we have successfully reached a diverse audience, empowering them to create a supportive environment that fosters mental well-being. As trustees, we are immensely proud of the positive impact our training programs and workshops have made to prevent suicide providing accessible mental health education to individuals who need it most. We remain dedicated to continually improving and adapting our training initiatives to address the evolving needs of our community. Looking ahead, we are excited about the potential to further expand our outreach, develop new partnerships, and introduce innovative training approaches to continue making a meaningful difference in suicide prevention and mental health support. Throughout the year our work with young people has seen us provide;

- 38 workshops to primary schools
- 92 workshops to secondary schools
- 10 workshops to colleges
- 55 workshops to the Premier League
- 28 Workshops to League Football Education clubs
- 38 workshops to the Women's Super League

We have also presented at 1 conference and rolled out over 17 seminars in suicide awareness training to a variety of private, statutory and voluntary organisations as well as attending various events to raise awareness of the issues around suicide.

Suicide Prevention

Our Suicide Prevention service offers one-to-one person-centred support across County Durham and Sunderland. This team provides specialist support for individuals at significant risk of suicide, with the main referral pathway being from professionals such as the crisis team, secondary mental health services, and the access team aligned to several areas across our operational footprint. Our service over the past year has been primarily supported by Public Health through Sunderland City Council along with NHS funding though county Durham Clinical Commissioning group.

The total number of referrals for this year was 536. Our team has supported individuals and for the first time has begun to develop an innovative and bespoke approach for community outreach. This approach has seen us begin to engage with local communities following multiple suspected deaths by suicide, we expect to build upon this within the coming year. Newly implemented during this period was boxing therapy, which sees the prevention team utilising a local boxing club, the feedback, and effect on improving wellbeing and reducing the risk of suicide has been significant and will be monitored to further provide valuable data.

Our suicide prevention works is often the most difficult to explain due to the very nature of that work. Nonetheless, our approach has represented a clear outcome-related approach with those receiving help from the Charity rarely re-entering mainstream mental health services. Overall, the prevention team has been able to proactively use established risk assessment and internal processes to ensure those most at risk are provided with timely, appropriate, practical and emotional support but more importantly, hope.

Support After Suicide

The Charity's Support after Suicide service offers one-to-one-person centred support across the North East region of England. We support those who have been bereaved or impacted by suicide. The support is delivered by those who have lived experience to suicide.

We are part of Durham Mental Health Alliance which founds our support within County Durham. Since August 2019 we have secured funding from the former Clinical Ccommissioning Group's, now the Intergrated Care Board, which allows us to provide Suicide bereavement support across Newcastle, Gateshead, Sunderland, North Tyneside, South Tyneside and Northumberland. The Charity offers social, emotional and practical support, which is bespoke to the individual. However, some of the potential issues following bereavement are:

- Attending a coroner's inquest
- Advice on coroner's procedures
- Welfare rights support
- Housing advice
- Legal and benefit advice
- Navigation to other support services if required
- Access to counselling and trauma therapy
- Support around the common emotions felt following a loss to suicide
- Support to access alternative therapies.

Over the last year there has been a total of 343 (2022: 333) people referred into the support after suicide service, in addition to the referrals we are still supporting from previous periods.

Financial review
Principal funding sources

The Trustees' objective is to raise as many funds as is reasonably possible in order to finance the Charity's activities and to meet its reserves policy. That objective was met for the year with funds being raised from the following sources:

Support After Suicide

Continued Funding to enable the Charity to provide a bespoke Support After Suicide service for people affected by suicide by:
- Durham County Council and the Durham Mental Wellbeing Alliance
- Newcastle & Gateshead Clinical Commissioning Group
- Sunderland Clinical Commissioning Group
- North Tyneside Clinical Commissioning Group
- South Tyneside Clinical Commissioning Group
- Northumberland Clinical Commissioning Group

Suicide Prevention

Continued funding by Public Health through Sunderland City Council to provide bespoke prevention support for people at risk of suicide within Sunderland along with NHS funding through County Durham Clinical Commissioning Groups to provide bespoke prevention support for people at risk of suicide.

Training and Workshops

Workshops with young people generated an income for the Charity; from the;Premier League, League Football Education, FA and DISE Diploma In Sporting Excellence, additional funding was secured through Karbon Homes and the Sunderland West Area partnership via Sunderland City Council.
Further income was generated through the delivery of training to a number of external organisations and groups who paid for the services provided. This included HMRC, Newcastle University, VH Bio, and North East Social Work Association via Gateshead Council amongst others.

Other Fundraising Activities

A significant proportion of the Charity's income comes from other fundraising activities, including individual donations, and fundraisers for and events hosted by the Charity. In addition the Great North Run continues to contribute to our overall income. This funding is then used across the Charity to enable us to meet the needs of our services and those we support.

Matthews Run
In August 2022, our Chief Operating Officer took part in a 289 mile run across 11 days which began in Chester le Street and finished at Downing Street. This fundraising campaign raised £32,519.46 and highlighted the importance of our work within the local area and the need for greater investment by the Government into suicide prevention through the levelling up agenda. The event increased our presence nationally, leading onto several news or television appearances which boosted promotion of our yearly Inside Out Campaign. Matthew's run was also our most successful event in terms of corporate sponsorship and we would like to take this opportunity to thank all sponsors of the campaign for their support. Learning from this event will help to shape our future approach to corporate fundraising, sponsorship, and partnership opportunities.

Incoming resources

The net incoming resources for the period amounted to a surplus of £9,143 (2022: deficit £11,267). The amount attributable to reserves stands at £1,034,186 (2022: £1,025,043) of which £539.469 (2022: £778,731) are restricted.

Reserves policy

In accordance with the Charity Commissioners guidance the Trustees are required to hold a reserves policy based on a realistic estimation of reserve requirements. Reserves represent those resources which can be made available to spend once all commitments and planned expenditure have been met. Reserves are spent at the discretion of the Trustees and in the furtherance of the Charity's aims and objectives.

The level of reserves held, as decided by the Trustees is equal to the value of six months of running costs. Current total reserves exceed this by 38%, although of the total reserves only 41% are free reserves which can cover 70% of the level of reserves decided by the Trustees.

The reserves policy will be reviewed by the Trustees at the annual audit meeting.

Free reserves at the year end amount to £425,286.

Plans for future periods

Following significant growth as a Charity, the Trustees and senior management team recognised the need for a systemic review and a revised strategy. In the coming year a number of activities will take place to provide a new strategy for the C harity over the coming five years and any necessary structural, procedural, or other changes to take place. This will also consider our financial needs and the best methods to sustain the organisation and its services.

Day to day management

Over the last year the officers responsible for the day to day management of the Charity were Shirley Smith (CEO), Hannah Neil (COO), and Matthew Smith (COO). Following the CEO's retirement in December 2022 full responsibility is held by joint COO's Hannah Neil and Matthew Smith.

Structure, governance and management

Governing document

The Charity is a company limited by guarantee, as defined by the Companies Act 2006, and is constituted by its Articles of Association.

The trustees, who are also the directors for the purpose of company law, and who served during the year and up to the date of signature of the financial statements were:

J Elliott
S McIvor
B Robinson
D Smith
M Smithson
C Davidson
P Urwin (Resigned 15 September 2022)
D Milligan
G Lumsdale
P Fletcher
D Cunningham

Recruitment and appointment of new Trustees

Trustees are re-appointed to or removed from the board by members of the Charity at the annual general meeting and are responsible for the strategic governance of the Charity. They do not receive any remuneration and offer their services voluntarily. Each Trustee brings his/her own specific skills and experience for the benefit of the Charity and, on appointment, new Trustees are able to meet with the Chief Operating Officer and other members of staff in order to understand the Charity's objectives and business processes. A procedure is in place for advising new Trustees about their expected roles and responsibilities, including reference to the Charity Commission's "The Essential Trustee" guidance.

Day-to-day management and decision-making

The officers responsible for the day-to-day management of the Charity during the year were Shirley Smith, Matthew Smith and Hannah Neil.

Decision-making regarding matters such as material expenditure, resourcing, remuneration, recruitment and the Charity's overall structure and strategy are reserved to the Trustees.

Key management remuneration

Key management remuneration is reviewed annually and normally increased with average earnings. The Trustees benchmark is the mid-point range paid for comparable roles in charities of a similar size.

Related parties

The Charity does not have any subsidiaries and there are no entities that are related parties. During the year, two employees of the Charity were connected to a Trustee and the Trustees manage any issues that may arise in accordance with the guidance provided by the Charity Commission.

Risk management

The Trustees have a duty to identify and review the risks to which the Charity is exposed, to safeguard the assets of the Charity and to ensure appropriate controls are in place for taking steps to provide reasonable assurance against fraud and error.

Significant events

There were no significant financial events during the year.

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 JANUARY 2023

Statement of trustees' responsibilities

The trustees, who are also the directors of If U Care Share Foundation for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company Law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that year.

In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;

- observe the methods and principles in the Charities SORP;

- make judgements and estimates that are reasonable and prudent;

- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and

- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

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

Auditor

In accordance with the company's articles, a resolution proposing that Robson Laidler Accountants Limited be reappointed as auditor of the company will be put at a General Meeting.

Disclosure of information to auditor

Each of the trustees has confirmed that there is no information of which they are aware which is relevant to the audit, but of which the auditor is unaware. They have further confirmed that they have taken appropriate steps to identify such relevant information and to establish that the auditor is aware of such information.

The trustees' report was approved by the Board of Trustees.

D Smith
Trustee

26 June 2023

IF U CARE SHARE FOUNDATION

INDEPENDENT AUDITOR'S REPORT

TO THE MEMBERS OF IF U CARE SHARE FOUNDATION

Opinion

We have audited the financial statements of If U Care Share Foundation (the 'charity') for the year ended 31 January 2023 which comprise the statement of financial activities, the balance sheet, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 January 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the *Auditor's responsibilities for the audit of the financial statements* section of our report. We are independent of the charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charity's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The other information comprises the information included in the annual report other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of our audit:

- the information given in the trustees' report for the financial year for which the financial statements are prepared, which includes the directors' report prepared for the purposes of company law, is consistent with the financial statements; and
- the directors' report included within the trustees' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charity and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the trustees' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the statement of trustees' responsibilities, the trustees, who are also the directors of the charity for the purpose of company law, are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error. In preparing the financial statements, the trustees are responsible for assessing the charity's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

The risk of material misstatement due to error or fraud is deemed to be low within the entity as the charity operate strong internal controls to mitigate any such risk. These controls are reviewed as part of the audit by performing systems walkthroughs to ensure they are operating effectively. Other substantive testing is also performed on all material balances and therefore any instances of non-compliance should be identified or considered as insignificant. Manual journal entries are scrutinised by data analytics software used as part of the audit.

A further description of our responsibilities is available on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

INDEPENDENT AUDITOR'S REPORT (CONTINUED)

TO THE MEMBERS OF IF U CARE SHARE FOUNDATION

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's 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 charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Michael T Moran BA FCA (Senior Statutory Auditor)
for and on behalf of Robson Laidler Accountants Limited

27 June 2023

Statutory Auditor

Fernwood House
Fernwood Road
Jesmond
Newcastle Upon Tyne
Tyne and Wear
England
NE2 1TJ

IF U CARE SHARE FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JANUARY 2023

Current financial year

	Notes	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total 2022 £
Income from:					
Donations and legacies	2	271,869	134,723	406,592	344,639
Charitable activities	3	183,027	637,448	820,475	415,235
Total income		454,896	772,171	1,227,067	759,874
Expenditure on:					
Charitable activities	4	727,517	490,407	1,217,924	771,141
Net (outgoing)/incoming resources before transfers		(272,621)	281,764	9,143	(11,267)
Gross transfers between funds		521,026	(521,026)	-	-
Net income/(expenditure) for the year/ Net movement in funds		248,405	(239,262)	9,143	(11,267)
Fund balances at 1 February 2022		246,312	778,731	1,025,043	1,036,310
Fund balances at 31 January 2023		494,717	539,469	1,034,186	1,025,043

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

IF U CARE SHARE FOUNDATION

STATEMENT OF FINANCIAL ACTIVITIES (CONTINUED) INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 JANUARY 2023

Prior financial year

	Notes	Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £
Income from:				
Donations and legacies	2	182,317	162,322	344,639
Charitable activities	3	165,477	249,758	415,235
Total income		347,794	412,080	759,874
Expenditure on:				
Charitable activities	4	392,525	378,616	771,141
Net (outgoing)/incoming resources before transfers		(44,731)	33,464	(11,267)
Gross transfers between funds		4,620	(4,620)	-
Net income/(expenditure) for the year/ Net movement in funds		(40,111)	28,844	(11,267)
Fund balances at 1 February 2021		286,423	749,887	1,036,310
Fund balances at 31 January 2022		246,312	778,731	1,025,043

IF U CARE SHARE FOUNDATION

BALANCE SHEET

AS AT 31 JANUARY 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	**9**		69,431		28,489
Current assets					
Debtors	**10**	177,447		113,735	
Cash at bank and in hand		1,043,258		909,795	
		1,220,705		1,023,530	
Creditors: amounts falling due within one year	**11**	(255,950)		(26,976)	
Net current assets			964,755		996,554
Total assets less current liabilities			1,034,186		1,025,043
Income funds					
Restricted funds	**12**		539,469		778,731
Unrestricted funds			494,717		246,312
			1,034,186		1,025,043

The financial statements were approved by the Trustees on 26 June 2023

D Smith
Trustee

Company registration number 07505273

IF U CARE SHARE FOUNDATION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 JANUARY 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	**16**		193,356		(46,651)
Investing activities					
Purchase of tangible fixed assets		(59,893)		(24,013)	
Net cash used in investing activities			(59,893)		(24,013)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			133,463		(70,664)
Cash and cash equivalents at beginning of year			909,795		980,459
Cash and cash equivalents at end of year			1,043,258		909,795

IF U CARE SHARE FOUNDATION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 JANUARY 2023

1 Accounting policies

Charity information

If U Care Share Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is 27 The Close East, South Pelaw, Chester le Street, Co Durham, DH2 2EY.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the trustees have a reasonable expectation that the charity has adequate resources to continue in operational existence for the foreseeable future. Thus the trustees continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Charitable funds

Unrestricted funds are available for use at the discretion of the trustees in furtherance of their charitable objectives.

Restricted funds are subject to specific conditions by donors as to how they may be used. The purposes and uses of the restricted funds are set out in the notes to the financial statements.

1.4 Income

Income is recognised when the charity is legally entitled to it after any performance conditions have been met, the amounts can be measured reliably, and it is probable that income will be received.

Cash donations are recognised on receipt. Other donations are recognised once the charity has been notified of the donation, unless performance conditions require deferral of the amount. Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Legacies are recognised on receipt or otherwise if the charity has been notified of an impending distribution, the amount is known, and receipt is expected. If the amount is not known, the legacy is treated as a contingent asset.

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement, and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges are allocated on the portion of the asset's use.

1 Accounting policies **(Continued)**

1.6 Tangible fixed assets

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Fixtures and fittings	15% reducing balance
Computers	33% straight line
Motor vehicles	33% straight line

The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.7 Impairment of fixed assets

At each reporting end date, the charity reviews the carrying amounts of its tangible assets to determine whether there is any indication that those assets have suffered an impairment loss. If any such indication exists, the recoverable amount of the asset is estimated in order to determine the extent of the impairment loss (if any).

1.8 Cash and cash equivalents

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

1.9 Employee benefits

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the charity is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

1.10 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

2 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	252,169	50	252,219	157,866	-	157,866
Grants	19,700	134,673	154,373	24,451	162,322	186,773
	271,869	134,723	406,592	182,317	162,322	344,639
Grants receivable for core activities						
Durham County Council	1,050	40,865	41,915	-	131,565	131,565
The Rose Patterson Trust	-	20,000	20,000	-	-	-
Newcastle University	18,000	-	18,000	-	-	-
Sunderland County Council	-	16,204	16,204	-	2,358	2,358
GAMP APP	-	14,394	14,394	-	-	-
Scotto Trust	-	10,000	10,000	-	-	-
ACTS 435	-	8,955	8,955	-	-	-
Beyond Shame	-	5,250	5,250	-	-	-
Alex Ferry Foundation	-	5,000	5,000	-	-	-
CDCF Support Box Funding	-	5,000	5,000	-	8,000	8,000
Other	650	9,005	9,655	24,451	20,399	44,850
	19,700	134,673	154,373	24,451	162,322	186,773

Included in other unrestricted grants is £650 GMBC grant (2022: Nil), £Nil EG Foundation Therapies (2022: £1,609) and £Nil EAMHS grant (2022: £22,842).

Included in other restricted grants is £4,969 Wates Family Enterprise Trust grant (2022: Nil), £1,645 Bauer Radio Cash for Kids (2022: Nil), £1,000 EG Foundation Therapies (2022: £19,399), £801 NHS North East & North Cumbria ICB (2022: Nil), £590 Alex Johnson Trust (CFC) grant (2022: Nil), and £Nil VM02 Community grant (2022: £1,000).

3 **Charitable activities**

	Charitable Activities Income 2023 £	Charitable Activities Income 2022 £
Fundraising income	75,724	135,349
NHS North CCG Contract Income	148,153	-
Sales	8,583	-
Other contract income	466,054	249,723
Premier, FA and League football	102,224	24,220
Other income	19,737	5,943
	820,475	415,235
Analysis by fund		
Unrestricted funds	183,027	165,477
Restricted funds	637,448	249,758
	820,475	415,235

4 Charitable activities

	Charitable Activities 2023 £	Charitable Activities 2022 £
Staff costs	861,430	567,125
Utilities	19,879	14,436
Postage and stationery	14,646	3,969
Refreshments	1,943	295
Marketing	60,457	10,060
Activity costs	82,943	96,566
Travel expenses	46,972	17,274
Insurance	6,723	5,641
Computer costs	18,049	18,158
	1,113,042	733,524
Share of support costs (see note 5)	54,691	21,705
Share of governance costs (see note 5)	50,191	15,912
	1,217,924	771,141
Analysis by fund		
Unrestricted funds	727,517	392,525
Restricted funds	490,407	378,616
	1,217,924	771,141

5 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Depreciation	18,949	-	18,949	10,678	-	10,678
Cleaning	1,309	-	1,309	-	-	-
Repairs costs	3,976	-	3,976	-	-	-
Staff training	1,586	-	1,586	-	-	-
Workwear	5,192	-	5,192	-	-	-
Sundry expenses	1,931	-	1,931	11,027	-	11,027
Management recharge	21,748	-	21,748	-	-	-
Audit fees	-	8,852	8,852	-	-	-
Legal and professional	-	41,339	41,339	-	9,592	9,592
Independent examination	-	-	-	-	6,320	6,320
	54,691	50,191	104,882	21,705	15,912	37,617
Analysed between						
Charitable activities	54,691	50,191	104,882	21,705	15,912	37,617

6 Trustees

None of the trustees (or any persons connected with them) received any remuneration or benefits from the charity during the year.

7 Employees

The average monthly number of employees during the year was:

	2023 Number	2022 Number
Admin	1	1
Finance	1	2
Support	17	13
TEAMH	3	3
Management	12	6
Total	34	25

Employment costs	2023 £	2022 £
Wages and salaries	770,979	516,463
Social security costs	62,511	37,925
Other pension costs	27,940	12,737
	861,430	567,125

7 **Employees** **(Continued)**

During the year, key management personnel received total remuneration and other benefits of £105,389 (2022: £72,133).

There were no employees whose annual remuneration was more than £60,000.

8 **Taxation**

The Charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxationof Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives.

9 **Tangible fixed assets**

	Fixtures and fittings	Computers	Motor vehicles	Total
	£	£	£	£
Cost				
At 1 February 2022	5,729	57,722	-	63,451
Additions	1,436	13,457	45,000	59,893
At 31 January 2023	7,165	71,179	45,000	123,344
Depreciation and impairment				
At 1 February 2022	2,886	32,078	-	34,964
Depreciation charged in the year	489	15,100	3,360	18,949
At 31 January 2023	3,375	47,178	3,360	53,913
Carrying amount				
At 31 January 2023	3,790	24,001	41,640	69,431
At 31 January 2022	2,843	25,646	-	28,489

10 **Debtors**

	2023	2022
Amounts falling due within one year:	£	£
Trade debtors	37,940	88,258
Prepayments and accrued income	139,507	25,477
	177,447	113,735

11 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	24,873	-
Trade creditors	11,179	4,292
Other creditors	5,108	-
Accruals and deferred income	214,790	22,684
	255,950	26,976

12 Restricted funds

The income funds of the charity include restricted funds comprising the following unexpended balances of donations and grants held on trust for specific purposes:

		Movement in funds			
	Balance at 1 February 2022	Incoming resources	Resources expended	Transfers	Balance at 31 January 2023
	£	£	£	£	£
Fundraising	2,619	-	-	-	2,619
Prevent	148,702	379,602	(184,577)	(160,503)	183,224
SAS	456,919	310,344	(300,520)	(239,219)	227,524
TEAMH	161,705	81,225	(4,750)	(121,359)	116,821
TREAT	8,786	1,000	(560)	55	9,281
	778,731	772,171	(490,407)	(521,026)	539,469

Fundraising

To fund fundraising events.

Prevent

To fund prevention work.

SAS

The Support after Suicide service provides bespoke practical and emotional support to persons affected by a death by suicide throughout the North East..

TEAMH

The Emotional and Mental Health workshop is aimed at 14-16 year olds and fits curriculum. This programme is delivered in schools across the North East as well as football academies within the Premier League, LFE, FA and DiSE.

TREAT

Provision of treatment, therapies and counselling sessions for supported people.

13 Analysis of net assets between funds

	Unrestricted funds 2023	Restricted funds 2023	Total 2023	Unrestricted funds 2022	Restricted funds 2022	Total 2022
	£	£	£	£	£	£
Fund balances at 31 January 2023 are represented by:						
Tangible assets	65,698	3,733	69,431	19,164	9,325	28,489
Current assets/(liabilities)	429,019	535,736	964,755	227,148	769,406	996,554
	494,717	539,469	1,034,186	246,312	778,731	1,025,043

14 Fund Transfers

Transfers between funds totalled £521,026 this year (2022: £4,620) to correct fund allocations.

15 Related party transactions

During the year the Charity paid salaries of £53,471 in total to Mrs S Smith and Mr M Smith, the wife and son respectively of trustee Mr D Smith. The terms of the employment are on a normal commercial basis.

16 Cash generated from operations

	2023	2022
	£	£
Surplus/(deficit) for the year	9,143	(11,267)
Adjustments for:		
Depreciation and impairment of tangible fixed assets	18,951	21,356
Movements in working capital:		
(Increase) in debtors	(63,712)	(113,735)
Increase in creditors	228,974	26,976
Cash generated from/(absorbed by) operations	193,356	(76,670)

17 Analysis of changes in net funds

The charity had no debt during the year.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

IF U CARE SHARE FOUNDATION

England & Wales - Charity number 1142001

Accounts

Please Sign and Return

REGISTERED COMPANY NUMBER: 07505273 (England and Wales)
REGISTERED CHARITY NUMBER: 1142001

Trustees' Report and

Financial Statements

for the Year Ended 31 January 2022

for

If U Care Share Foundation
(A Company Limited by Guarantee)

TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG

Contents of the Financial Statements
for the year ended 31 January 2022

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If U Care Share Foundation

Trustees' Report
for the year ended 31 January 2022

The Trustees who are also Directors of the Charity for the purposes of the Companies Act 2006, present their report with the financial statements of the Charity for the year ended 31 January 2022. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the Charity are to provide relief for any persons who have suffered suicide related bereavement, particularly the death of a family member or friend, to preserve and protect the health and well-being of any persons, in particular of young people, by seeking to reduce the risks of suicide and to promote positive mental health through the provision of education and training, advice and counselling, respite support, crisis support and other support services and resources as appropriate.

In pursuing these objectives, the Charity provides bereavement support and listening advice along with other support services such as training and workshops and so meets the Objects in its constitution, which are the relief of any persons who have suffered suicide-related bereavement and to preserve the health and well-being of any persons and, in particular, young people. The criteria the Charity uses to measure its success in that respect are the numbers of positive outcomes reported as being delivered to the parties commissioning postvention, prevention and intervention services and the numbers of people effectively supported.

Significant activities

During the year the Charity continued to provide various services, which focus attention on its core objectives, including:

- Delivery of Emotional and Mental Health ("EAMH") and Primary EAMH workshops, which are aimed at 4 to 16 year olds in schools throughout the North East of England.

- Delivery of Mental Health and Suicide Prevention workshops in partnership with the Premier League, League Football Education and Women's Super League.

- Providing one on one practical and emotional support to people who have been affected by suicide throughout County Durham , Newcastle, Gateshead, Sunderland, North and South Tyneside and Northumberland;

- Running awareness courses for people throughout the North East who work with young people;

- Delivering training programmes on suicide prevention;

- Providing the Suicide Help Awareness and Education service (SHARE), which provides a dedicated support manager for people who have been affected by suicide; and

- Working with young people who may feel suicidal to provide support and signpost support services.

Public benefit

The Trustees have had regard to the Charity Commission's guidance on their legal duty on public benefit and are satisfied that the Charity delivers public benefit and pays due regard to the guidance on public benefit when deciding which new projects the Charity should undertake.

The main activities undertaken to further the Charity's purposes for the public benefit, are those detailed above.

Volunteers

The 19 active volunteers with the foundation have a range of responsibilities from trustees to supporting at awareness events. In addition to this we also weekly volunteers who assist in the administrative operations of the foundation.

ACHIEVEMENT AND PERFORMANCE

Charitable activities

During the year we continued to see the same scale of referrals engaging with the charity in need of support. To respond to this the organisational structure has continued to develop to ensure the correct oversight of all aspects of the charity. While the challenges of Covid were still continuing to bring difficulties with relation to funding and fundraising it served as an opportunity to explore different avenues.

Our TEAMH (Tackling Emotional and Mental Health) continued to deliver workshops to young people across the UK, predominantly of which was delivered online. We also had the opportunity to bring back our annual campaigns following Covid and reconnect in person with our communities.

Fundraising activities

Having registered with the Fundraising Regulator, the Charity has agreed to meet the principles contained in the Fundraising Regulator's Code of Practice and, in doing so, works in line with the Code of Practice's values and supports the system of voluntary regulation. The Charity is committed to the Fundraising Promise and has processes in place to ensure its fundraising activities are legal, open, honest and respectful, which include the use of fundraising agreements with its supporters that set out the Charity's expectations as to how they will behave when raising funds on the Charity's behalf.

The Charity monitors fundraising activities on an ad-hoc basis, did not identify any failures to comply with the voluntary standard noted above and did not receive any complaints regarding its fundraising activities during the year.

ACHIEVEMENT AND PERFORMANCE

The Trustees consider that the Charity met the Objects in its constitution in the year by successfully delivering the following:

Prevention / Training

Presentations were made at two conferences, over 10 seminars in suicide awareness training were provided to a variety of private, statutory and voluntary organisations and various events were attended to raise awareness of the issues around suicide.

Working in partnership with schools and organisations, 74 EAMH sessions were delivered to young people aged between 13 to 18 years in secondary schools and community groups. In addition, 24 primary school emotional and mental health sessions and 157 sessions in professional sports clubs, including the League Football Education, Premier League, the FA and Women's football structure throughout the country, were provided. Overall, the Charity's work has reached 8,606 participants this year.

Prevention Support

During the year, the Charity provided one on one support to 483 people identified as being at risk of suicide with referrals coming from various pathways, which was an increase of 73.74% over the previous year. The Charity will continue to aim to be as active in the delivery of this programme throughout 2022.

Support After Suicide (SAS) service

Funding was secured from Durham County Council to continue to provide one to one support after suicide throughout County Durham and from local Clinical Consulting Groups ("CCGs") across the North East region of the Integrated Care System. The Charity was able to provide a one on one support after suicide service throughout Newcastle & Gateshead, Sunderland, North Tyneside, South Tyneside and Northumberland. That support is on both an emotional and practical basis and looks at all of the potential issues following bereavement after suicide including:

- attending a coroner's inquest;
- welfare rights support;
- advice on coroners and inquest procedures;
- housing advice;
- legal and benefit advice;
- navigation to support services;
- access to counselling & trauma therapy;
- access to equine assisted psychotherapy;
- support in emotional needs; and
- a range of alternative therapies.

A total of 333 people were referred into the SAS service in addition to some referrals still being supported from the previous reporting period. Referrals into the SAS service increased by 5.37% over the year.

FINANCIAL REVIEW

Principal funding sources

The Trustees' objective is to raise as many funds as is reasonably possible in order to finance the Charity's activities and to meet its reserves policy. That objective was met for the year with funds being raised from the following sources:

SAS

Continued funding to provide a bespoke SAS service for people affected by suicide and to enable the Charity to continue its work throughout the Coronavirus pandemic and beyond, including in the following areas:

- Durham County Council;
- Newcastle & Gateshead CCG;
- Sunderland CCG;
- North Tyneside CCG;
- South Tyneside CCG; and
- Northumberland CCG.

Prevention

Sunderland Public Health Fund to provide bespoke prevention support for people at risk of suicide within Sunderland.

County Durham Community Foundation ("CDCF")

To fund areas of suicide prevention highlighted by the increase in demand from the Coronavirus pandemic.

Knott Foundation

To fund and develop our technology Prevention equipment.

Global Make Some Noise/Scotto Trust/Tees Esk NHS/Lottery Funds

Funding to enable the Charity to employ prevention support officers to work with children, young adults and adults.

Incoming resources

The net incoming resources for the period amounted to a deficit of £11,267 (2021: surplus £325,988). The amount attributable to reserves stands at £1,025,043 (2021: £1,036,310) of which £778,731 (2021: £749,462) are restricted.

Reserves policy

The policy of the Trustees is to ensure that all expenses are fully funded and reserves are sufficient to cover expenditure commitment for a six month period.

FUTURE PLANS

The growth of the Charity is very much dependent upon the ability to secure funding and we have successfully implemented a fundraising strategy that has yielded positive results during the year. We received funding from the following sources, among others, to aid support and continue the Charity's work:

- CDCF Chester Le Street Health Fund;
- Tyne & Wear Community Fund;
- Arnold Clarke Community Fund;
- CDCF Fund;
- Aviva Community Fund;
- Sunderland Public Health Fund;
- Believe Housing Fund;
- CDCF Local Health Fund;
- Virgin Media O2 Community Fund (via Neighbourly);
- Sunderland West Area Funding;
- R W Mann Trust;
- Karbon Housing Fund; and
- Rose Paterson Trust.

Over the next twelve months the Charity aims to strengthen and extend its core services and seek to extend services in areas acknowledged as vital to the needs of the community.

The Charity has successfully agreed contracts to extend the current NHS CCG services for another year to provide the SAS services to those respective areas and to Durham CCG to provide Prevention services across County Durham.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is a company limited by guarantee, as defined by the Companies Act 2006, and is constituted by its Articles of Association.

Recruitment and appointment of new Trustees

Trustees are re-appointed to or removed from the board by members of the Charity at the annual general meeting and are responsible for the strategic governance of the Charity. They do not receive any remuneration and offer their services voluntarily. Each Trustee brings his/her own specific skills and experience for the benefit of the Charity and, on appointment, new Trustees are able to meet with the Chief Operating Officers and other members of staff in order to understand the Charity's objectives and business processes. A procedure is in place for advising new Trustees about their expected roles and responsibilities, including reference to the Charity Commission's "The Essential Trustee" guidance.

Day-to-day management and decision-making

The officers responsible for the day-to-day management of the Charity during the year were Shirley Smith, Matthew Smith and Hannah Neil.

Decision-making regarding material expenditure, resourcing, remuneration and recruitment matters and the Charity's overall structure and strategy are reserved to the Trustees.

Key management remuneration

Key management remuneration is reviewed annually and normally increased with average earnings. The Trustees benchmark is the mid-point range paid for comparable roles in charities of a similar size.

Related parties

The Charity does not have any subsidiaries and there are no entities that are related parties. Two employees of the Charity are connected to a Trustee and the Trustees manage any issues that may arise in accordance with the guidance provided by the Charity Commission.

Risk management

The Trustees have a duty to identify and review the risks to which the Charity is exposed, to safeguard the assets of the Charity and to ensure appropriate controls are in place for taking steps to provide reasonable assurance against fraud and error.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Significant events

There were no significant financial events during the year but the Trustees are mindful of the effect of the COVID-19 pandemic on the environment within which the Charity operates and took action throughout the year, such as changes to the Charity's usual operational processes, in order to mitigate that effect.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07505273 (England and Wales)

Registered Charity number

1142001

Registered office

27 The Close East
South Pelaw
Chester Le Street
County Durham
DH2 2EY

Trustees

J Elliott
Mrs S Mcivor
B Robinson
D M Smith
Mrs M T Smithson
C Davidson
P A Urwin
Dr D J Milligan
G Lumsdale
Dr P T Fletcher
D M Cunningham

The Directors/Trustees shown above have held office during the whole of the period from 1 February 2021 to the date of this report unless stated otherwise.

During the financial year and up to the date of approval of the Trustees' report, an indemnity contained in the Charity's Articles of Association was in force for the benefit of the Trustees of the Charity, which was a qualifying indemnity provision of the purposes of the Companies Act 2006.

Independent Examiner

Allan Russell FCA
ICAEW
TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG

Bankers

Co-operative Bank
1 Balloon Street
Manchester
M60 4EP

Trustees' Report
for the year ended 31 January 2022

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 10 October 2022 and signed on its behalf by:

X

D M Smith - Trustee

Independent Examiner's Report to the Trustees of If U Care Share Foundation

Independent examiner's report to the trustees of If U Care Share Foundation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 January 2022.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Allan Russell - TTR Barnes Limited

Allan Russell FCA
ICAEW
TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG

11 October 2022

If U Care Share Foundation

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the year ended 31 January 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	182,317	412,045	594,362	759,686
Charitable activities					
Charitable Activities		141,257	35	141,292	144,682
Training and Education		24,220	-	24,220	42,295
Total		347,794	412,080	759,874	946,663
EXPENDITURE ON					
Charitable activities	4				
Charitable Activities		390,171	378,191	768,362	619,507
Training and Education		2,779	-	2,779	1,168
Total		392,950	378,191	771,141	620,675
NET INCOME/(EXPENDITURE)		(45,156)	33,889	(11,267)	325,988
Transfers between funds	13	4,620	(4,620)	-	-
Net movement in funds		(40,536)	29,269	(11,267)	325,988
RECONCILIATION OF FUNDS					
Total funds brought forward		286,848	749,462	1,036,310	710,322
TOTAL FUNDS CARRIED FORWARD		246,312	778,731	1,025,043	1,036,310

The notes form part of these financial statements

If U Care Share Foundation

Statement of Financial Position
31 January 2022

	Notes	Unrestricted funds £	Restricted funds £	2022 Total funds £	2021 Total funds £
FIXED ASSETS					
Tangible assets	10	19,162	9,327	28,489	15,154
CURRENT ASSETS					
Debtors	11	52,540	61,195	113,735	60,393
Cash at bank and in hand		201,584	708,211	909,795	980,459
		254,124	769,406	1,023,530	1,040,852
CREDITORS					
Amounts falling due within one year	12	(26,976)	-	(26,976)	(19,696)
NET CURRENT ASSETS		227,148	769,406	996,554	1,021,156
TOTAL ASSETS LESS CURRENT LIABILITIES		246,310	778,733	1,025,043	1,036,310
NET ASSETS		246,310	778,733	1,025,043	1,036,310
FUNDS	13				
Unrestricted funds				246,310	286,848
Restricted funds				778,733	749,462
TOTAL FUNDS				1,025,043	1,036,310

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 10 October 2022 and were signed on its behalf by:

D M Smith - Trustee

The notes form part of these financial statements

If U Care Share Foundation

Statement of Cash Flows
for the year ended 31 January 2022

	Notes	2022 £	2021 £
Cash flows from operating activities			
Cash generated from operations	1	(46,651)	371,334
Net cash (used in)/provided by operating activities		(46,651)	371,334
Cash flows from investing activities			
Purchase of tangible fixed assets		(24,013)	(7,529)
Sale of tangible fixed assets		-	341
Net cash used in investing activities		(24,013)	(7,188)
Change in cash and cash equivalents in the reporting period		(70,664)	364,146
Cash and cash equivalents at the beginning of the reporting period		980,459	616,313
Cash and cash equivalents at the end of the reporting period		909,795	980,459

The notes form part of these financial statements

Notes to the Statement of Cash Flows for the year ended 31 January 2022

1. RECONCILIATION OF NET (EXPENDITURE)/INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2022	2021
	£	£
Net (expenditure)/income for the reporting period (as per the Statement of Financial Activities)	(11,267)	325,988
Adjustments for:		
Depreciation charges	10,678	6,790
Loss on disposal of fixed assets	-	536
(Increase)/decrease in debtors	(53,342)	42,224
Increase/(decrease) in creditors	7,280	(4,204)
Net cash (used in)/provided by operations	(46,651)	371,334

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/2/21	Cash flow	At 31/1/22
	£	£	£
Net cash			
Cash at bank and in hand	980,459	(70,664)	909,795
	980,459	(70,664)	909,795
Total	980,459	(70,664)	909,795

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have also been prepared on the going concern basis, which assumes that the private charitable company limited by guarantee, will continue in operational existence for the foreseeable future, which the trustees consider appropriate with the reserves available.

Income
Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Income from the supply of goods and services are recognised with the delivery of the contracted item provided that: the stage of the completion, the costs incurred in delivering the service and the costs to complete the requirements of the contract can all be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

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

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 33% Straight line

Tangible fixed assets are stated at historical cost, less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management.

Taxation
The Charity has £nil (2021: £nil) liability due to corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The Charity operates a defined contribution pension scheme. Contributions payable to the Charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate. This is apportioned between activities, both restricted and unrestricted, based on the time spent by staff in each area.

continued...

1. ACCOUNTING POLICIES - continued

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

2. DONATIONS AND LEGACIES

	2022	2021
	£	£
Donations	157,866	135,901
General	-	40,000
EAMHS	22,842	32,766
Durham CC - SAS	131,565	133,465
Big Lottery Fund	-	70,991
CDCF/AAP	3,000	12,000
Scotto Trust	-	5,000
TREATMENTS	21,008	20,000
SCC	2,358	36,958
GLOBAL MSN	-	56,295
CDCF SH	-	300
AAP NB	-	400
CDCF WILL	-	5,000
CCG areas	249,723	203,610
KNOTT TRUST	-	7,000
CDCF Technology Grant	5,000	-
VM02 Community	1,000	-
	594,362	759,686

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2022	2021
		£	£
Fundraising income	Charitable Activities	135,349	73,064
Other Income	Charitable Activities	5,943	71,618
Premier League	Training and Education	24,220	42,295
		165,512	186,977

continued...

4. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 5)	Totals
	£	£	£
Charitable Activities			
	737,321	31,041	768,362
Training and Education	2,779	-	2,779
	740,100	31,041	771,141

5. SUPPORT COSTS

	Governance costs
	£
Charitable Activities	
	31,041

Support costs, included in the above, are as follows:

	2022 Charitable Activities	2021 Total activities
	£	£
Independent examiner fees	6,320	6,780
Sundries	4,451	2,639
Professional Fees	9,592	4,968
Depreciation of tangible fixed assets	10,678	6,790
Loss on sale of tangible fixed assets	-	536
	31,041	21,713

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2022	2021
	£	£
Independent examiner fees	6,320	6,780
Depreciation - owned assets	10,678	6,791
Deficit on disposal of fixed assets	-	536

continued...

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 January 2022 nor for the year ended 31 January 2021.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 January 2022 nor for the year ended 31 January 2021.

8. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	516,463	456,532
Social security costs	37,925	34,049
Other pension costs	12,737	25,705
	567,125	516,286

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

	2022	2021
Admin	1	3
Finance	2	1
Support	13	9
TEAMH	3	4
Management	6	5
	25	22

No employees received emoluments in excess of £60,000.

During the year, key management personnel received total remuneration and other benefits of £72,133 (2021: £59,277).

9. AUDIT, INDEPENDENT EXAMINATION AND OTHER FINANCIAL SERVICES FEES

During the year the following fees were paid to TTR Barnes Limited (the Charity's Independent Examiners):

	2022	2021
	£	£
Independent examiner fee	6,320	6,780

continued...

10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 February 2021	5,599	33,840	39,439
Additions	130	23,883	24,013
At 31 January 2022	5,729	57,723	63,452
DEPRECIATION			
At 1 February 2021	2,402	21,883	24,285
Charge for year	484	10,194	10,678
At 31 January 2022	2,886	32,077	34,963
NET BOOK VALUE			
At 31 January 2022	2,843	25,646	28,489
At 31 January 2021	3,197	11,957	15,154

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade debtors	88,258	-
Prepayments and accrued income	25,477	60,393
	113,735	60,393

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Trade creditors	4,292	-
Accrued expenses	22,684	19,696
	26,976	19,696

continued...

13. MOVEMENT IN FUNDS

	At 1/2/21 £	Net movement in funds £	Transfers between funds £	At 31/1/22 £
Unrestricted funds				
GENERAL FUND	286,848	(63,643)	4,620	227,825
PREMIER LEAGUE	-	18,485	-	18,485
	286,848	(45,158)	4,620	246,310
Restricted funds				
DCC/EAMHS	181,819	3,147	-	184,966
LOTTERY	64,950	(8,331)	-	56,619
SAS	147,401	34,636	-	182,037
DCC	-	(1,243)	2,115	872
CDCF	17,404	2,700	-	20,104
Postcode Community Fund	-	(103)	684	581
ST JAMES PLACE	1,685	(2,190)	505	-
SCOTTO TRUST	238	-	-	238
BASAPP	5,487	-	(5,487)	-
SCC	-	3,447	-	3,447
GLOBAL MSN	51,230	(27,280)	-	23,950
CDCF SH	42	-	-	42
AAP NB	2,579	(652)	-	1,927
CDCF WILL	3,861	(789)	-	3,072
DCC MHYC	2,530	-	(2,530)	-
TREATMENTS & THERAPIES	19,713	(4,581)	-	15,132
CCG AREAS	173,900	41,034	-	214,934
TEES ESK NHS	74,327	(30,945)	-	43,382
KNOTT TRUST	2,296	(1,058)	-	1,238
Proctor and Gamble	-	(93)	93	-
Karbon Homes	-	2,036	-	2,036
Virgin Media O2 Community Fund	-	156	-	156
Prevention	-	24,000	-	24,000
	749,462	33,891	(4,620)	778,733
TOTAL FUNDS	1,036,310	(11,267)	-	1,025,043

continued...

13. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
GENERAL FUND	326,530	(390,173)	(63,643)
PREMIER LEAGUE	21,264	(2,779)	18,485
	347,794	(392,952)	(45,158)
Restricted funds			
DCC/EAMHS	3,276	(129)	3,147
LOTTERY	1	(8,332)	(8,331)
SAS	131,599	(96,963)	34,636
DCC	-	(1,243)	(1,243)
CDCF	3,000	(300)	2,700
Postcode Community Fund	-	(103)	(103)
ST JAMES PLACE	-	(2,190)	(2,190)
SCC	45,324	(41,877)	3,447
GLOBAL MSN	(2)	(27,278)	(27,280)
AAP NB	(1)	(651)	(652)
CDCF WILL	-	(789)	(789)
TREATMENTS & THERAPIES	5,000	(9,581)	(4,581)
CCG AREAS	190,524	(149,490)	41,034
TEES ESK NHS	1	(30,946)	(30,945)
KNOTT TRUST	-	(1,058)	(1,058)
Proctor and Gamble	-	(93)	(93)
Karbon Homes	2,358	(322)	2,036
Virgin Media O2 Community Fund	1,000	(844)	156
Prevention	30,000	(6,000)	24,000
	412,080	(378,189)	33,891
TOTAL FUNDS	759,874	(771,141)	(11,267)

continued...

13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/2/20 £	Net movement in funds £	At 31/1/21 £
Unrestricted funds			
GENERAL FUND	274,235	12,613	286,848
Restricted funds			
DCC/EAMHS	98,848	82,971	181,819
LOTTERY	2,626	62,324	64,950
SAS	98,962	48,439	147,401
CDCF	7,181	10,223	17,404
ST JAMES PLACE	3,778	(2,093)	1,685
SCOTTO TRUST	5,088	(4,850)	238
BASAPP	5,487	-	5,487
GLOBAL MSN	20,749	30,481	51,230
CDCF SH	-	42	42
AAP NB	2,910	(331)	2,579
CDCF WILL	1,625	2,236	3,861
DCC MHYC	2,530	-	2,530
TREATMENTS & THERAPIES	73	19,640	19,713
CCG AREAS	111,903	61,997	173,900
TEES ESK NHS	74,327	-	74,327
KNOTT TRUST	-	2,296	2,296
	436,087	313,375	749,462
TOTAL FUNDS	710,322	325,988	1,036,310

continued...

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
GENERAL FUND	310,652	(298,039)	12,613
Restricted funds			
DCC/EAMHS	84,121	(1,150)	82,971
LOTTERY	70,991	(8,667)	62,324
SAS	133,465	(85,026)	48,439
CDCF	11,999	(1,776)	10,223
ST JAMES PLACE	872	(2,965)	(2,093)
SCOTTO TRUST	5,000	(9,850)	(4,850)
SCC	36,958	(36,958)	-
GLOBAL MSN	56,296	(25,815)	30,481
CDCF SH	300	(258)	42
AAP NB	400	(731)	(331)
CDCF WILL	4,999	(2,763)	2,236
TREATMENTS & THERAPIES	20,000	(360)	19,640
CCG AREAS	203,610	(141,613)	61,997
KNOTT TRUST	7,000	(4,704)	2,296
	636,011	(322,636)	313,375
TOTAL FUNDS	946,663	(620,675)	325,988

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2022.

15. FUNDS

EAMHS
The Emotional and Mental Health workshop (EAMHS) is aimed at 14-16 year olds and fits curriculum. This programme is delivered in schools throughout County Durham.

SAS
The Support after Suicide service provides bespoke practical and emotional support to persons affected by a death by suicide throughout County Durham.

CDCF
To fund running costs throughout COVID-19.

Lottery
To fund a prevention worker and associated prevention costs.

Scotto Trust
To fund prevention work.

BASAPP
To deliver STOP courses and marketing for Inside Out events.

SCC
To fund postvention work in Sunderland area.

continued...

15. FUNDS - continued

GLOBAL MSN
To fund prevention work throughout COVID-19.

AAP/NB
To fund the purchase of computers.

CDCF WILL
Funding to cover event resources.

Treatments & Therapies
Provision of treatment, therapies and counselling sessions for young people.

CCG Areas
To provide postvention work within Sunderland/Newcastle/Gateshead/Northumberland/South Tyneside and North Tyneside.

KNOTT TRUST
Funding for Suicide monitoring technology.

Virgin Media 02 Community Fund
To fund the purchase of technology and garden equipment.

Prevention
To fund prevention work.

Detailed Statement of Financial Activities for the year ended 31 January 2022

	2022 £	2021 £
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	157,866	135,901
General	-	40,000
EAMHS	22,842	32,766
Durham CC - SAS	131,565	133,465
Big Lottery Fund	-	70,991
CDCF/AAP	3,000	12,000
Scotto Trust	-	5,000
TREATMENTS	21,008	20,000
SCC	2,358	36,958
GLOBAL MSN	-	56,295
CDCF SH	-	300
AAP NB	-	400
CDCF WILL	-	5,000
CCG areas	249,723	203,610
KNOTT TRUST	-	7,000
CDCF Technology Grant	5,000	-
VM02 Community	1,000	-
	594,362	759,686
Charitable activities		
Fundraising income	135,349	73,064
Other Income	5,943	71,618
Premier League	24,220	42,295
	165,512	186,977
Total incoming resources	759,874	946,663
EXPENDITURE		
Charitable activities		
Wages	516,463	456,532
Social security	37,925	34,049
Pensions	12,737	25,705
Rent	-	8
Utilities	14,436	13,153
Postage and stationery	3,969	3,634
Refreshments	295	63
Marketing	9,976	7,664
Session Workers	1,600	-
Sponsorship	84	41
Equipment	2,270	649
Support Costs	6,576	10,300
Activity Costs	92,696	23,811
Travel expenses	17,274	8,698
Carried forward	716,301	584,307

Detailed Statement of Financial Activities for the year ended 31 January 2022

	2022 £	2021 £
Charitable activities		
Brought forward	716,301	584,307
Insurance	5,641	3,327
Computer costs	18,158	11,328
	740,100	598,962
Support costs		
Governance costs		
Independent examiner fees	6,320	6,780
Sundries	4,451	2,639
Professional Fees	9,592	4,968
Computer Equipment Depreciation	10,678	6,790
Loss on sale of tangible fixed assets	-	536
	31,041	21,713
Total resources expended	771,141	620,675
Net (expenditure)/income	(11,267)	325,988

IF U CARE SHARE FOUNDATION

England & Wales - Charity number 1142001

Accounts

REGISTERED COMPANY NUMBER: 07505273 (England and Wales)
REGISTERED CHARITY NUMBER: 1142001

Trustees' Report and

Financial Statements

for the Year Ended 31 January 2021

for

If U Care Share Foundation
(A Company Limited by Guarantee)

TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG

If U Care Share Foundation

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for the year ended 31 January 2021

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If U Care Share Foundation

Trustees' Report
for the year ended 31 January 2021

The Trustees who are also Directors of the Charity for the purposes of the Companies Act 2006, present their report with the financial statements of the Charity for the year ended 31 January 2021. The Trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the Charity are to provide relief for any persons who have suffered suicide related bereavement, particularly the death of a family member or friend, to preserve and protect the health and well-being of any persons, in particular of young people, by seeking to reduce the risks of suicide and to promote positive mental health through the provision of education and training, advice and counselling, respite support, crisis support and other support services and resources as appropriate.

In pursuing these objectives, the Charity provides bereavement support and listening advice along with other support services such as training and workshops and so meets the Objects in its constitution, which are the relief of any persons who have suffered suicide-related bereavement and to preserve the health and well-being of any persons and, in particular, young people. The criteria the Charity uses to measure its success in that respect are the numbers of positive outcomes reported as being delivered to the parties commissioning postvention, prevention and intervention services and the numbers of people effectively supported.

Significant activities

During the year the Charity continued to provide various services, which focus attention on its core objectives, including:

- Delivery of Emotional and Mental Health ("EAMH") and PrimarEAMH workshops, which are aimed at 4 to 16 year olds in schools throughout the North East of England.

- Delivery of Mental Health and Suicide Prevention workshops in partnership with the Premier League, League Football Education and Women's Super League.

- Providing one on one practical and emotional support to people throughout County Durham , Newcastle, Gateshead, Sunderland, North/South Tyneside and Northumberland who have been affected by suicide;

- Running awareness courses for people throughout the North East who work with young people;

- Delivering training programmes on suicide prevention;

- Providing the Suicide Help Awareness and Education service (SHARE), which provides a dedicated support manager for people who have been affected by suicide; and

- Working with young people who may feel suicidal to provide support and signpost support services.

Public benefit

The Trustees have had regard to the Charity Commission's guidance on their legal duty on public benefit and are satisfied that the Charity delivers public benefit and pays due regard to the guidance on public benefit when deciding which new projects the Charity should undertake.

The main activities undertaken to further the Charity's purposes for the public benefit, are those detailed above.

ACHIEVEMENT AND PERFORMANCE

Fundraising activities

Having registered with the Fundraising Regulator, the Charity has agreed to meet the principles contained in the Fundraising Regulator's Code of Practice and, in doing so, works in line with the Code of Practice's values and supports the system of voluntary regulation. The Charity is committed to the Fundraising Promise and has processes in place to ensure its fundraising activities are legal, open, honest and respectful, which include the use of fundraising agreements with its supporters that set out the Charity's expectations as to how they will behave when raising funds on the Charity's behalf.

The Charity monitors fundraising activities on an ad-hoc basis, did not identify any failures to comply with the voluntary standard noted above and did not receive any complaints regarding its fundraising activities during the year.

The Trustees consider that the Charity met the Objects in its constitution in the year by successfully delivering the following:

Prevention

Our team has embraced online learning this year, which enabled us to reach more participants than ever as Premier League funding allowed us to work with 21 clubs over 59 sessions. Football League Education provided 16 clubs over 20 sessions, coupled with emerging support within elite women's football, the Women's Super League and Football Association have enabled 107 sessions to take place across 55 clubs or coaching centres. Overall the continued support of professional sport has seen us engage more than 5000 young people, players, parents, coaches, and club staff. Opportunities within a school setting have been reduced this year due to pandemic lockdowns. Despite this, the foundation has engaged with a further 1000 pupils within a secondary school setting.

Alongside our work within schools and sports clubs our team has presented at two conferences and provided seminars in suicide prevention and awareness to many private, statutory, and voluntary organisations. The support of these organisations is key as we seek to highlight the importance of remaining emotionally and mentally healthy, whilst highlighting the presence of suicide within our local communities and the role each organisation can play to help prevent and support those around them.

Prevention Support

During the year we provided one on one support to 278 people identified as being at risk of suicide with referrals coming from various pathways, which was an increase of 34% over the previous year. We continue to aim to be as active in the delivery of this programme throughout 2021.

Support After Suicide (SAS)

Throughout the year we have secured funding via Durham County Council to continue to provide one to one support after suicide throughout County Durham. As of January 2020 we have secured funding from local CCG's across the North East patch of the ICS (Integrated Care System) and have been able to provide one on one support after suicide service throughout Newcastle & Gateshead, Sunderland, North Tyneside, South Tyneside and Northumberland. Support is both emotional and practical and looks at all of the potential issues following bereavement after suicide including:

- attending a coroner's inquest;
- welfare rights support;
- advice on coroners and inquest procedures; - housing advice;
- legal and benefit advice;
- navigation to support services;
- access to counselling & trauma therapy
- access to equine assisted psychotherapy
- support in emotional needs; and
- a range of alternative therapies.

Over the last 12 months there was a total of 316 people referred into the support after suicide service in addition to some referrals still being supported from the previous reporting period. Referrals into the SAS service have increased by 23% for this period.

FINANCIAL REVIEW

Principal funding sources

The Trustees' objective is to raise as many funds as is reasonably possible in order to finance the Charity's activities and to meet its reserves policy. That objective was met for the year with funds being raised from the following sources:

Durham County Council
Newcastle & Gateshead CCG
Sunderland CCG
North Tyneside CCG
South Tyneside CCG
Northumberland CCG

SAS
Continued Funding from DCC/CAF/BGL/Community Foundation to provide a bespoke Support After Suicide service for people affected by suicide and to enable the charity to continue its work throughout the Coronavirus Pandemic

CDCF
To fund our areas of Prevention highlighted by the increase in demand from the Coronavirus Pandemic.

Knott Foundation
To fund and develop our technology Prevention equipment.

Global Make Some Noise/Scotto Trust/Tees Esk NHS /Lottery Funds
Funding to enable the Charity to employ prevention support officers to work with children, young adults and adults.

Sunderland NHS CCG/Newcastle & Gateshead NHS CCG/North Tyneside NHS CCG/South Tyneside NHS CCG/Northumberland NHS CCG
Support after Suicide Service in these areas

Incoming resources

The net incoming resources for the period amounted to a surplus of £325,988 (2020: surplus £313,357). The amount attributable to reserves stands at £1,036,310 (2020: £710,322) of which £749,462 (2020: £436,087) are restricted.

Reserves policy

The policy of the Trustees is to ensure that all expenses are fully funded and reserves are sufficient to cover expenditure commitments for a six month period.

FUTURE PLANS

The growth of the Charity is very much dependent upon the ability to secure funding and we have successfully implemented a fundraising strategy that has yielded positive results during the year. We received funding from the following sources, among others to aid support and continue the charities work through the covid-19 pandemic.

- Scotto Trust
- Barbour Foundation
- Tesco Bags of Help Fund
- Tyne & Wear Community Foundation
- Postcode Lottery
- Alex Johnson Trust
- Sunderland Community Chest
- lottery Covid-19 Response
- DCC Assistance and Disgrant Funds
- CAF Covid-19 Fund
- Northumbria Police

Over the next twelve months we aim to strengthen and extend our core services and seek to extend services in areas acknowledged as vital to the needs of the community. We have successfully agreed contracts to extend the current NHS CCG contracts for another year to provide Support After Suicide services to those respective areas.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The Charity is a company limited by guarantee, as defined by the Companies Act 2006, and is constituted by its Articles of Association.

Recruitment and appointment of new Trustees

Trustees are re-appointed to or removed from the board by members of the Charity at the annual general meeting and are responsible for the strategic governance of the Charity. They do not receive any remuneration and offer their services voluntarily. Each Trustee brings his/her own specific skills and experience for the benefit of the Charity and, on appointment, new Trustees are able to meet with the Chief Operating Officer and other members of staff in order to understand the Charity's objectives and business processes. A procedure is in place for advising new Trustees about their expected roles and responsibilities, including reference to the Charity Commission's "The Essential Trustee" guidance.

Day-to-day management and decision-making

The officers responsible for the day-to-day management of the Charity during the year were Shirley Smith and Sandra Emery (retired June 2020).

Decision-making regarding matters such as material expenditure, resourcing, remuneration, recruitment and the Charity's overall structure and strategy are reserved to the Trustees.

Key management remuneration

Key management remuneration is reviewed annually and normally increased with average earnings. The Trustees benchmark is the mid-point range paid for comparable roles in charities of a similar size.

Related parties

The Charity does not have any subsidiaries and there are no entities that are related parties. Two employees of the Charity are connected to a Trustee and the Trustees manage any issues that may arise in accordance with the guidance provided by the Charity Commission.

Risk management

The Trustees have a duty to identify and review the risks to which the Charity is exposed, to safeguard the assets of the Charity and to ensure appropriate controls are in place for taking steps to provide reasonable assurance against fraud and error.

Significant events

There were no significant financial events during the year but the Trustees are mindful of the effect of the COVID-19 pandemic on the environment within which the Charity operates and have taken action throughout the year, such as the furloughing of staff and changes to the Charity's operational processes in order to mitigate that effect.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

07505273 (England and Wales)

Registered Charity number

1142001

Registered office

27 The Close East
South Pelaw
Chester Le Street
County Durham
DH2 2EY

If U Care Share Foundation

Trustees' Report
for the year ended 31 January 2021

Trustees
J Elliott
Mrs S Mcivor
B Robinson
D M Smith
Mrs M T Smithson
C Davidson
P A Urwin
Dr D J Milligan
G Lumsdale
Dr P T Fletcher
D M Cunningham (appointed 10/5/20)

The Directors/Trustees shown above have held office during the whole of the period from 1 February 2020 to the date of this report unless stated otherwise.

During the financial year and up to the date of approval of the Trustees' report, an indemnity contained in the Charity's Articles of Association was in force for the benefit of the Trustees of the Charity, which was a qualifying indemnity provision of the purposes of the Companies Act 2006.

Independent Examiner
Allan Russell FCA
ICAEW
TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG

Bankers
Co-operative Bank
1 Balloon Street
Manchester
M60 4EP

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

Approved by order of the board of trustees on 20 September 2021 and signed on its behalf by:

D M Smith - Trustee

Independent Examiner's Report to the Trustees of
If U Care Share Foundation

Independent examiner's report to the trustees of If U Care Share Foundation ('the Company')
I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 January 2021.

Responsibilities and basis of report
As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement
Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of ICAEW which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act 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; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

Allan Russell FCA
ICAEW
TTR Barnes Limited
Chartered Accountants
3-5 Grange Terrace
Stockton Road
Sunderland
Tyne & Wear
SR2 7DG

21 September 2021

If U Care Share Foundation

Statement of Financial Activities
(Incorporating an Income and Expenditure Account)
for the year ended 31 January 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	124,548	635,138	759,686	596,904
Charitable activities	3				
Charitable Activities		143,809	873	144,682	223,475
Training and Education		42,295	-	42,295	68,360
Total		310,652	636,011	946,663	888,739
EXPENDITURE ON					
Charitable activities	4				
Charitable Activities		298,031	321,476	619,507	495,817
Training and Education		7	1,161	1,168	79,565
Total		298,038	322,637	620,675	575,382
NET INCOME		12,614	313,374	325,988	313,357
RECONCILIATION OF FUNDS					
Total funds brought forward		274,235	436,087	710,322	396,965
TOTAL FUNDS CARRIED FORWARD		286,849	749,461	1,036,310	710,322

The notes form part of these financial statements

If U Care Share Foundation

Statement of Financial Position
31 January 2021

	Notes	Unrestricted funds £	Restricted funds £	2021 Total funds £	2020 Total funds £
FIXED ASSETS					
Tangible assets	10	5,605	9,549	15,154	15,292
CURRENT ASSETS					
Debtors	11	60,393	-	60,393	102,617
Cash at bank and in hand		240,547	739,913	980,460	616,314
		300,940	739,913	1,040,853	718,931
CREDITORS					
Amounts falling due within one year	12	(19,697)	-	(19,697)	(23,901)
NET CURRENT ASSETS		281,243	739,913	1,021,156	695,030
TOTAL ASSETS LESS CURRENT LIABILITIES		286,848	749,462	1,036,310	710,322
NET ASSETS		286,848	749,462	1,036,310	710,322
FUNDS	13				
Unrestricted funds				286,848	274,235
Restricted funds				749,462	436,087
TOTAL FUNDS				1,036,310	710,322

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2021 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

(a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 20 September 2021 and were signed on its behalf by:

D M Smith - Trustee

The notes form part of these financial statements

If U Care Share Foundation

Statement of Cash Flows
for the year ended 31 January 2021

	Notes	2021 £	2020 £
Cash flows from operating activities			
Cash generated from operations	1	371,334	257,107
Net cash provided by operating activities		371,334	257,107
Cash flows from investing activities			
Purchase of tangible fixed assets		(7,529)	(13,438)
Sale of tangible fixed assets		341	1
Net cash used in investing activities		(7,188)	(13,437)
Change in cash and cash equivalents in the reporting period		364,146	243,670
Cash and cash equivalents at the beginning of the reporting period		616,314	372,644
Cash and cash equivalents at the end of the reporting period		980,460	616,314

The notes form part of these financial statements

If U Care Share Foundation

Notes to the Statement of Cash Flows
for the year ended 31 January 2021

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021	2020
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	325,988	313,357
Adjustments for:		
Depreciation charges	6,790	4,056
Loss on disposal of fixed assets	536	45
Decrease/(increase) in debtors	42,224	(68,164)
(Decrease)/increase in creditors	(4,204)	7,813
Net cash provided by operations	371,334	257,107

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1/2/20	Cash flow	At 31/1/21
	£	£	£
Net cash			
Cash at bank and in hand	616,314	364,146	980,460
	616,314	364,146	980,460
Total	616,314	364,146	980,460

The notes form part of these financial statements

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The financial statements have also been prepared on the going concern basis, which assumes that the private charitable company limited by guarantee, will continue in operational existence for the foreseeable future, which the trustees consider appropriate with the reserves available.

Income
Income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.

Income from the supply of goods and services are recognised with the delivery of the contracted item
provided that: the stage of the completion, the costs incurred in delivering the service and the costs to complete the requirements of the contract can all be measured reliably.

Expenditure
Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

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

Fixtures and fittings	-	15% on reducing balance
Computer equipment	-	33% Straight line

Tangible fixed assets are stated at historical cost, less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management.

Taxation
The Charity has £nil (2020: £nil) liability due to corporation tax on its charitable activities.

Fund accounting
Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the Charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Pension costs and other post-retirement benefits
The Charity operates a defined contribution pension scheme. Contributions payable to the Charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate. This is apportioned between activities, both restricted and unrestricted, based on the time spent by staff in each area.

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1. ACCOUNTING POLICIES - continued

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

2. DONATIONS AND LEGACIES

	2021	2020
	£	£
Donations	135,901	58,670
General	40,000	8,000
EAMHS	32,766	149,880
Durham CC - SAS	133,465	87,500
Big Lottery Fund	70,991	7,100
CDCF/AAP	12,000	8,894
Scotto Trust	5,000	10,000
TREATMENTS	20,000	9,000
SCC	36,958	15,000
GLOBAL MSN	56,295	34,764
CDCF SH	300	220
AAP NB	400	2,300
CDCF WILL	5,000	-
CCG areas	203,610	127,612
Tees Esk NHS	-	77,964
KNOTT TRUST	7,000	-
	759,686	596,904

3. INCOME FROM CHARITABLE ACTIVITIES

	Activity	2021	2020
		£	£
	Charitable Activities		
Fundraising income		73,064	220,919
	Charitable Activities		
Other Income		71,618	2,556
Premier League	Training and Education	42,295	68,360
		186,977	291,835

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4. CHARITABLE ACTIVITIES COSTS

	Direct Costs	Support costs (see note 5)	Totals
	£	£	£
Charitable Activities			
	597,794	21,713	619,507
Training and Education	1,168	-	1,168
	598,962	21,713	620,675

5. SUPPORT COSTS

	Governance costs
	£
Charitable Activities	
	21,713

Support costs, included in the above, are as follows:

	2021 Charitable Activities	2020 Total activities
	£	£
Independent examiner fees	6,780	5,520
Sundries	2,639	2,041
Professional Fees	4,968	6,276
Depreciation of tangible fixed assets	6,790	4,056
Loss on sale of tangible fixed assets	536	45
	21,713	17,938

6. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2021	2020
	£	£
Independent examiner fees	6,780	5,520
Depreciation - owned assets	6,791	4,057
Deficit on disposal of fixed assets	536	45

continued...

7. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 January 2021 nor for the year ended 31 January 2020.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 January 2021 nor for the year ended 31 January 2020.

8. STAFF COSTS

	2021	2020
	£	£
Wages and salaries	456,532	335,793
Social security costs	34,049	23,660
Other pension costs	25,705	22,535
	516,286	381,988

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

	2021	2020
Support staff	22	18

No employees received emoluments in excess of £60,000.

During the year, key management personnel received total remuneration and other benefits of £59,277 (2020: £81,037).

9. AUDIT, INDEPENDENT EXAMINATION AND OTHER FINANCIAL SERVICES FEES

During the year the following fees were paid to TTR Barnes Limited (the Charity's Independent Examiners):

	2021	2020
	£	£
Independent examiner fee	6,780	5,520

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10. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 February 2020	6,402	26,580	32,982
Additions	269	7,260	7,529
Disposals	(1,072)	-	(1,072)
At 31 January 2021	5,599	33,840	39,439
DEPRECIATION			
At 1 February 2020	2,001	15,689	17,690
Charge for year	597	6,194	6,791
Eliminated on disposal	(196)	-	(196)
At 31 January 2021	2,402	21,883	24,285
NET BOOK VALUE			
At 31 January 2021	3,197	11,957	15,154
At 31 January 2020	4,401	10,891	15,292

11. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Prepayments	60,393	102,617

12. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2021 £	2020 £
Accrued expenses	19,697	23,901

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13. MOVEMENT IN FUNDS

	At 1/2/20 £	Net movement in funds £	At 31/1/21 £
Unrestricted funds			
GENERAL FUND	274,235	12,613	286,848
Restricted funds			
DCC/EAMHS	98,848	82,971	181,819
LOTTERY	2,626	62,324	64,950
SAS	98,962	48,439	147,401
CDCF	7,181	10,223	17,404
ST JAMES PLACE	3,778	(2,093)	1,685
SCOTTO TRUST	5,088	(4,850)	238
BASAPP	5,487	-	5,487
GLOBAL MSN	20,749	30,481	51,230
CDCF SH	-	42	42
AAP NB	2,910	(331)	2,579
CDCF WILL	1,625	2,236	3,861
DCC MHYC	2,530	-	2,530
TREATMENTS & THERAPIES	73	19,640	19,713
CCG AREAS	111,903	61,997	173,900
TEES ESK NHS	74,327	-	74,327
KNOTT TRUST	-	2,296	2,296
	436,087	313,375	749,462
TOTAL FUNDS	710,322	325,988	1,036,310

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13. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
GENERAL FUND	310,652	(298,039)	12,613
Restricted funds			
DCC/EAMHS	84,121	(1,150)	82,971
LOTTERY	70,991	(8,667)	62,324
SAS	133,465	(85,026)	48,439
CDCF	11,999	(1,776)	10,223
ST JAMES PLACE	872	(2,965)	(2,093)
SCOTTO TRUST	5,000	(9,850)	(4,850)
SCC	36,958	(36,958)	-
GLOBAL MSN	56,296	(25,815)	30,481
CDCF SH	300	(258)	42
AAP NB	400	(731)	(331)
CDCF WILL	4,999	(2,763)	2,236
TREATMENTS & THERAPIES	20,000	(360)	19,640
CCG AREAS	203,610	(141,613)	61,997
KNOTT TRUST	7,000	(4,704)	2,296
	636,011	(322,636)	313,375
TOTAL FUNDS	946,663	(620,675)	325,988

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13. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1/2/19 £	Net movement in funds £	At 31/1/20 £
Unrestricted funds			
GENERAL FUND	242,611	31,624	274,235
Restricted funds			
DCC/EAMHS	20,901	77,947	98,848
LOTTERY	-	2,626	2,626
SAS	90,991	7,971	98,962
CDCF	1,322	5,859	7,181
ST JAMES PLACE	-	3,778	3,778
SCOTTO TRUST	6,303	(1,215)	5,088
BASAPP	5,598	(111)	5,487
SCC	8,221	(8,221)	-
GLOBAL MSN	12,683	8,066	20,749
AAP NB	1,003	1,907	2,910
CDCF WILL	4,802	(3,177)	1,625
DCC MHYC	2,530	-	2,530
TREATMENTS & THERAPIES	-	73	73
CCG AREAS	-	111,903	111,903
TEES ESK NHS	-	74,327	74,327
	154,354	281,733	436,087
TOTAL FUNDS	396,965	313,357	710,322

continued...

13. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
GENERAL FUND	412,277	(380,653)	31,624
PREMIER LEAGUE	11,205	(11,205)	-
	423,482	(391,858)	31,624
Restricted funds			
DCC/EAMHS	79,886	(1,939)	77,947
LOTTERY	7,101	(4,475)	2,626
SAS	88,500	(80,529)	7,971
CDCF	8,894	(3,035)	5,859
ST JAMES PLACE	4,017	(239)	3,778
SCOTTO TRUST	9,999	(11,214)	(1,215)
BASAPP	1	(112)	(111)
SCC	15,000	(23,221)	(8,221)
GLOBAL MSN	34,764	(26,698)	8,066
CDCF SH	220	(220)	-
AAP NB	2,299	(392)	1,907
CDCF WILL	1	(3,178)	(3,177)
TREATMENTS & THERAPIES			
	9,000	(8,927)	73
CCG AREAS	127,611	(15,708)	111,903
TEES ESK NHS	77,964	(3,637)	74,327
	465,257	(183,524)	281,733
TOTAL FUNDS	888,739	(575,382)	313,357

14. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 January 2021.

15. FUNDS

EAMHS
The Emotional and Mental Health workshop (EAMHS) is aimed at 14-16 year olds and fits curriculum. This programme is delivered in schools throughout County Durham.

SAS
The Support after Suicide service provides bespoke practical and emotional support to persons affected by a death by suicide throughout County Durham.

CDCF
To fund running costs throughout COVID-19.

Lottery
To fund a prevention worker and associated prevention costs.

Scotto Trust
To fund our prevention work.

continued...

15. FUNDS - continued

BASAPP
To deliver STOP courses. Marketing for Inside Out events.

SCC
To fund postvention work in Sunderland area.

GLOBAL MSN
To fund prevention work throughout COVID-19.

AAP/NB
To Fund the purchase of computers.

CDCF WILL
Funding to cover events resources.

Treatments & Therapies
Provision of Treatment, Therapies and counselling sessions for young people.

CCG Areas
To provide postvention work within Sunderland/Newcastle/Gateshead/Northumberland/South Tyneside and North Tyneside.

Tees Esk NHS
To fund prevention work.

KNOTT TRUST
Funding for Suicide monitoring technology.

If U Care Share Foundation

Detailed Statement of Financial Activities
for the year ended 31 January 2021

	2021	2020
	£	£
INCOME AND ENDOWMENTS		
Donations and legacies		
Donations	135,901	58,670
General	40,000	8,000
EAMHS	32,766	149,880
Durham CC - SAS	133,465	87,500
Big Lottery Fund	70,991	7,100
CDCF/AAP	12,000	8,894
Scotto Trust	5,000	10,000
TREATMENTS	20,000	9,000
SCC	36,958	15,000
GLOBAL MSN	56,295	34,764
CDCF SH	300	220
AAP NB	400	2,300
CDCF WILL	5,000	-
CCG areas	203,610	127,612
Tees Esk NHS	-	77,964
KNOTT TRUST	7,000	-
	759,686	596,904
Charitable activities		
Fundraising income	73,064	220,919
Other Income	71,618	2,556
Premier League	42,295	68,360
	186,977	291,835
Total incoming resources	946,663	888,739
EXPENDITURE		
Charitable activities		
Wages	456,532	335,793
Social security	34,049	23,660
Pensions	25,705	22,535
Rent	8	534
Utilities	13,153	9,214
Postage and stationery	3,634	7,866
Refreshments	63	443
Marketing	7,664	23,180
Training Costs	-	2,580
Sponsorship	41	178
Equipment	649	656
Support Costs	10,300	10,403
Activity Costs	23,811	53,578
Travel expenses	8,698	43,962
Insurance	3,327	2,304
Carried forward	587,634	536,886

If U Care Share Foundation

Detailed Statement of Financial Activities
for the year ended 31 January 2021

	2021	2020
	£	£
Charitable activities		
Brought forward	587,634	536,886
Computer costs	11,328	20,558
	598,962	557,444
Support costs		
Governance costs		
Independent examiner fees	6,780	5,520
Sundries	2,639	2,041
Professional Fees	4,968	6,276
Computer Equipment Depreciation	6,790	4,056
Loss on sale of tangible fixed assets	536	45
	21,713	17,938
Total resources expended	620,675	575,382
Net income	325,988	313,357