

SAMARITANS

Harrogate & District



Annual Report 2023-24

Our vision



Every life lost to suicide is a tragedy, and our vision is that fewer people die by suicide.

Our mission



To be there for anyone who needs someone. To give people ways to cope and be there for others. And to campaign to make suicide prevention a priority.

Our values



Listening

Exploring feelings alleviates distress and helps people to reach a better understanding of their situation and the options open to them.

Confidentiality

If people feel safe, they are more likely to be open about their feelings.

Non-judgmental

We want people to be able to talk to us without fear of prejudice or rejection.

People making their own decisions

We believe that people have the right to find their own solution and that telling people what to do takes responsibility away from them.

Human contact

Giving people time, undivided attention and empathy meets a fundamental emotional need and reduces distress and despair.

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Director's Introduction

Another successful year has flown past and here I am writing my third and final report as Director. Once again, I have to start by saying a huge thank you to you all, our amazing volunteers, both listeners and supporters. You have given up your time and skills so freely to support our callers and the branch in general throughout another year.

Each year we hope that events in our country and the wider world will ease the burden on everyone but sadly things are slow to improve. We still see the effect of issues in the callers we listen to. The Cost-of-Living Crisis, Ukraine War, the Gaza Conflict, a change in government and what we are seeing as long-term mental health effects of the last few years still rumbles on. Our service is still needed even more than ever.

In our branch, as ever, we have continued to support our callers in a professional, empathetic and caring way. In doing this we have vastly improved the number of shifts we have kept open, especially the number of night shifts we have delivered. This is truly amazing.

I would like to thank again Mandy 881 and Jo 937 for their support over the last year through the good and shall we say more difficult times. In addition, the Branch Leadership Team and Trustees have each worked in different ways to keep our branch going. They have led on new developments, kept us safe and compliant, interviewed and recruited a further 22 volunteers and ensured we are financially sound. These volunteers in turn have been

mentored and thanks to Donna 838 for leading this dedicated group of volunteers.

Our core priority is delivering listening on the phone, and via online chat and we have done really well in delivering a high-quality service. I am always thankful to our dedicated team of leaders led by Sarah 905 who support us after each shift with care and compassion.

In addition to this, we train and support our extended team at Wealstun Prison. A huge thank you to Neil 897 and his team as well as the guys who deliver the service day in and day out in prison who offer invaluable support to their fellow prisoners. We have trained over 25 new listeners in the prison over the last year.

Our training and recruitment team, whilst at the moment is a diminishing band of dedicated folk, has worked hard to keep us topped up with new volunteers. This year Jules 944 has led a revitalised Outreach Team and our standing and presence in the community has improved. Our work at the food bank is a particular success. Thank you once again to this dedicated band of volunteers.

Thanks also to Carol 933, Andrew 935, Lisa 962, Jan 929 and Anne 974 who have led successful teams in Fundraising, IT, Education, Volunteer Support and Rota Management. Without these Deputies and their Teams our branch would just not be able to function. We have to remember everyone that leads or volunteers in these teams do so on top of their regular commitments to listening. I am so grateful and really appreciate this.

A special mention must go to the recruitment and DBS team. Their work was significantly increased this year due to the need to renew DBS for everyone. The team worked hard to ensure each volunteer completed their checks. Ros 907 steps down in this role this year but leaves a small team to continue her great work.

It would probably destroy a small rainforest in paper if I listed the huge number of events we have held or attended this year. We have done so many events from talks to train stations, farming initiatives to food banks, and our 75-year birthday celebrations to Sarah Millican Tour collections. All supported by you our great Harrogate Branch.

As I step down in this role I want to say that I really do appreciate every single hour you all give and am so appreciative for all of your support that you have shown me during the last 2 years 9 months of my tenure as Branch Director. I am proud of each and every one of you and proud of what we do collectively to support those in our world that need a friendly, non-judgemental listening ear.

Thank you all so much!

Best Wishes

Mark Edwards

Branch Director

Branch Leadership

Samaritans of Harrogate and District, an affiliated branch of the national Samaritans organisation, is an independent charity (Registration No. 1173716). The branch was established in 1976 and converted to a Charitable Incorporated Organisation (CIO) on 1 October 2017. Its operation and conduct are governed by a Constitution dated 7 July 2017. The principal office is at 5 Mount Parade, Harrogate, HG1 1BX.

Branch Leadership Team

Following consultation with branch members, our Director is appointed for a three-year term by the Trustee Board of the Samaritans Central Charity. The Director heads a Branch Leadership Team which, in addition to being responsible for the provision and quality of support for callers and volunteers, manages the branch and its premises.

This team comprises 2 Vice Directors, 7 Trustees and 11 Deputy Directors. Deputies are selected by the Director and, with effect from our 2018 Annual General Meeting, all Trustees other than the Director are elected annually.

The Trustees have legal responsibility for the operation of the branch and we currently have Deputies with the following operational responsibilities:

Education and Outreach
Fundraising
IT
Mentoring
Prison
Recruitment and Interviewing
Rural Initiative
Rota
Training
Volunteer Care

Our Trustees

Mark Edwards has been our Director since 10 March 2022. On the same date Jo Johnson and Mandy Fallon were appointed as Vice Directors.

At the Annual General Meeting on 21 October 2023 the following Trustees were elected:

Rosemary Evans	Branch Treasurer
James D'Souza	Trustee Without Portfolio
Zoe Partridge	Branch Minutes Secretary

The following Trustees continued their terms:

Carol Chapman	Branch Secretary
Mark Edwards	Branch Director Trustee
Jo Johnson	Vice Director
Mandy Fallon	Vice Director

What we do

Our aim is to improve the emotional health of people who contact us and our mission is that fewer people die by suicide. We provide emotional support round the clock to people who are experiencing feelings of distress or despair, including those who may be at risk of suicide. In planning all activities of the Branch, the Trustees are conscious of the Charity Commission's guidance on public benefit.

Our Volunteers

Our listening volunteers support people in distress over the phone, by email, and face to face. On every shift at least four volunteers are required to support callers: two volunteers in the branch providing direct support, another volunteer, known as a Leader, available by phone for unexpected problems and for debriefs at the end of each shift; and one of our Deputy Directors on standby for real emergencies.

Sometimes people are referred to us for support by other organisations, such as mental health services and the police.

We give people ways to cope and the skills to be there for others. We want to celebrate those moments of connection between people that can protect and even save lives.

Harrogate is a very caring Branch. Our volunteers are supported by the Volunteer Care team who look after the wellbeing of all our fellow Samaritans, both Listening and Support volunteers. The team responds to anyone with a concern, whether it's taking a disturbing call, or going through a difficult patch in their own life.

Caller contacts

In the year leading up to 31 March 2024 Harrogate Samaritans answered 20,794 calls, an increase of 1199 from 31 March 2023. They completed 840 web chats compared to 620 a year earlier and made 105 call backs to callers who needed additional help and support after their initial contact with us. In all, the volunteers at Harrogate Samaritans made 21,686 separate contacts with callers who were in distress or despair in order to listen and provide a space to talk in confidence. The overall number of contacts has increased by 1199 from the year before, illustrating the increasing demand for our service.

In addition to these contacts many Samaritans have been approached by members of the public whilst at Outreach or Fundraising events either to receive emotional support in this setting or to share stories of how their interactions with our ESOS trained Samaritans have made a real difference to their lives, and at times have saved their life. It's these interactions that can inspire and bring home the reality of the work that we do by being there for callers when they need us any time of day or night.

The Last Year

The year to 31 March 2023 was yet another busy and interesting time for our branch.

Volunteer Care

The Volunteer Care team at Harrogate Samaritans is supported by Jan 929 (Deputy Director), Sheila 581 and Alison 972. They provide a brief monthly report of New Samaritans to the team and issue a list of those volunteers that are leaving which is displayed on the notice board each month. VC have stopped putting up those volunteers on Leave of Absence (LOA) as some LOA are private and those volunteers may not want it to be known that they are on LOA, and they want to be respectful of that.

Volunteer Care monitor some of those listeners that may not have been able to sign up for listening sessions for some time so that they can check in on them to see if they are ok and if they need additional support to return to calls.

The team also support those volunteers who might be on long term absence due to sickness and keep in touch by email or phone to make sure they feel supported in a way that suits them.

At the time of this report there were 123 listening volunteers in Harrogate Branch and we appreciate all the good work that they do. This figure is an increase of 7 volunteer listeners from last year. On average there are 3 volunteers who decide to leave each month who are then

potentially replaced by the New Samaritans who are trained by the Branch Training Team to enable them to take up their listening duties.

The Volunteer Team have also taken the time to produce a Volunteer Care Policy to look at how they support volunteers coming back from longer term absence and suggest mentored shifts, inhouse or online training and provide in person support led by Donna 838 and the Training Team Deputy Director.

For the support of the volunteers, there is a private WhatsApp group run by the Volunteer Care Team. In this group each member of the VC team has an allocated number of volunteers to support on an 'as and when needed' basis. They liaise with each other regularly.

The team does invaluable work, openly offering support and kindness to other volunteers should they ever need it. This enhances the whole ethos of trying to fully support our volunteers in their listening duties and other roles within the branch so they can continue to support our callers when it matters most.

Prison Support

The work that Samaritans do in prisons up and down the country is exceptional, extremely valuable and essential. A couple of years ago at the Great Yorkshire Show, Princess Anne expressed, to a couple of Harrogate volunteers, her admiration for what we do in prisons. She had no doubt about the positive impact that our efforts have within the prison system. She had a particularly positive view of our selection and training of prisoner volunteers to be Listeners – both for the positive impact on the Listeners themselves and because peer support is so important in that environment. Those of us working on the Prison Team at Harrogate would fully endorse that Royal view – because we see it working first-hand every time we go into our prison for our twice-monthly support meetings; every time we hold a selection day to choose new volunteers for training; and every time we see the Prison Governor present Samaritans Training Certificates to a new cohort of successful Listeners. It is a real privilege and richly satisfying to be doing the work we do.

Harrogate branch has a team that works with Wealstun prison near Wetherby, and has been providing that support since the early 90's – not long after the first Listener scheme was established in Swansea. The work that we do is covered by a national agreement between Samaritans and His Majesty's Prison & Probation Service (HMPPS). Wealstun is a male prison and is primarily a training and re-settlement establishment. In prison terminology it is a Category C prison – so tends not to have

the higher-risk prisoners that might be found in Category A or B prisons. It has a strong focus on education, work-skills development and preparing men to rejoin society. The kind of skills that prisoners develop in Listener training are life skills and an important part of rehabilitation and restoration of self-respect. We see, up close, how these men change and develop as they realise how much they are learning.

We know that our work is valued and appreciated, not just by our Listeners and other inmates, but also by the prison's senior management team. This has always been evident in the trust and respect we receive, but more recently in an invitation to a special afternoon tea – to say thank you to the many volunteer groups doing superb work in the prison. We were well represented on the day to hear the Governor's warm thanks, and every member of the Samaritans prison team received a personal Certificate of Appreciation.

Working in the prison environment is not to everyone's taste, but please do not make the mistake of pre-judging what it's like or be swayed too much by branch calls you may have taken from prisoners. We're always pleased to arrange no-obligation visits (with team members present) for anyone interested in learning what it's really like "inside". Just talk to any of us. We'll answer your questions honestly and, if you want, arrange a visit to Wealstun.

Finally, I have to say a very warm thank you to all our team members over this past year: Bonnie 1016, Chris 1020, Gillian 350, Hilary 895, Jane 1036, Julian 1018, Kevin 1067, Liz 565, Robyn 1053. You have done a superb job, and I'm proud of what we've all achieved.

Recruitment

We continue to be very fortunate that the Harrogate Branch is attracting applications from people who wish to be Samaritans when we are told that many branches are struggling to recruit. It is very important that we do attract new Samaritans to our branch. Everyone can help to spread the word, encourage people to visit the website and learn more about the work that we do and how they can become involved. I know from my own personal experience that people think it takes a 'special person' to become a Samaritan (and of course you all are!) but it's important to tell people that we are all very different and that we receive excellent training and ongoing support.

Our first interviews this year took place in January when we recruited 3 new people for our inhouse training and 5 volunteers for the new online training which is run centrally on Zoom. The flexibility of the online training has already proved a winning formula for some of our trainees who have been able to attend online from abroad whilst working or on holiday.

We have also been holding interviews in June and July, three in the evening and one during the day. So far 13 new people have

had successful interviews and will be attending their training programme in September and October 2024.

Our superb team of interviewers continue to give their time, and expertise which enables us to meet our recruitment targets.

DBS

The last couple of months have been a very busy time as all volunteers renewed their Disclosure and Barring Service Certificates.

The small and newly formed DBS team has steered us through this challenging exercise, so well done to them and to you all.

Rural Initiative

Harrogate volunteers continue to play a key role in the region's Rural Initiative which was established over 4 years ago. The initiative aims to reduce the suicide rate amongst those living in rural communities and especially those working in farming, who appear particularly vulnerable to mental health problems given the specific financial, physical and mental challenges they face.

This has been a busy year with Harrogate volunteers attending the Annual Farming Remembrance Plough Service at Ripon Cathedral, manning stands at 2 agricultural machinery shows in Harrogate and Thirsk, at the Yorkshire Young Farmers Rally at York Auction Mart, several shifts on our stands at the Great Yorkshire Show and Nidderdale Show. We

were also guests at the Yorkshire Women in Farming Conference in October.

Your support for events this year has been amazing and is really appreciated. Thank you.

Outreach Initiative

This year has seen the launch of our first ever Strategic Outreach Plan for Harrogate. Our plan was created alongside North Yorkshire Council Public Health using the latest statistics to inform us of who our most at-risk groups are and how we could support those individuals. Our volunteers have been working with dedication and kindness to begin delivering this plan amongst our community.

One of the key highlights of the Outreach initiative has been the launch of a formal partnership with the local food bank to deliver emotional support and awareness every month. This has been well received within the local community and has now become a regular feature of our off-site volunteering rota.

We are fortunate in Harrogate to also be able to support the young people who begin their training at the Army Foundation College. This has allowed the Outreach Team to set up an ongoing relationship with them, meeting over 800 new recruits so far to raise awareness of our service.

We are all too aware of how the impact of drugs and alcohol can affect mental and physical health as well as relationships,

and the Outreach Team have established connections with a new local drug and alcohol recovery network to raise awareness of our service.

Local awareness has been key to the outreach strategy and this has been achieved by working with Public Health to erect permanent suicide awareness signage in 2 local high risk areas as well as the delivery of awareness packs to many local pubs and GP surgeries in Harrogate and District.

As a result of this work over a thousand more individuals within our local community now know where to find us if they need help.

Our fantastic partnership with Network Rail in particular the support we receive from staff at Harrogate Train Station has allowed us to be present on the platform to engage with local people on their commute. We have been able to share Samaritans published materials with them that provide guidance on what to do if they spot someone who is suicidal on the railway. This has opened up many conversations and during these sessions we have been pleased to hear directly how Samaritans has impacted someone's life, and at times saved a life due to their existence.

Grants and donations

Fundraising is essential for the viability of our Branch and every donation, large or small, helps us to maintain our service and support people in emotional distress.

Donations

We would like to thank the following:

Volunteers, their families and former volunteers

CAMEO – Gracious Street Methodist Church, Knaresborough

Harrogate Round Table

Harrogate 41 Club

Skipton Craven Rotary Club

Harrogate Nuns

Harrogate Decorative & Fine Arts Group

Fisher Singers

Watsons of Harrogate

Belzona

Baltzersens

The Local Lotto

Mrs Katherine M Coward

Grants

We were fortunate to obtain grants from:

The Sylvia & Colin Shepherd Charitable Trust

The Linden Charitable Trust

LNER Customer & Community Investment Fund

Two Ridings Community Fund

National Lottery Community Fund

Collections

Our participation in various local events helped to raise vital funds. These included The Great Yorkshire Show, Harrogate Christmas Market, Nidderdale Show, Harrogate Town FC, Alfie Boe Concert and the sale of Christmas Cards and various raffles.

How to donate

Online donations can be made via Enthuse at [samaritans.org/Harrogate](https://www.samaritans.org/Harrogate) or <https://www.justgiving.com/samaritans-harrogate>

Donations can be made via online shopping at [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and [smile.amazon.co.uk](https://www.smile.amazon.co.uk)

Cheques can be sent to us at 5 Mount Parade, Harrogate HG1 1BX. Standing Order forms are also available for regular donations.

Financial Review

Investments Policy

Various investments were acquired several years ago following the receipt of legacies to help cover future potential operating shortfalls and also to provide a reliable source of income. This investment income is included in the Statement of Receipts and Payments.

Reserves Policy

The Trustees consider that, in the light of past history, up to 30 months running costs is an appropriate level of reserves, and the Trustees review our reserves policy annually.

As at 31 March 2024 our unrestricted reserves excluding fixed assets were £99,673 and this represents 20.37 months of operating costs, based on average expenditure over the last 3 accounting periods. The Trustees believe this to be a healthy level of reserves given the plans for the coming year.

Trustees' reporting responsibilities

The Trustees are required by the Branch Constitution and charity law to prepare accounts for each financial year which give a true and fair view of the state of the affairs of the Charity. In preparing those accounts, the Trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Make judgements and estimates that are reasonable and prudent

The Trustees are responsible for maintaining proper accounting records, which disclose with reasonable accuracy at any time the financial position of the Charity and to enable them to ensure that the accounts comply with the Charities Act 2011. 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.

Teresa Hitchens FCCA of Hitchens Consultancy Ltd was appointed as the Charity's independent examiner during the year and has expressed her willingness to continue in that capacity.

Approved by the Trustees on 26 June 2024 and signed on their behalf by:



Mark Edwards
Branch Director

Financial Statements

Independent Examiner's Report to the Trustees of Samaritans of Harrogate and District

I report on the accounts of the Charity for the period ended 31 March 2024, which are set out on the following pages.

This report is made solely to the Charity's Trustees, as a body, in accordance with Section 154 of the Charities Act 2011. My Independent Examiner's work has been undertaken so that I might state to the Charity's Trustees those matters I am required to state to them in an Independent Examiner's report and no other purpose. To the fullest extent permitted by law, I do not accept or assume responsibility to anyone other than the Charity, the Charity's Members as a body, and the Charity's Trustees as a body for my Independent Examiner's work, for this report, or for the opinions I have formed.

Responsibilities and basis of report

As the Charity Trustees of the Trust you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

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

Independent Examiner's Statement

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

- accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- the accounts do not accord with those records.

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.

Hitchens Consultancy Limited
40 Gascoigne Crescent
Harrogate
HG1 4AJ



Teresa Hitchens FCCA
Date: 26 June 2024

Samaritans of Harrogate and District
RECEIPTS AND PAYMENTS
FOR THE 12 MONTHS TO 31 MARCH 2024

	Notes	This year 2023/24			Previous year 2022/23
		Unrestricted funds £	Restricted funds £	Total 12 months £	Total 12 months £
Receipts					
Donations	2	22,260	-	22,260	22,354
Legacies		500	-	500	-
Fundraising events		452	-	452	6,550
Grants	2	11,679	9,600	21,279	25,149
Covenants & Gift Aid		2,064	-	2,064	2,224
Tax refunds		981	-	981	2,695
Investment income		1,933	-	1,933	1,894
Interest received		961	-	961	282
		40,830	9,600	50,430	61,148
Payments					
Direct charitable expenses	3	34,441	3,167	37,608	40,233
Fundraising expenses	4	3,047	29	3,076	2,818
Management & admin costs	5	12,208	897	13,105	7,623
Governance costs	6	1,822	-	1,822	1,888
		51,518	4,093	55,611	52,562
Net receipts / (payments)		(10,688)	5,507	(5,181)	8,586
Investment sales		-		-	-
Investment purchases		-		-	-
Cash funds last year end		75,326	2,402	77,728	69,142
Cash funds transfer this period end		2,402	(2,402)		
Cash funds this year end		67,040	5,507	72,547	77,728
Cash funds					
HSBC Current bank account				20,738	4,088
Virgin Money savings account				32,137	32,000
CAF Current bank account				1,332	838
CAF Savings account				18,240	40,702
Provisions float				100	100
				72,547	77,728

Samaritans of Harrogate and District
STATEMENT OF ASSETS AND LIABILITIES AS AT 31 MARCH 2024

Cash funds	Notes	Unrestricted funds £	Restricted funds £
HSBC Current bank account		15,231	5,507
CAF Current bank account		1,332	-
Short term bank deposits		50,377	-
Provisions float		100	-
		<u>67,040</u>	<u>5,507</u>
Investment assets	8	Cost £	Current value £
Blackrock Charities UK Bond Fund		17,423	14,568
M & G Equities Investment Fund for charities (Charifund)		11,850	22,565
		<u>29,273</u>	<u>37,133</u>
Assets retained for the Charity's own use	9		Current value £
Premises at 5 Mount Parade, Harrogate	10		175,000
			<u>175,000</u>
Liabilities		Unrestricted funds £	Restricted funds £
Independent Examiner's fee 2024		500	-
Contribution to Samaritans Central Charity 2024 – subject to agreement	11	4,000	-
		<u>4,500</u>	<u>-</u>

Approved by the Trustees on 26 June 2024 and signed on their behalf by:

Rosemary Evans

Rosemary Evans, Branch Treasurer

The notes on the following pages form part of these financial statements

Samaritans of Harrogate and District
NOTES TO THE ACCOUNTS FOR THE 12 MONTHS TO 31 MARCH 2024

1 General Information and Accounting Policies

The Charity is a Charitable Incorporated Organisation registered with the Charities Commission for England and Wales and is governed by the Charities Act 2011.

Basis of preparation

The statement of accounts has been prepared on a receipts and payments basis and in accordance with the provisions of the Charities Act 2011, the Statement of Recommended Practice and Accounting by Charities (SORP 2005) and the Charity's governing document.

Going concern

The Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. They continue to believe that the going concern basis of accounting is appropriate in preparing the annual financial statements.

Fund accounting policy

Unrestricted income funds are general funds that are available for use at the Trustees' discretion in furtherance of the objectives of the Charity. Restricted funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

Receipts

Voluntary income, including donations, legacies and grants, that provide core funding or are of a general nature are recognised on receipt. Investment income is recognised on receipt.

Payments

Liabilities are stated as soon as there is a legal or constructive obligation committing the Charity to the expenditure. All expenditure is accounted for on a payment basis and has been classified under headings that aggregate all costs related to the category. Charitable expenditure comprises those costs incurred by the Charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs

Governance costs include costs of the preparation and examination of the statutory accounts, the costs of Trustee meetings and the cost of any legal advice to Trustees on governance or constitutional matters.

Support costs

Support costs are those costs incurred in connection with the central and administration function of the Charity and are allocated to charitable functions on a proportionate basis to the direct costs.

Samaritans of Harrogate and District
NOTES TO THE ACCOUNTS FOR THE 12 MONTHS TO 31 MARCH 2024

	Notes	This year 2023/24			Previous year 2022/23
		Unrestricted	Restricted	Total	Total
		funds £	funds £	£	£
2 Donations					
Organisation donations		7,374	-	7,374	12,499
Individual donations		14,886	-	14,886	9,855
Trust donations		-	-	-	-
		22,260	-	22,260	22,354
Grants					
HMPPS Listener Scheme Grant		4,179	-	4,179	2,149
Grants		7,500	9,600	17,100	23,000
		11,679	9,600	21,279	25,149
3 Direct charitable expenses					
Volunteer training and support costs		178	-	178	241
Volunteer travel expenses		6,423	48	6,471	6,406
Advertising and publicity		3,224	1,732	4,956	710
Directors' expenses		7	-	7	48
Share of premises overheads	7	24,609	1,387	25,996	32,827
		34,441	3,167	37,608	40,232
4 Fundraising expenses					
Fundraising expenses		2,534	-	2,534	2,134
Share of premises overheads	7	513	29	542	684
		3,047	29	3,076	2,818
5 Management and admin costs					
Postage, printing and stationery		1,837	798	2,635	2,822
Contribution to Samaritans Central Charity	11	5,866	-	5,866	2,280
Voluntary donation to Samaritans Regional Charity		2,000	-	2,000	
Sundry expenses		1,992	70	2,062	1,837
Share of premises overheads	7	513	29	542	684
		12,208	897	13,105	7,623
6 Governance costs					
Independent examiner's fee		1,020		1,020	960
AGM/Branch meeting costs		802		802	928
Legal fees		-		-	-
		1,822		1,822	1,888

Samaritans of Harrogate and District
NOTES TO THE ACCOUNTS FOR THE 12 MONTHS TO 31 MARCH 2024

		This year 2023/24			Previous year 2022/23
		Unrestricted funds £	Restricted funds £	Total £	Total £
7 Premises overheads					
Water, light and heat		4,489		4,489	3,874
Repairs and renewals		11,831		11,831	12,651
Cleaning and housekeeping		2,877		2,877	3,026
Equipment purchases		970	1,445	2,415	9,390
Telephones		2,010		2,010	1,923
Insurance		1,573		1,573	1,548
Business rates		1,885		1,885	1,783
		25,635	1,445	27,080	34,195
Allocated to:	%				
Direct charitable expenditure	96	24,609	1,387	25,996	32,827
Fundraising & Publicity	2	513	29	542	684
Management & administration	2	513	29	542	684
		25,635	1,445	27,080	34,195

8 Investments

Quarterly valuations are received and as at 31 March 2024 there was an overall gain of £7,860. The historic cost of these investments was £29,273 and quarterly income is received.

9 Fixtures, Fittings and Equipment

The Charity has use of various sundry items of furniture and office equipment purchased over the years. The cost and market value of these sundry assets are negligible to the Charity.

10 Premises

The Charity's freehold premises at 5 Mount Parade, Harrogate were last valued informally on an open market basis by Mr S. G. Archer, BSc, FRICS, of Verity Frearson Ltd on 12 October 2017.

11 Contribution to Samaritans Central Charity

The branch is required to make a contribution toward the cost of administrative expenses to Samaritans Central Charity. This contribution is based on 4% of income plus a percentage of reserves on a sliding scale. The contribution for the year to 31 March 2024 is estimated at £4,000, subject to agreement, and will be paid during the year to 31 March 2025.

12 Trustees' Remuneration and Expenses

None of the Trustees were directly or indirectly remunerated during the year.

£3,959 expenses were paid to 6 Trustees (£1,160 fundraising: £1,070 travel: £884 premises: £845 administration).

13 Staff Costs

The Charity does not have any paid staff.

We're here to listen

Call free day or night on

116 123

Email

jo@samaritans.org

Web

samaritans.org/harrogate

Visit us

5 Mount Parade

Harrogate

HG1 1BX

SAMARITANS

Samaritans of Harrogate and District is a Charitable Incorporated Organisation registered in England and Wales (1173716). Our registered office is located at 5 Mount Parade, Harrogate, North Yorkshire HG1 1BX.

