



Report of the Trustees and  
Unaudited Financial Statements for the Year Ended 31 March 2024  
for  
Sunflowers Suicide Support

Stanbridge Accountancy Services Limited  
9 Wheatstone Court  
Waterwells Business Park  
Davy Way  
Gloucester  
Gloucestershire  
GL2 2AQ

## Sunflowers Suicide Support

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## Sunflowers Suicide Support

### Report of the Trustees for the Year Ended 31 March 2024

The trustees present their report with the financial statements of the charity for the year ended 31 March 2024. 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 objects of the CIO are to relieve the mental and physical sickness of people bereaved by suicide and those at risk of suicide by provision of counselling and support. To advance the education of the public in all areas relating to suicide and suicide bereavement, in particular but not exclusively among health professionals and those who work with people bereaved by suicide or at risk of suicide. To meet the needs and break the isolation of those bereaved by the suicide of a close relative or friend, by offering a safe confidential environment in which bereaved people can share their experiences and feelings, consequently giving and gaining support from each other. To promote greater awareness for professionals to help them recognise the specific support required for those bereaved by suicide.

##### **Statement on Public Benefit**

The trustees are aware of the Public Benefit provisions of the Charities Act 2011 and of the guidance on them published by the Charity Commission. They are satisfied that the objects of the charity and the activities of the charity are within the definitions of Charitable Purposes set down in the Act. The trustees are not aware of any public detriment caused by the charity's objects or activities, nor are they aware of anyone receiving private benefit from the charity's activities.

##### **Grant making**

The Charity is not a grant making charity and does not invite grant applications.

##### **Volunteers**

The Charity have a team of volunteers that have assisted in the operations of the Charity. During this period, volunteer roles have included administrative support, coordinating sunshine boxes, coordinating support packs, cleaning of our offices, support at our bereavement events and peer facilitation of our bereavement groups. We also have a team of volunteers as part of the fundraising committee who plan and deliver all of the Sunflowers led fundraising events.

#### **ACHIEVEMENT AND PERFORMANCE**

##### **Charitable activities**

The total donations received during the period totalled £250,397 with the remaining income being generated from the fees from events and talks £28,030 and grants of £31,618. The expenditure totalled £276,795 resulting in the excess of receipts over payments of £33,250 (2023: £37,641). The Charity has not claimed any gift aid on donations during the period other than through CAF Donate and Just Giving.

## Sunflowers Suicide Support

### Report of the Trustees for the Year Ended 31 March 2024

#### **FINANCIAL REVIEW**

##### **Principal funding sources**

The Charity's principal source of funds has been from donations made by individuals, bequests, and through events such as presentations and quiz events. Our fundraising strategy for the next financial year aims to ensure that funding income comes from varied income streams, including individuals, bequests, events and grants. During the period the Charity received grants from The Barnwood Trust of £20,000 to cover liaison support and counselling. In addition to this, the Charity received another instalment of their funding from The National Lottery which totalled £66,078 and a grant from the Suicide Prevention Fund of £31,618.

Funds were also raised during the year from the annual Chase the Sun event, and the Sunset Ball.

##### **Investment policy and objectives**

At present the Charity does not have any funds in equities or other assets. The Charity has chosen to hold funds on reserve in a Charity bank account. This has the benefit of ensuring readily available liquid assets to draw on as required. During 2024 a decision was made to restrict £44,000 of these free reserves to support the objectives of the Charity.

The Charity is in a period of growth and therefore will continue to see an increase in investing funds in the operations of the Charity to develop infrastructure and manpower in accordance with the increasing demand it continues to see.

##### **Reserves policy**

The Restricted funds have been shown in the statements of assets. The income is spent on the charitable activities in accordance with the charity's objectives.

##### **Summary of the financial year**

2023/24 was another significant year for Sunflowers both in terms of the demands on the charity, and also the ability of the charity to increase scale of fundraising in order to meet these demands. This is demonstrated by the fact that total income and endowments posted a 31% increase to £310,045. This funding was made up principally of increase in grants with significant contributions from The National Lottery, Suicide Prevention Fund, and the Barnwood Trust. This overall increase in endowments and donations was met with an associated increase in expenditure of 37% to £276,795. The net impact of this was to leave the charity in surplus / profit for the year to the tune of £33,250 for the full year.

As such the total funds carried forward rose from £206,609 at year end 2023 to £239,859 at year end 2024. With £75,217 categorised as restricted funds this brings the total reserves of the charity up to £164,642. While these reserves are currently higher than is targeted by the reserves policy which is to aim for 6 months of expenditure as the reserves, there is an expectation the reserves will reduce over the coming months given that the charity is increasing the workforce and we anticipate costs rising ahead of income in the near term, before a targeted flattening out of that imbalance with the goal of running a stable reserve in line with target. The continued expansion of the charity workforce has necessitated a move from the current premises, which the charity has simply outgrown. The search for new premises is currently underway, and a budget for the move has been agreed between the trustees and senior management team.

Given increased expected costs, Sunflowers will need to secure further funding over the coming years in order to be able to continue to provide the crucial services that we aim to do. We are confident that with the continued support of the grant giving bodies and the strong fundraising base that Sunflowers has achieved that the charity will be able to achieve this goal.

## Sunflowers Suicide Support

### Report of the Trustees for the Year Ended 31 March 2024

#### **FUTURE PLANS**

After making appropriate enquiries, the Trustees have a reasonable expectation that the Charity has adequate resources to continue in operational existence for the foreseeable future. For this reason, they continue to adopt the going concern basis in preparing the financial statements.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

##### **Governing document**

The charity is controlled by its governing document and is an incorporated charity. The Sunflowers Suicide Support was registered with the Charity Commission as a charity on 21 February 2018.

##### **Recruitment and appointment of new trustees**

New trustees' appointments are shown under the trustees' details section. Any new trustees are invited by agreement of the existing trustees having due regard to the skills, knowledge and experience required for the effective administration of the Charity.

##### **Organisational structure**

There are currently five trustees and approximately thirty charity volunteers. The organisational structure of the charity is such that long term strategic decisions are made during regular trustees' meetings attended by the trustees, management team, and also periodically by some of the volunteers.

##### **Induction and training of new trustees**

Any new trustees are introduced to the Charity Commission trustee guidelines and are provided with a copy of the Charities Commission "Essential Trustee" guidance booklet. New trustees are fully updated on the background of the Charity, operation framework, and its objectives.

#### **REFERENCE AND ADMINISTRATIVE DETAILS**

##### **Registered Charity number**

1177266

##### **Principal address**

The Cygnet  
Bonds Mill  
Stonehouse  
Gloucestershire  
GL10 3RF

##### **Trustees**

Ms K Turner (resigned 23.3.24)  
Mr H J Sagar (resigned 28.1.24)  
Mr P Broad  
Ms M Crook (resigned 2.1.24)  
Mr E Jennings (resigned 20.9.23)  
Mr I Taylor  
Ms A duCros (resigned 2.1.24)  
Mrs S Neath (appointed 12.2.24)  
Mrs K P Houghton (appointed 22.1.24)  
Mr A Mulla (appointed 16.2.24)

Sunflowers Suicide Support

Report of the Trustees  
for the Year Ended 31 March 2024

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Independent Examiner**

Mr D C I Woodger FCCA  
Stanbridge Accountancy Services Limited  
9 Wheatstone Court  
Waterwells Business Park  
Davy Way  
Gloucester  
Gloucestershire  
GL2 2AQ

Approved by order of the board of trustees on 18.09.24..... and signed on its behalf by:

  
.....

Mr A Mulla - Trustee

Independent Examiner's Report to the Trustees of  
Sunflowers Suicide Support

**Independent examiner's report to the trustees of Sunflowers Suicide Support**

I report to the charity trustees on my examination of the accounts of Sunflowers Suicide Support (the Trust) for the year ended 31 March 2024.

**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 Act and in carrying out my examination I have followed all applicable Directions given by the Charity Commission under Section 145(5)(b) of the Act.

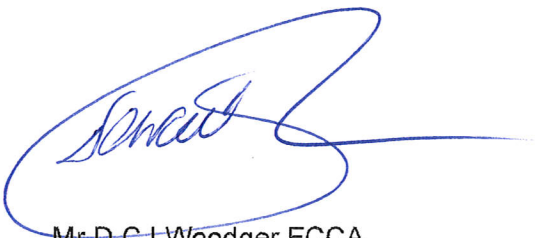
**Independent examiner's statement**

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 member of the Association of Chartered Certified Accountants, which is one of the listed bodies.

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:

1. accounting records were not kept in respect of the Trust as required by Section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



Mr D C I Woodger FCCA

Stanbridge Accountancy Services Limited  
9 Wheatstone Court  
Waterwells Business Park  
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Gloucester  
Gloucestershire  
GL2 2AQ

Date: 18.09.24

# Sunflowers Suicide Support

## Statement of Financial Activities for the Year Ended 31 March 2024

	Notes	Unrestricted fund £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies		123,456	160,249	283,705	200,762
Other trading activities	2	26,340	-	26,340	11,013
Investment income	3	-	-	-	954
<b>Total</b>		<u>149,796</u>	<u>160,249</u>	<u>310,045</u>	<u>212,729</u>
<b>EXPENDITURE ON</b>					
Raising funds		3,855	19,215	23,070	19,061
<b>Charitable activities</b>					
General activities		<u>184,880</u>	<u>68,845</u>	<u>253,725</u>	<u>156,027</u>
<b>Total</b>		<u>188,735</u>	<u>88,060</u>	<u>276,795</u>	<u>175,088</u>
<b>NET INCOME/(EXPENDITURE)</b>		(38,939)	72,189	33,250	37,641
<b>RECONCILIATION OF FUNDS</b>					
Total funds brought forward		<u>203,581</u>	<u>3,028</u>	<u>206,609</u>	<u>168,968</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<u>164,642</u>	<u>75,217</u>	<u>239,859</u>	<u>206,609</u>

The notes form part of these financial statements



Sunflowers Suicide Support

Balance Sheet

31 March 2024

	Notes	Unrestricted fund £	Restricted fund £	31.3.24 Total funds £	31.3.23 Total funds £
<b>CURRENT ASSETS</b>					
Debtors	6	49,732	-	49,732	11,540
Cash at bank and in hand		<u>139,782</u>	<u>75,217</u>	<u>214,999</u>	<u>195,094</u>
		189,514	75,217	264,731	206,634
<b>CREDITORS</b>					
Amounts falling due within one year	7	(24,872)	-	(24,872)	(25)
		<u>164,642</u>	<u>75,217</u>	<u>239,859</u>	<u>206,609</u>
<b>NET CURRENT ASSETS</b>					
		164,642	75,217	239,859	206,609
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>					
		164,642	75,217	239,859	206,609
<b>NET ASSETS</b>		<u>164,642</u>	<u>75,217</u>	<u>239,859</u>	<u>206,609</u>
<b>FUNDS</b>	8				
Unrestricted funds				164,642	203,581
Restricted funds				<u>75,217</u>	<u>3,028</u>
<b>TOTAL FUNDS</b>				<u>239,859</u>	<u>206,609</u>

The financial statements were approved by the Board of Trustees and authorised for issue on  
.....18.09.24..... and were signed on its behalf by:



Mr A Mulla - Trustee

The notes form part of these financial statements

## **1. ACCOUNTING POLICIES**

### **Basis of preparing the financial statements**

The financial statements of the charity, 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 Charities Act 2011. The financial statements have been prepared under the historical cost convention.

### **Income**

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can 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.

### **Taxation**

The charity is exempt from 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.

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**2. OTHER TRADING ACTIVITIES**

	31.3.24	31.3.23
	£	£
Events and presentations	<u>26,340</u>	<u>11,013</u>

**3. INVESTMENT INCOME**

	31.3.24	31.3.23
	£	£
Deposit account interest	<u>-</u>	<u>954</u>

**4. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**Trustees' expenses**

There were no trustees' expenses paid for the year ended 31 March 2024 nor for the year ended 31 March 2023.

**5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES**

	Unrestricted fund £	Restricted fund £	Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>			
Donations and legacies	134,294	66,468	200,762
Other trading activities	11,013	-	11,013
Investment income	<u>954</u>	<u>-</u>	<u>954</u>
<b>Total</b>	<u>146,261</u>	<u>66,468</u>	<u>212,729</u>
 <b>EXPENDITURE ON</b>			
Raising funds	10,720	8,341	19,061
<b>Charitable activities</b>			
General activities	<u>83,515</u>	<u>72,512</u>	<u>156,027</u>
<b>Total</b>	<u>94,235</u>	<u>80,853</u>	<u>175,088</u>
 <b>NET INCOME/(EXPENDITURE)</b>	52,026	(14,385)	37,641
 <b>RECONCILIATION OF FUNDS</b>			
Total funds brought forward	151,555	17,413	168,968

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

5. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted fund £	Restricted fund £	Total funds £
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>203,581</u>	<u>3,028</u>	<u>206,609</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Trade debtors	9,280	9,250
Prepayments	<u>40,452</u>	<u>2,290</u>
	<u>49,732</u>	<u>11,540</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.24 £	31.3.23 £
Trade creditors	1,058	25
Taxation and social security	3,700	-
Other creditors	<u>20,114</u>	<u>-</u>
	<u>24,872</u>	<u>25</u>

8. MOVEMENT IN FUNDS

	At 1.4.23 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
General fund	203,581	(38,939)	164,642
<b>Restricted funds</b>			
General restricted grants	3,028	72,189	75,217
<b>TOTAL FUNDS</b>	<u>206,609</u>	<u>33,250</u>	<u>239,859</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**8. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	149,796	(188,735)	(38,939)
<b>Restricted funds</b>			
General restricted grants	160,249	(88,060)	72,189
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>310,045</u>	<u>(276,795)</u>	<u>33,250</u>

**Comparatives for movement in funds**

	At 1.4.22 £	Net movement in funds £	At 31.3.23 £
<b>Unrestricted funds</b>			
General fund	151,555	52,026	203,581
<b>Restricted funds</b>			
General restricted grants	17,413	(14,385)	3,028
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>168,968</u>	<u>37,641</u>	<u>206,609</u>

**8. MOVEMENT IN FUNDS - continued**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	146,261	(94,235)	52,026
<b>Restricted funds</b>			
General restricted grants	66,468	(80,853)	(14,385)
<b>TOTAL FUNDS</b>	<u>212,729</u>	<u>(175,088)</u>	<u>37,641</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.22 £	Net movement in funds £	At 31.3.24 £
<b>Unrestricted funds</b>			
General fund	151,555	13,087	164,642
<b>Restricted funds</b>			
General restricted grants	17,413	57,804	75,217
<b>TOTAL FUNDS</b>	<u>168,968</u>	<u>70,891</u>	<u>239,859</u>

Notes to the Financial Statements - continued  
for the Year Ended 31 March 2024

**8. MOVEMENT IN FUNDS - continued**

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	296,057	(282,970)	13,087
<b>Restricted funds</b>			
General restricted grants	226,717	(168,913)	57,804
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	<u>522,774</u>	<u>(451,883)</u>	<u>70,891</u>

**9. RELATED PARTY DISCLOSURES**

There were no related party transactions for the year ended 31 March 2024.

Sunflowers Suicide Support

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
<b>INCOME AND ENDOWMENTS</b>		
<b>Donations and legacies</b>		
Donations	224,058	103,604
Training fees	28,029	18,627
Grants	31,618	36,210
Bequests	-	42,321
	283,705	200,762
<b>Other trading activities</b>		
Events and presentations	26,340	11,013
<b>Investment income</b>		
Deposit account interest	-	954
<b>Total incoming resources</b>	310,045	212,729
<b>EXPENDITURE</b>		
<b>Raising donations and legacies</b>		
Grief support costs	28,170	19,061
<b>Other trading activities</b>		
Exceptional items	(5,100)	-
<b>Charitable activities</b>		
Wages	166,601	98,560
Social security	-	2,017
Pensions	-	1,721
Insurance	1,234	784
Light and heat	389	380
Telephone	-	3,902
Postage and stationery	6,354	1,732
Advertising	135	1,414
Sundries	-	1,287
Computer costs and website	5,696	1,672
Bank charges	162	281
Training and conferences	8,537	2,857
Event costs	14,607	11,240
ASIST	15,453	12,581
Mileage	1,080	1,731
Sunshine box and SOS pack	1,016	1,178
Carried forward	221,264	143,337

This page does not form part of the statutory financial statements



Sunflowers Suicide Support

Detailed Statement of Financial Activities  
for the Year Ended 31 March 2024

	31.3.24 £	31.3.23 £
<b>Charitable activities</b>		
Brought forward	221,264	143,337
Family liaison meeting costs	696	1,200
Evaluation support	390	-
Suicide First Aid (SFA) costs	<u>370</u>	<u>-</u>
	222,720	144,537
<b>Support costs</b>		
<b>Other</b>		
Rent	16,312	7,699
<b>Governance costs</b>		
Accountancy and legal fees	1,546	1,764
Legal and professional fees	<u>13,147</u>	<u>2,027</u>
	<u>14,693</u>	<u>3,791</u>
Total resources expended	<u>276,795</u>	<u>175,088</u>
<b>Net income</b>	<u>33,250</u>	<u>37,641</u>

This page does not form part of the statutory financial statements

