EVERY LIFE MATTERS

England & Wales · Charity number 1180815

Details

Status	Registered
Legal form	CIO
Registered	2018-11-23
Register	View on the Charity Commission register

Contact

Address	Bulls Head Shap Penrith Cumbria CA10 3NG
Phone	07908 537541
Email	info@every-life-matters.org.uk
Website	www.every-life-matters.org.uk

Activities

Objects: TO ADVANCE THE EDUCATION OF THE PUBLIC IN GENERAL IN CUMBRIA AND THE SURROUNDING AREAS RELATING TO SUICIDE, SUICIDAL BEHAVIOUR AND SUICIDE BEREAVEMENT BY THE PROVISION OF TRAINING, AWARENESS RAISING AND PUBLIC EVENTS TO PROMOTE THE MENTAL HEALTH AND WELL-BEING OF PEOPLE IN CUMBRIA AND THE SURROUNDING AREAS WHO ARE BEREAVED OR OTHERWISE IMPACTED BY SUICIDE BY THE PROVISION OF ADVOCACY, COUNSELLING AND SUPPORT.

Activities: Our vision is of a community where people can talk openly about suicide, mental health problems and emotional distress. A community where people have the resources and skills to help those experiencing suicidal thoughts and mental health problems, and to support those impacted by, or bereaved by, suicide.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability
- **Who:** Other Defined Groups, The General Public/mankind

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Geography

- Cumbria

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£480,109	£407,548	-	-
2024-03-31	£376,964	£373,972	-	-
2023-03-31	£363,289	£348,119	-	-
2022-03-31	£473,078	£309,606	-	-
2021-03-31	£279,597	£231,091	-	-

Trustees

Name	Role	Appointed
Mrs Katherine Jane Bainbridge	Chair	2018-11-23
Anita Margaret Kerrigan		2019-02-10
Esther Kirby		2019-10-30
Jane Helen Mathieson		2021-02-03
Jasper Chicago Kirkman		2019-06-19
Rebecca Osbourne		2019-03-08

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EVERY LIFE MATTERS

England & Wales - Charity number 1180815

Accounts

CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/4/2024 Period start date To 31/3/2025 Period end date

Charity name: Every Life Matters

Charity registration number: 1180815

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To advance the education of the public in general in Cumbria and the surrounding areas relating to suicide, suicidal behaviour and suicide bereavement by the provision of training, awareness raising and public events To promote the mental health and well-being of people in Cumbria and the surrounding areas who are bereaved or otherwise impacted by suicide by the provision of advocacy, counselling and support.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	**Reducing deaths by suicide in Cumbria** <u>Activities</u> Development of a network of Suicide Safer Community Projects across Cumbria delivering; • Community Action. Place based grassroots action against suicide • Campaigning & Awareness Raising. Ongoing anti-stigma and suicide awareness campaigning • Project Champions. Volunteering in training, fundraising, Media, lived experience voice. • Training Programme. Delivering accredited suicide prevention training • Focused Interventions. Focusing training and support on high risk communities • Resources. Developing quality digital and paper based suicide prevention materials • Local Leadership. Supporting organisations/individuals to come together to shape action

		Supporting individuals and communities impacted by suicide
		
		<u>Activities</u>
		
		• Development of a Cumbrian Suicide Bereavement Partnership and County Leadership
		• Development of a Support After Suicide Service encompassing;
		  ○ Information and Signposting
		  ○ One to One and Family Practical Support
		  ○ Psychoeducational/Peer Support Groups
		• Develop Support for Communities affected by suicide
		• Design and deliver Suicide Bereavement Awareness Training
		
		Improving understanding of mental health in Cumbria
		
		<u>Activities</u>
		
		• Development and delivery of a Core Training Packages across suicide prevention and self-harm
		• Development and delivery of an Online Training Programme
		• Delivering an open access mental health, suicide prevention and self-harm Rolling Training Programme across Cumbria
		• Development of Other Training and Resources relevant to the aim
		• Developing Income Generating Training activity, or Training Business Arm
		Ensuring a rolling Staff CDP and TFT development programme

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We confirm the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable
Policy on social investment including program related investment	Para 1.38	Not applicable

Contribution made by volunteers	Para 1.38	Volunteers engage with our charity through; • Lived experience volunteers who engage with local media, training and events. • Supporting distribution of suicide prevention materials within their local communities. • Supporting training and other events. • Peer Support Group volunteers
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Our charity has continued to grow and mature during the period 1/4/2024 to 31/3/2025. Highlights of our activity include; **Reducing deaths by suicide in Cumbria** • We have expanded the range of training we offer, and provided training to over 24,000 people by 31/3/2025. • Training is being delivered across all sectors and reaching deeply into the Cumbria population. • We have been running our Suicide Safer Schools programme for 2 years now, working with over 15 schools in Cumbria reaching 4,800 pupils with suicide prevention training and 15 whole schools staff teams, 1,600 staff,, as well as over 500 parents. • Distributed over 260,000 paper suicide prevention materials, including ○ Second version of a mental health and wellbeing information booklet, developed with CNTW HNS Foundation Trust, to every household in Cumbria at the tail end of the covid pandemic. This booklet has been distributed widely outside Cumbria as well, and we estimate nearly 3 million copies have now been developed. ○ We have developed a Self-harm Safe Kit which to date 4,500 copies of have been distributed across Cumbria. This also is being distributed across the North East, Lancashire, Cheshire and

		Merseyside and other areas of the UK and we have developed a trimmed version which we are now selling across the UK. ○ Development of a Suicide Prevention Resource Tin which has been distributed to over 1250 local organisations across health, social care, third sectors, police and community groups. • We have undertaken several localised campaigns across social, TV, Radio and print media, as well as securing over 50 articles in local media focusing on suicide prevention during the period. • We have reached over 300,000 people through our social media campaigns • We have engaged with over 55 employers during the period, developing suicide safer workplaces, including major workforces at BAE and Sellafield. • We have developed 5 core suicide prevention training packages which have been launched as a licensed TFT package for sale to other tutors outside Cumbria, with 3 TFT events now been held, meaning our training is being delivered across the UK. **Supporting individuals and communities impacted by suicide** • We have delivered Suicide Bereavement support to over 200 individuals during the period, in the early weeks and months following loss of a close family member. • We have worked jointly with other providers to develop a condolence pack that goes to all family bereaved through suicide in Cumbria. • We have developed a network of 7 peer support groups, filling an important gap in support left by SOBS and SBS Cumbria. • We held 6 candle lit vigils across Cumbria on world suicide prevention day attended by over 330 people. • We have delivered Understanding Suicide Bereavement training to over 250 people during the period. **Improving understanding of mental health in Cumbria**

		• provided mental health and self-harm training to a further 1,600+ people • continued to distribute a range of paper materials, social and other media activity, particularly in relation to key themes arising out of Covid. **Outside Cumbria** • We continue to grow our trading income through delivery of training and other activity outside Cumbria. • We have delivered substantial suicide prevention training contracts for Birmingham and Solihull, Somerset, Kensington, Chelsea and Westminster. • Our trainers also deliver a variety of our courses across UK organisations from shed builders to the nuclear sector. • All profits from this training are re-invested in our Cumbria training programme. Our profits have rinsen significantly alongside our income meaning most of our Cumbria training is delivered without additional financial support.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Not applicable
Performance of fundraising activities against objectives set	Para 1.41	Not applicable
Investment performance against objectives	Para 1.41	Not applicable
Other		Not applicable

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial situation at the year-end. We have a less restricted grants and more unrestricted income rolling over into next year and beyond, giving security to most staffing positions, and flexibility about how we work. We have also done well to maximise surpluses from contract income and increase public donations which we are able to invest back in core charitable activity. This is reflected in our large Unrestricted Funds levels. We are confident that within the next three years, with continued growth of our training income generating activity, that we can make the bulk of our Cumbria suicide prevention and suicide bereavement support activity sustainable in the long term.

Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have grown reserves of 6 months' core running costs + wind down costs, which at present equates to £62,500. We have met our targets for reserves levels.
Amount of reserves held	Para 1.22	Total unrestricted funds are £379,776. Of the unrestricted funds £237,124 are designated funds, primarily to training and management/administration costs.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity holds a wide mix of income streams across contract and trading income, grants and public donations. Developing this mix is a key part of our financial strategy. Of particular importance in the coming three years is development of trading income derived from training delivery and development of licensed training products based on our own core suicide prevention training packages.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	**Constitution**
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (Foundation Structure)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees appointed by Trustees for a three-year term. Trustees target specific skills/experience through audit and review.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Informal at present, currently formalising procedure.

The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	Every Life Matters
Other name the charity uses	
Registered charity number	1180815
Charity's principal address	Bulls Head, Shap, Penrith, Cumbria CA10 3NG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Katherine Bainbridge	Chair		
2	Esther Kirby			
3	Jasper Kirkman			
4	Anita Kerrigan			
5	Rebecca Osbourne			
6	Jane Mathieson			
	Lisa Birdsall			

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Wood

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	KPBainbridge	A Kerrigan
Full name(s)	Jane Katherine Bainbridge	Anita Margaret Kerrigan
Position (eg Secretary, Chair, etc)	Chair	Trustee
Date	8/1/26	

CHARITY COMMISSION FOR ENGLAND AND WALES

Every Life Matters			1180815	
Annual accounts for the period				
Period start date	01/04/2024	To	Period end date	31/03/2025

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	122,421	25,000	-	147,421	152,513
Charitable activities	S02	235,085	89,316	-	324,401	219,505
Other trading activities	S03	-	-	-	-	3,928
Investments	S04	8,287	-	-	8,287	1,018
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	365,793	114,316	-	480,109	376,964
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	7,625	-	-	7,625	2,220
Charitable activities	S09	225,170	172,689	-	397,859	369,862
Separate material item of expense	S10	2,064	-	-	2,064	1,890
Other	S11	-	-	-	-	-
Total	S12	234,859	172,689	-	407,548	373,972
Net income/(expenditure) before investment gains/(losses)	S13	130,934	- 58,373	-	72,561	2,992
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	130,934	- 58,373	-	72,561	2,992
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	- 18,000	18,000	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	112,934	- 40,373	-	72,561	2,992
Reconciliation of funds:						
Total funds brought forward	S21	266,842	75,155	-	341,997	339,005
Total funds carried forward	S22	379,776	34,782	-	414,558	341,997

Section B Balance sheet

	Guidance Notes	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
Fixed assets						
Intangible assets	B01	-	-	-	-	-
Tangible assets (Note 11)	B02	1,146	-	-	1,146	2,495
Heritage assets	B03	-	-	-	-	-
Investments	B04	-	-	-	-	-
Total fixed assets	B05	1,146	-	-	1,146	2,495
Current assets						
Stocks	B06	-	-	-	-	-
Debtors (Note 12)	B07	3,823	-	-	3,823	7,848
Investments	B08	-	-	-	-	-
Cash at bank and in hand (Note 14)	B09	383,989	34,782	-	418,771	339,998
Total current assets	B10	387,812	34,782	-	422,594	347,846
Creditors: amounts falling due within one year (Note 13)	B11	9,182	-	-	9,182	8,344
Net current assets/(liabilities)	B12	378,630	34,782	-	413,412	339,502
Total assets less current liabilities	B13	379,776	34,782	-	414,558	341,997
Creditors: amounts falling due after one year	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	379,776	34,782	-	414,558	341,997
Funds of the Charity						
Endowment funds	B17	-		-	-	-
Restricted income funds (Note 16.1)	B18		34,782		34,782	75,155
Unrestricted funds (Note 16.1)	B19	379,776		-	379,776	266,842
Revaluation reserve	B20				-	
Total funds	B21	379,776	34,782	-	414,558	341,997

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
A Kerrigan	Anita Kerrigan	8/1/26
K Bainbridge	Katherine Bainbridge	8/1/26

Section C Notes to the accounts

Note 1 **Basis of preparation**

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or
The accounts have been prepared in accordance with:

- and with* ✓ the Statement of Recommended Practice: Accounting and Reporting by Charities
- and with* ✓ the Financial Reporting Standard applicable in the United Kingdom and Republic of
- and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by	

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the

An explanation as to those factors that support	***Not applicable***
Disclosure of any uncertainties that make the	***Not applicable***
Where accounts are not prepared on a going	***Not applicable***

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of the change in accounting policy;	
(ii) the reasons why applying the new accounting policy	
(iii) the amount of the adjustment for each line affected	

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of any changes;	
(ii) the effect of the change on income and expense or	
(iii) where practicable, the effect of the change in one or	

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of the prior period error;	
(ii) for each prior period presented in the accounts, the	
(iii) the amount of the correction at the beginning of the	

Note 2 Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy	**N/A**

Reconcilation of funds per previous GAAP to funds determined under FRS 102

	Start of period £	End of period £
Fund balances as previously stated		
Adjustments:		
Fund balance as restated		

Reconcilation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	End of £
Net income/(expenditure) as previously stated	
Adjustments:	
Previous period net income/(expenditure) as restated	

Note 2 **Accounting policies**

2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

		Yes	No	N/a
Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: • the charity becomes entitled to the resources; • it is more likely than not that the trustees will receive the resources; and • the monetary value can be measured with sufficient reliability.	✔		
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	✔		
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	✔		
	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).	✔		
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.			✔
Government grants	The charity has received government grants in the reporting period	✔		
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.			✔
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	✔		
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.			✔
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.			✔
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.			✔
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.			✔
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.			✔
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.			✔
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.			✔
Support costs	The charity has incurred expenditure on support costs.			✔
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	✔		
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.			✔
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.			✔
	Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.			✔
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.			✔
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.			✔

2.3 EXPENDITURE AND LIABILITIES

		Yes	No	N/a
Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.			✔
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.	✔		
	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.	✔		
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.			✔
Grants payable without performance conditions	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.			✔
Redundancy cost	The charity made no redundancy payments during the reporting period.	✔		
Deferred income	No material item of deferred income has been included in the accounts.	✔		
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts		✔	
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date			✔
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.			✔

2.4 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least			
	They are valued at cost.			✔
	The depreciation rates and methods used are disclosed in note 9.2.			
Intangible fixed assets	The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5			✔
	They are valued at cost.			✔
Heritage assets	The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.			✔
	They are valued at cost.			✔
Investments	Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.			✔
	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments			✔
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.			✔
	Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.	✔		
	Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract			✔
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.	✔		
Current asset investments	The charity has has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.			✔
	They are valued at fair value except where they qualify as basic financial instruments.			✔

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE

Note 3 Analysis of income

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	107,421	-	-	107,421	41,175
	General grants provided by government/other charities	-	-	-	-	11,988
	The National Lottery Fund - Inflated Opertaing Costs	-	-	-	-	25,671
	David Riddell	-	25,000		25,000	
	Post Code Lottery	-	-	-	-	30,000
	Sellafield Ltd	-	-	-	-	28,679
	Rose Paterson Trust	15,000	-	-	15,000	15,000
	Other	-	-	-	-	
	Total	122,421	25,000	-	147,421	152,513
Charitable activities:	General Grants provided by Government/Other	-	5,983	-	5,983	-
	Training Income	145,365	-	-	145,365	119,913
	The National Lottery Community Fund - Reaching Communities/Partnerships Programme	-	31,295	-	31,295	62,592
	Cumberland Council Big Question Project	20,000			20,000	
	DHSC Suicide Prevention Fund Grant	-	52,038	-	52,038	
	Lancashire and South Cumbria ICB	32,720			32,720	
	North East and North Cumbria ICB	37,000			37,000	37,000
	Total	235,085	89,316	-	324,401	219,505
Other trading activities:	Sales	-	-	-	-	3,928
	Total	-	-	-	-	3,928
Income from investments:	Interest income	8,287	-	-	8,287	1,018
	Total	8,287	-	-	8,287	1,018
TOTAL INCOME		365,793	114,316	-	480,109	376,964

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

Donations and legacies £75,350
Charitable activities £62,592

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

Where any endowment fund is converted into income in the prior period, please give the reason for the conversion.

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)

Section C Notes to the accounts (cont)

Note 4 Analysis of receipts of government grants

	Description	This year £
Government grant 1	North East North Cumbria ICB	37,000
Government grant 2	Lancashire and South Cumbria ICB	32,720
Government grant 3	Cumberland Council	20,000
Government grant 4	DHSC Suicide Prevention Fund	52,038
	Total	141,758

	Description	Last year £
Government grant 1	North Cumbria CCG - Postvention Services	37,000
	Total	37,000

	This year	Last year
Please provide details of any unfulfilled conditions and other contingencies attaching to grants that have been recognised in income.	Not applicable	Not applicable

	This year	Last year
Please give details of other forms of government assistance from which the charity has directly benefited.	Not applicable	Not applicable

Section C Notes to the accounts (cont)

Note 5 Donated goods, facilities and services

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	-	-
	-	-

	This year	Last year
Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.	Not applicable	Not applicable
Please provide details of any unfulfilled conditions and other contingencies attaching to resources from donated goods and services not recognised in income.	Not applicable	Not applicable
Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.	Not applicable	Not applicable

Section C Notes to the accounts (cont)

Note 6 Analysis of expenditure

Analysis	This year Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Last year Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on raising funds:				£				£
Incurred seeking donations	7,625	-	-	7,625	2,220	-	-	2,220
Total expenditure on raising funds	7,625	-	-	7,625	2,220	-	-	2,220
Expenditure on charitable activities:								
Suicide Prevention Activity	198,708	115,935	-	314,643	200,817	119,412	-	320,229
Suicide Bereavement Support	26,462	56,754	-	83,216	-	49,633	-	49,633
Total expenditure on charitable activities	225,170	172,689	-	397,859	200,817	169,045	-	369,862
Separate material item of expense								
Independent exam fees	2,064	-	-	2,064	1,890	-	-	1,890
Total	2,064	-	-	2,064	1,890	-	-	1,890
TOTAL EXPENDITURE	234,859	172,689	-	407,548	204,927	169,045	-	373,972

Other information:

Analysis of expenditure on charitable activities

Activity or programme	This year Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Last year Activities undertaken directly	Grant funding of activities	Support Costs	Total last year
	£	£	£	£	£	£	£	£
Activity 1	-	-	-	-	-	-	-	-
Activity 2	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-

Section C Notes to the accounts (cont)

Note 7 Extraordinary items

Please explain the nature of each extraordinary item occurring in the period.

	Description	This year £	Last year £
Extraordinary item 1			
Extraordinary item 2		-	-
		-	-
Extraordinary item 3		-	-
Extraordinary item 4		-	-
Total extrordinary items		-	-

Section C Notes to the accounts

Note 8 Details of certain items of expenditure

8.1 Fees for examination of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

	This year £	Last year £
Independent examiner's fees	2,064	1,890
Assurance services other than audit or independent examination	-	-
Tax advisory fees	-	-
Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner	-	-

Note 9 Paid employees

Please complete this note if the charity has any employees.

9.1 Staff Costs

	This year £	Last year £
Salaries and wages	273,564	250,239
Social security costs	19,847	15,920
Pension costs (defined contribution scheme)	6,247	5,273
Other employee benefits	-	-
Total staff costs	299,658	271,432

This year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Not applicable

Last year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Not applicable

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

Correct

Band	Number of employees	
	This year	Last year
£60,000 to £69,999	-	-
£70,000 to £79,999	-	-
£80,000 to £89,999	-	-
£90,000 to £99,999	-	-
£100,000 to £109,999	-	-

	This year £	Last year £
Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.	31,674	31,559

9.2 Average head count in the year

The parts of the charity in which the employees work	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	11	11
Governance	-	-
Other	-	-
Total	11	11

9.3 Ex-gratia payments to employees and others (excluding trustees)

Please complete if an ex-gratia payment is made.

Please explain the nature of the payment	This year	None
	Last year	None
Please state the legal authority or reason for making the payment	This year	Not applicable
	Last year	Not applicable

	This year £	Last year £
Please state the amount of the payment (or value of any waiver of a right to an asset)	-	-

9.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

	This year £	Last year £
Total amount of payment	-	-
The nature of the payment (cash, asset etc.)		

	This year £	Last year £
The extent of redundancy funding at the balance sheet date	-	-
Please state the accounting policy for any redundancy or termination payments		

Note 10 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

10.1 Please complete this note if a defined contribution pension scheme is operated.

	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	6,247	5,273

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.		

10.2 Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.	Not applicable
Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity for this year and last year, if different	Not applicable

10.3 Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan. If this is different for last year, provide details	Not applicable
Provide an explanation of how any liability arising from an agreement with a multi-employer plan to fund a deficit has been determined. If this is different for last year, provide details	Not applicable

Section C **Notes to the accounts** **(cont)**

Note 11 Tangible fixed assets

Please complete this note if the charity has any tangible fixed assets

11.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Total
	£	£	£	£	£
At the beginning of the year	-	-	-	8,595	8,595
Additions	-	-	-	-	-
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	8,595	8,595

11.2 Depreciation and impairments

**Basis	SL or RB (Straight Line or Reducing Balance)	SL or RB	SL or RB	SL or RB	SL or RB
** Rate					
At beginning of the year	-	-	-	6,100	6,100
Disposals	-	-	-	-	-
Depreciation	-	-	-	1,349	1,349
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of the year	-	-	-	7,449	7,449

11.3 Net book value

Net book value at the beginning of the year	-	-	-	2,495	2,495
Net book value at the end of the year	-	-	-	1,146	1,146

11.4 Impairment

This year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.

Last year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.

11.5 Revaluation

If an accounting policy of revaluation is adopted, please provide:	This year	Last year
the effective date of the revaluation		
the name of independent valuer, if applicable		
the methods applied and significant assumptions		
the carrying amount that would have been recognised had the assets been carried under the cost model.	-	-

11.6 Other disclosures

	This year	Last year
	£	£
(i) Please state the amount of borrowing costs, if any, capitalised in the construction of tangible fixed assets and the capitalisation rate used.	-	-
(ii) Please provide the amount of contractual commitments for the acquisition of tangible fixed assets.	-	-
(iii) Details of the existence and carrying amounts of property, plant and equipment to which the charity has restricted title or that are pledged as security for liabilities.		

** The "transfers" row is for movements between fixed asset categories.*

*** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.*

Note 12 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

12.1 Analysis of debtors

	This year £	Last year £
	-	-
Trade debtors	3,823	7,848
Prepayments and accrued income	-	-
Other debtors	3,823	7,848
Total		

Please complete 12.2 where a material debtor is recoverable more than a year after the reporting date.

12.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	-
Other debtors	-	-
	-	-
Total	-	-

Note 13 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

13.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	2,167	1,890	-	-
Taxation and social security	5,791	5,332	-	-
Other creditors	1,224	1,122	-	-
Total	9,182	8,344	-	-

13.2 Deferred income

Please complete this note if the charity has deferred income.

Please explain the reasons why income is deferred.

This year	Last year

Movement in deferred income account

	This year £	Last year £
Balance at the start of the reporting period	-	-
Amounts added in current period	-	-
Amounts released to income from previous periods	-	-
Balance at the end of the reporting period	-	-

Note 14 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	418,771	339,998
Other	-	-
Total	418,771	339,998

Section C Notes to the accounts (cont)

Note 15 Events after the end of the reporting period

Please complete this note events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the

	This year	Last year
Please provide details of the nature of the event	Not applicable	Not applicable
Provide an estimate of the financial effect of the event or a statement that such an estimate cannot be made	Not applicable	Not applicable

Section C **Notes to the accounts** **(cont)**

Note 16 **Charity funds**

16.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the blanace sheet.

**** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds***

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	UR	Unrestricted funds for delivery of suicide prevention training, campaigning and resource distribution	266,842	365,793	- 234,859	- 18,000	-	379,776
Suicide Safer Communities	R	Delivery of suicide prevention training, campaigning and resource distribution	61,967	77,038	- 115,935	-	-	23,070
Suicide Bereavement Support	R	Delivery of support to individuals, families and communities impacted by suicide	13,188	37,278	- 56,754	18,000	-	11,712
Other funds	**N/a**	**N/a**	-	-		-	-	-
		Total Funds	341,997	480,109	- 407,548	-	-	414,558

Section C **Notes to the accounts** **(cont)**

Note 16 **Charity funds (cont)**

16.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the blanace sheet.

**** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds***

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	UR	Unrestricted funds for delivery of Suicide Prevention Activity	232,747	239,022	- 204,927	-	-	266,842
Suicide Safer Communities	R	Delivery of suicide prevention training, campaigning and resource distribution	76,685	104,694	- 119,412	-	-	61,967
Suicide Bereavement Support	R	Delivery of support to individuals, families and communities impacted by suicide	29,573	33,248	- 49,633	-	-	13,188
Other funds	**N/a**	**N/a**	-	-	-	-	-	-
		Total Funds	339,005	376,964	- 373,972	-	-	341,997

Note 16 Charity funds (cont)

16.3 Transfers between funds

This year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	Transferred from unrestricted general funds to Postvention restricted funds	18,000
Between endowment and restricted funds	N/A	
Between endowment and unrestricted funds		

Last year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	N/A	
Between endowment and restricted funds		
Between endowment and unrestricted funds		

16.4 Designated funds

This year

Planned use	Purpose of the designation	Amount
	N/A	

Last year

Planned use	Purpose of the designation	Amount
	N/A	

Section C **Notes to the accounts** **(cont)**

Note 17 **Transactions with trustees and related parties**

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

17.1 Trustee remuneration and benefits

This year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False) | **TRUE**

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£	£	£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid. | N/A

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment. | N/A

Last year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False) | **TRUE**

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid. | N/A

Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment. | N/A

17.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False) | *TRUE*

Type of expenses reimbursed	This year	Last year
	£	£
Travel	-	-
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	-	-

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity

17.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

This year

There have been no related party transactions in the reporting period (True or False) | *TRUE*

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Last year

There have been no related party transactions in the reporting period (True or False) | *TRUE*

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Charity Name Every Life Matters		
On accounts for the year ended	31 March 2024	**Charity no (if any)**	1180815
Set out on pages	1-31 (remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 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.

Signed:		**Date:**	24/01/2025
Name:	MARTIN BORRADAILE		

Relevant professional qualification(s) or body (if any):	ACA - Institute of Chartered Accountants in England and Wales
Address:	FIFTEEN Rosehill, Montgomery Way
	Carlisle
	CA1 2RW

Section B Disclosure

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

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

EVERY LIFE MATTERS

England & Wales - Charity number 1180815

Accounts

CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/4/2023 Period start date To 31/3/2024 Period end date

Charity name: Every Life Matters

Charity registration number: 1180815

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To advance the education of the public in general in Cumbria and the surrounding areas relating to suicide, suicidal behaviour and suicide bereavement by the provision of training, awareness raising and public events To promote the mental health and well-being of people in Cumbria and the surrounding areas who are bereaved or otherwise impacted by suicide by the provision of advocacy, counselling and support.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	**Reducing deaths by suicide in Cumbria** <u>Activities</u> Development of a network of Suicide Safer Community Projects across Cumbria delivering; • Community Action. Place based grassroots action against suicide • Campaigning & Awareness Raising. Ongoing anti-stigma and suicide awareness campaigning • Project Champions. Volunteering in training, fundraising, Media, lived experience voice. • Training Programme. Delivering accredited suicide prevention training • Focused Interventions. Focusing training and support on high risk communities • Resources. Developing quality digital and paper based suicide prevention materials • Local Leadership. Supporting organisations/individuals to come together to shape action

		Supporting individuals and communities impacted by suicide
		
		Activities
		
		• Development of a Cumbrian Suicide Bereavement Partnership and County Leadership
		• Development of a Support After Suicide Service encompassing;
		  ○ Information and Signposting
		  ○ One to One and Family Practical Support
		  ○ Psychoeducational/Peer Support Groups
		• Develop Support for Communities affected by suicide
		• Design and deliver Suicide Bereavement Awareness Training
		
		Improving understanding of mental health in Cumbria
		
		Activities
		
		• Development and delivery of a Core Training Packages across suicide prevention and self-harm
		• Development and delivery of an Online Training Programme
		• Delivering an open access mental health, suicide prevention and self-harm Rolling Training Programme across Cumbria
		• Development of Other Training and Resources relevant to the aim
		• Developing Income Generating Training activity, or Training Business Arm
		Ensuring a rolling Staff CDP and TFT development programme

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We confirm the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable
Policy on social investment including program related investment	Para 1.38	Not applicable

Contribution made by volunteers	Para 1.38	Volunteers engage with our charity through; • Lived experience volunteers who engage with local media, training and events. • Supporting distribution of suicide prevention materials within their local communities. • Supporting training and other events. • Peer Support Group volunteers
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Our charity has continued to grow and mature during the period 1/4/2023 to 31/3/2024. Highlights of our activity include; **Reducing deaths by suicide in Cumbria** • We have expanded the range of training we offer, and provided training to over 15,750 people by 31/3/2024. Training is being delivered across all sectors and reaching deeply into the Cumbria population. • We have now initiated aour Suicide Safer Schools programme, working with over 10 schools in Cumbrioa reaching 3,750 pupils with suicide prevention training and 10 whole schools staff teams, as well as over 390 parents. • Distributed over 260,000 paper suicide prevention materials, including o Second version of a mental health and wellbeing information booklet, developed with CNTW HNS Foundation Trust, to every household in Cumbria at the tail end of the covid pandemic. This booklet has been distributed widely outside Cumbria as well, and we estimate nearly 3 million copies have now been developed. o We have developed a Self-harm Safe Kit which to date 4,500 copies of have been distributed across Cumbria. This also is being distributed across the North East, Lancashire, Cheshire and

		Merseyside and other areas of the UK and we have developed a trimmed version which we are now selling across the UK. o Development of a Suicide Prevention Resource Tin which has been distributed to over 1250 local organisations across health, social care, third sectors, police and community groups. • We have undertaken several localised campaigns across social, TV, Radio and print media, as well as securing over 50 articles in local media focusing on suicide prevention during the period. • We have reached over 300,000 people through our social media campaigns • We have engaged with over 55 employers during the period, developing suicide safer workplaces, including major workforces at BAE and Sellafield. • We have developed 5 core suicide prevention training packages which have been launched as a licensed TFT package for sale to other tutors outside Cumbria. **Supporting individuals and communities impacted by suicide** • We have delivered Suicide Bereavement support to 98 individuals during the period, in the early weeks and months following loss of a close family member. • We have worked jointly with other providers to develop a condolence pack that goes to all family bereaved through suicide in Cumbria. • We have developed a Postvention Providers Forum which is working towards identifying and meeting gaps in local provision and promoting generally the experience of people bereaved by suicide. • We held 6 candle lit vigils across Cumbria on world suicide prevention day attended by over 330 people. **Improving understanding of mental health in Cumbria** • provided mental health and self-harm training to a further 800+ people • continued to distribute a range of paper materials, social and other media

		activity, particularly in relation to key themes arising out of Covid. **Outside Cumbria** • We continue to grow our trading income through delivery of training and other activity outside Cumbria. We have delivered substantial suicide prevention training contracts for Birmingham and Solihull, Somerset, Kensington, Chelsea and Westminster. • Our trainers also deliver a variety of our courses across UK organisations from shed builders to the nuclear sector. • All profits from this training are re-invested in our Cumbria training programme.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Not applicable
Performance of fundraising activities against objectives set	Para 1.41	Not applicable
Investment performance against objectives	Para 1.41	Not applicable
Other		Not applicable

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial situation at the year-end. We have a number of large restricted grants rolling over into next year and beyond, giving security to most staffing positions. We have also done well to maximise surpluses from contract income and increase public donations which we are able to invest back in core charitable activity. This is reflected in our large Unrestricted Funds levels. We are confident that within the next three years, with continued growth of our training income generating activity, that we can make the bulk of our Cumbria suicide prevention and suicide bereavement support activity sustainable in the long term.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We have grown reserves of 6 months' core running costs + wind down costs, which at present equates to £42,500. We have met our targets for reserves levels.
Amount of reserves held	Para 1.22	Total unrestricted reserves are £266,842. Of the unrestricted funds £264,347 are free reserves (Total reserves less fixed assets). £221,847 of this is allocated to training and project delivery with £42,500 held as Reserves

		for core running costs + wind down as described above.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity holds a wide mix of income streams across contract and trading income, grants and public donations. Developing this mix is a key part of our financial strategy. Of particular importance in the coming three years is development of trading income derived from training delivery and development of licensed training products based on our own core suicide prevention training packages.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	**Constitution**
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (Foundation Structure)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees appointed by Trustees for a three-year term. Trustees target specific skills/experience through audit and review.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Informal at present, currently formalising procedure.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	Every Life Matters
Other name the charity uses	
Registered charity number	1180815
Charity's principal address	Bulls Head, Shap, Penrith, Cumbria CA10 3NG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Katherine Bainbridge	Chair		
2	Esther Kirby			
3	Jasper Kirkman			
4	Anita Kerrigan			
5	Rebecca Osbourne			
6	Jane Mathieson			
	Lisa Birdsall			

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Wood

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	KBainbridge	
Full name(s)	Jane Katherine Bainbridge	Anita Margaret Kerrigan
Position (eg Secretary, Chair, etc)	Chair	
Date	6.1.25	

CHARITY COMMISSION FOR ENGLAND AND WALES

Every Life Matters			1,180,815		
Annual accounts for the period					
Period start date	01/04/2023	To	Period end date	31/03/2024	

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	77,163	75,350	-	152,513	148,076
Charitable activities	S02	156,913	62,592	-	219,505	215,213
Other trading activities	S03	3,928	-	-	3,928	-
Investments	S04	1,018	-	-	1,018	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	239,022	137,942	-	376,964	363,289
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	2,220	-	-	2,220	1,169
Charitable activities	S09	200,817	169,045	-	369,862	345,990
Separate material item of expense	S10	1,890	-	-	1,890	960
Other	S11	-	-	-	-	-
Total	S12	204,927	169,045	-	373,972	348,119
Net income/(expenditure) before investment gains/(losses)	S13	34,095	- 31,103	-	2,992	15,170
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	34,095	- 31,103	-	2,992	15,170
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	34,095	- 31,103	-	2,992	15,170
Reconciliation of funds:						
Total funds brought forward	S21	232,747	106,258	-	339,005	323,835
Total funds carried forward	S22	266,842	75,155	-	341,997	339,005

1

Section B Balance sheet

		Guidance Notes	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
			F01	F02	F03	F04	F05
Fixed assets							
Intangible assets	**(Note 15)**	B01	-	-	-	-	-
Tangible assets	**(Note 14)**	B02	2,495	-	-	2,495	4,666
Heritage assets	**(Note 16)**	B03	-	-	-	-	-
Investments	**(Note 17)**	B04	-	-	-	-	-
	Total fixed assets	B05	2,495	-	-	2,495	4,666
Current assets							
Stocks	**(Note 18)**	B06	-	-	-	-	-
Debtors	**(Note 19)**	B07	7,848	-	-	7,848	26,691
Investments	**(Note 17.4)**	B08	-	-	-	-	-
Cash at bank and in hand	**(Note 24)**	B09	264,843	75,155	-	339,998	313,965
	Total current assets	B10	272,691	75,155	-	347,846	340,656
Creditors: amounts falling due within one year	**(Note 20)**	B11	8,344	-	-	8,344	6,317
	Net current assets/(liabilities)	B12	264,347	75,155	-	339,502	334,339
	Total assets less current liabilities	B13	266,842	75,155	-	341,997	339,005
Creditors: amounts falling due after one year	**(Note 20)**	B14	-	-	-	-	-
Provisions for liabilities		B15	-	-	-	-	-
	Total net assets or liabilities	B16	266,842	75,155	-	341,997	339,005
Funds of the Charity							
Endowment funds	**(Note 27)**	B17	-			-	-
Restricted income funds	**(Note 27)**	B18		75,155		75,155	106,258
Unrestricted funds		B19	266,842		-	266,842	232,747
Revaluation reserve		B20				-	
	Total funds	B21	266,842	75,155	-	341,997	339,005

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	Anita Kerrigan	6/1/25
KBainbridge	Katherine Bainbridge	6/1/25

Section C Notes to the accounts

Note 1 **Basis of preparation**

***This section should be completed by all charities*.**

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

• and with*	✓	the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
• and with*	✓	the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)

• and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*	✓

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;	***Not applicable***
Disclosure of any uncertainties that make the going concern assumption doubtful;	***Not applicable***
Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.	***Not applicable***

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of the change in accounting policy;	
(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and	
(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.	

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of any changes;	
(ii) the effect of the change on income and expense or assets and liabilities for the current period; and	
(iii) where practicable, the effect of the change in one or more future periods.	

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of the prior period error;	

(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and	
(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.	

Note 2 Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy	**N/A**

Reconcilation of funds per previous GAAP to funds determined under FRS 102

	Start of period £	End of period £
Fund balances as previously stated		
Adjustments:		
Fund balance as restated		

Reconcilation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	End of £
Net income/(expenditure) as previously stated	
Adjustments:	
Previous period net income/(expenditure) as restated	

Note 2 Accounting policies

2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

		Yes	No	N/a
Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: • the charity becomes entitled to the resources; · it is more likely than not that the trustees will receive the resources; and • the monetary value can be measured with sufficient reliability.	✓	✓	✓
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	✓	✓	✓
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	✓	✓	✓
	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).	✓	✓	✓
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.	✓	✓	✓
Government grants	The charity has received government grants in the reporting period	✓	✓	✓
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.	✓	✓	✓
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	✓	✓	✓
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.	✓	✓	✓
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.	✓	✓	✓
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.	✓	✓	✓
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.	✓	✓	✓
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.	✓	✓	✓
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.	✓	✓	✓
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.	✓	✓	✓
Support costs	The charity has incurred expenditure on support costs.	✓	✓	✓
	The value of any voluntary help received is not included in the accounts but is described	Yes	No	N/a

		Yes	No	N/a
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	✓		
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.			✓
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.			✓
	Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.			✓
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.			✓
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.			✓

2.3 EXPENDITURE AND LIABILITIES

		Yes	No	N/a
Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.			✓
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.	✓		
	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.	✓		
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.			✓
Grants payable without performance conditions	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.			✓
Redundancy cost	The charity made no redundancy payments during the reporting period.	✓		
Deferred income	No material item of deferred income has been included in the accounts.	✓		
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts		✓	
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date			✓
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.			✓

2.4 ASSETS

			Yes	No	N/a
Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least				
	They are valued at cost.				✓
	The depreciation rates and methods used are disclosed in note 9.2.				
Intangible fixed assets	The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5				✓
	They are valued at cost.				✓
Heritage assets	The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.				✓

		Yes	No	N/a
	They are valued at cost.			✓
Investments	Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.			✓
	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments			✓
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.			✓
	Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.	✓		
	Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.			✓
Debtors	Debtors (including trade debtors and loans receivable) are measured on initial recognition at settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.	✓		
Current asset investments	The charity has has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.			✓
	They are valued at fair value except where they qualify as basic financial instruments.			✓

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE

Note 3 Analysis of income

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	41,175	-	-	41,175	34,965
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by other charities	5,988	6,000	-	11,988	59,323
	The National Lottery Community Fund - Inflated Operating Costs	-	25,671	-	25,671	25,671
	Post Code Lottery	30,000			30,000	-
	Sellafield Ltd		28,679		28,679	28,117
	Rose Patterson Trust		15,000		15,000	-
	Other	-	-	-	-	
	Total	77,163	75,350	-	152,513	148,076
Charitable activities:	General grants provided by government/other	-	-	-	-	-
	Training income	119,913	-	-	119,913	87,271
	NHS Lancashire and South Cumbria	-	-	-	-	10,000
	Cumbria County Council	-	-	-	-	28,350
	The National Lottery Community Fund - Postvention and Suicide Safer Communities	-	62,592	-	62,592	62,592
	North East and North Cumbria ICB	37,000			37,000	27,000
	Other	-	-	-	-	-
	Total	156,913	62,592	-	219,505	215,213
Other trading activities:	Sales	3,928	-	-	3,928	-
	Other	-	-	-	-	-
	Total	3,928	-	-	3,928	-
Income from investments:	Interest income	1,018	-	-	1,018	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	Total	1,018	-	-	1,018	-
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		239,022	137,942	-	376,964	363,289

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

Donations and legacies £87,440
Charitable activities £88,263

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

Where any endowment fund is converted into income in the prior period, please give the reason for the conversion.

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)	

Section C Notes to the accounts (cont)

Note 4 Analysis of receipts of government grants

	Description	This year £
Government grant 1	North East and North Cumbria ICB - Postvention Services	37,000
Government grant 2		
Government grant 3		
	Total	37,000

	Description	Last year £
Government grant 1	North Cumbria CCG - Postvention Services	27,000
Government grant 2	Cumbria County Council - Suicide Prevention Activity	28,350
Government grant 3	Lancashire and South Cumbria ICB	10,000
	Total	65,350

	This year	Last year
Please provide details of any unfulfilled conditions and other contingencies attaching to grants that have been recognised in income.	Not applicable	Not applicable

	This year	Last year
Please give details of other forms of government assistance from which the charity has directly benefited.	Not applicable	Not applicable

Note 5 Donated goods, facilities and services

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	-	-
	-	-

	This year	Last year
Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.	Not applicable	Not applicable
Please provide details of any unfulfilled conditions and other contingencies attaching to resources from donated goods and services not recognised in income.	Not applicable	Not applicable
Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.	Not applicable	Not applicable

Section C Notes to the accounts (cont)

Note 6 Analysis of expenditure

Analysis	This year Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Last year Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on raising funds:				£				£
Incurred seeking donations	2,220	-	-	2,220	1,169	-	-	1,169
Total expenditure on raising funds	2,220	-	-	2,220	1,169	-	-	1,169
Expenditure on charitable activities:								
Suicide Safer Communities	200,817	119,412	-	320,229	102,906	186,126	-	289,032
Suicide Bereavement Support	-	49,633	-	49,633	-	56,958	-	56,958
Total expenditure on charitable activities	200,817	169,045	-	369,862	102,906	243,084	-	345,990
Separate material item of expense								
Independent exam fees	1,890	-	-	1,890	-	960	-	960
	-	-	-	-	-	-	-	-
Total	1,890	-	-	1,890	-	960	-	960
Other								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	-	-	-	-	-	-	-	-
TOTAL EXPENDITURE	204,927	169,045	-	373,972	104,075	244,044	-	348,119

Other information:

Analysis of expenditure on charitable activities

Activity or programme	This year Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Last year Activities undertaken directly	Grant funding of activities	Support Costs	Total last year
	£	£	£	£	£	£	£	£
Activity 1	-	-	-	-	-	-	-	-
Activity 2	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-

Section C Notes to the accounts

Note 7 Details of certain items of expenditure

7.1 Fees for examination of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

	This year £	Last year £
Independent examiner's fees	1,890	960
Assurance services other than audit or independent examination	-	-
Tax advisory fees	-	-
Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner	-	-

Note 8 Paid employees

Please complete this note if the charity has any employees.

8.1 Staff Costs

	This year £	Last year £
Salaries and wages	250,239	215,537
Social security costs	15,920	11,926
Pension costs (defined contribution scheme)	5,273	4,293
Other employee benefits	-	-
Total staff costs	271,432	231,756

This year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Not applicable

Last year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Not applicable

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

Correct

Band	Number of employees	
	This year	Last year
£60,000 to £69,999	-	-
£70,000 to £79,999	-	-
£80,000 to £89,999	-	-
£90,000 to £99,999	-	-
£100,000 to £109,999	-	-

	This year £	Last year £
Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.	31,559	31,250

11.2 Average head count in the year

The parts of the charity in which the employees work	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	11	12
Governance	-	-
Other	-	-
Total	11	12

11.3 Ex-gratia payments to employees and others (excluding trustees)
Please complete if an ex-gratia payment is made.

Please explain the nature of the payment	
This year	None
Last year	None

Please state the legal authority or reason for making the payment	
This year	Not applicable
Last year	Not applicable

Please state the amount of the payment (or value of any waiver of a right to an asset)	This year £	Last year £
	-	-

11.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

	This year	Last year
	£	£
Total amount of payment	-	-

The nature of the payment (cash, asset etc.)		

	This year	Last year
	£	£
The extent of redundancy funding at the balance sheet date	-	-

Please state the accounting policy for any redundancy or termination payments		

Note 9 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

9.1 Please complete this note if a defined contribution pension scheme is operated.

	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	5,273	4,293

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.	

9.2 Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.	**Not applicable**
Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity for this year and last year, if different	**Not applicable**

9.3 Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan. If this is different for last year, provide details	**Not applicable**
Provide an explanation of how any liability arising from an agreement with a multi-employer plan to fund a deficit has been determined. If this is different for last year, provide details	**Not applicable**

Note 10 Tangible fixed assets

Please complete this note if the charity has any tangible fixed assets

10.1 Cost or valuation

	Freehold land & buildings	Other land & buildings	Plant, machinery and motor vehicles	Fixtures, fittings and equipment	Total
	£	£	£	£	£
At the beginning of the year	-	-	-	8,017	8,017
Additions	-	-	-	578	578
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	8,595	8,595

10.2 Depreciation and impairments

**Basis	SL or RB (Straight Line or Reducing Balance)	SL or RB	SL or RB	SL or RB	SL or RB
** Rate					
At beginning of the year	-	-	-	3,351	3,351
Disposals	-	-	-	-	-
Depreciation	-	-	-	2,749	2,749
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of the year	-	-	-	6,100	6,100

10.3 Net book value

Net book value at the beginning of the year	-	-	-	4,666	4,666
Net book value at the end of the year	-	-	-	2,495	2,495

10.4 Impairment

This year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.	
Last year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.	

10.5 Revaluation

If an accounting policy of revaluation is adopted, please provide:	**This year**	**Last year**
the effective date of the revaluation		
the name of independent valuer, if applicable		
the methods applied and significant assumptions		
the carrying amount that would have been recognised had the assets been carried under the cost model.	-	-

10.6 Other disclosures

	This year	**Last year**
	£	**£**
(i) Please state the amount of borrowing costs, if any, capitalised in the construction of tangible fixed assets and the capitalisation rate used.	-	-
(ii) Please provide the amount of contractual commitments for the acquisition of tangible fixed assets.	-	-
(iii) Details of the existence and carrying amounts of property, plant and equipment to which the charity has restricted title or that are pledged as security for liabilities.		

** The "transfers" row is for movements between fixed asset categories.*
*** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.*

Note 11 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

11.1 Analysis of debtors

	This year £	Last year £
Trade debtors		
Prepayments and accrued income	7,848	26,691
Other debtors	-	-
Total	7,848	26,691

Please complete 19.2 where a material debtor is recoverable more than a year after the reporting date.

11.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	-
Other debtors	-	-
	-	-
Total	-	-

Note 12 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

12.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	1,890	960	-	-
Taxation and social security	5,332	4,400	-	-
Other creditors	1,122	957	-	-
Total	8,344	6,317	-	-

12.2 Deferred income

Please complete this note if the charity has deferred income.

This year	Last year

Please explain the reasons why income is deferred.

Movement in deferred income account

	This year £	Last year £
Balance at the start of the reporting period	-	-
Amounts added in current period	-	-
Amounts released to income from previous periods	-	-
Balance at the end of the reporting period	-	-

Note 13 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	339,998	313,965
Other	-	-
Total	339,998	313,965

Note 14 Events after the end of the reporting period

Please complete this note events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the

	This year	Last year
Please provide details of the nature of the event	Not applicable	Not applicable
Provide an estimate of the financial effect of the event or a statement that such an estimate cannot be made	Not applicable	Not applicable

Section C Notes to the accounts (cont)

Note 15 Charity funds

15.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the blanace sheet.

**** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds***

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	UR	Unrestricted funds for delivery of suicide prevention training, campaigning and resource distribution	232,747	239,022	- 204,927	-	-	266,842
Suicide Safer Communities	R	Delivery of suicide prevention training, campaigning and resource distribution	76,685	104,694	- 119,412	-	-	61,967
Suicide Bereavement Support	R	Delivery of support to individuals, families and communities impacted by suicide	29,573	33,248	- 49,633	-	-	13,188
Other funds	**N/a**	**N/a**	-	-		-	-	-
		Total Funds	339,005	376,964	- 373,972	-	-	341,997

Section C Notes to the accounts (cont)

Note 15 Charity funds (cont)

15.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the blanace sheet.

**** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds***

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	UR	Unrestricted funds for delivery of Suicide Prevention Activity	150,196	187,586	- 105,035	-	-	232,747
Suicide Safer Communities	R	Delivery of suicide prevention training, campaigning and resource distribution	139,380	123,431	- 186,126	-	-	76,685
Suicide Bereavement Support	R	Delivery of support to individuals, families and communities impacted by suicide	34,259	52,272	- 56,958	-	-	29,573
Other funds	**N/a**	**N/a**	-	-	-	-	-	-
		Total Funds	323,835	363,289	- 348,119	-	-	339,005

Note 15 Charity funds (cont)

15.3 Transfers between funds

This year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	N/A	
Between endowment and restricted funds		
Between endowment and unrestricted funds		

Last year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds	N/A	
Between endowment and restricted funds		
Between endowment and unrestricted funds		

15.4 Designated funds

This year

Planned use	Purpose of the designation	Amount
	N/A	

Last year

Planned use	Purpose of the designation	Amount
	N/A	

Note 15 Transactions with trustees and related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

15.1 Trustee remuneration and benefits

This year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)	**TRUE**

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£	£	£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.	N/A
Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.	N/A

Last year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)	**TRUE**

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.	N/A
Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.	N/A

15.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)	***TRUE***

Type of expenses reimbursed	This year	Last year
	£	£
Travel	-	-
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	-	-

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity		

15.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

This year

There have been no related party transactions in the reporting period (True or False)	***TRUE***

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.	
For any related party, please provide details of any guarantees given or received.	

Last year

There have been no related party transactions in the reporting period (True or False) | ***TRUE***

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

Every Life Matters
Bulls Heas
Shap
PENRITH
CA10 3NG

Dodd & Co Limited
Chartered Accountants
FIFTEEN Rosehill
Montgomery Way
Rosehill Estate
CARLISLE
CA1 2RW

Ref: MJB/EJN/E0509

Dear Sirs

This representation letter is provided in connection with the examination of the financial statements of the charity for the year ended 31 March 2024.

1. We acknowledge as trustees our responsibility for preparing financial statements, in line with charity accounting regulations, and for making accurate representations to you.

2. All accounting records and relevant information have been made available to you for the purpose of your preparation of the accounts and all transactions undertaken by the charity have been properly reflected and recorded in the accounting records or other information provided to you. All other records and related information, including minutes of all trustee and members' meetings, have been made available to you.

3. We acknowledge our responsibility for the design and implementation of appropriate systems of internal control to prevent and detect error and fraud. We confirm that we have disclosed to you the results of our own assessment of the risk of fraud in the charity.

4. There have been no actual or suspected instances of fraud involving trustees, management or employees who have a significant role in internal control or that could have a material effect on the financial statements. We also confirm that we are not aware of any allegations of fraud by former trustees, employees, regulators or others.

5. We confirm that we are not aware of any possible or actual instance of non-compliance with those laws and regulations which provide a legal framework within which the charity conducts its operations. The charity has complied with all aspects of contractual agreements that could have a material effect on the financial statements in the event of non-compliance.

6. The charity has satisfactory title to all assets and there are no liens or encumbrances on the assets.

7. We confirm that we are not aware of any matters of material significance that should be reported to the Charity Commission.

8. We confirm the financial statements are free of material misstatements, including omissions.

9. We confirm that all grants, donations and other income, including those subject to special terms or conditions or received for restricted purposes, have been notified to you. There have been no breaches of terms or conditions during the period regarding the application of such income.

We confirm to the best of our knowledge and belief that the above representations are made on the basis of enquiries of management and staff with relevant knowledge and experience and, where appropriate, of inspection of supporting documentation sufficient to satisfy ourselves that we can properly make each of the above representations to you.

Signed on behalf of the Board of Trustees:

Trustee: _____ Date: 6/1/25

Trustee: K S Bainbridge Date: 6/1/25

EVERY LIFE MATTERS

England & Wales - Charity number 1180815

Accounts

CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/4/2022 Period start date To 31/3/2023 Period end date

Charity name: Every Life Matters

Charity registration number: 1180815

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To advance the education of the public in general in Cumbria and the surrounding areas relating to suicide, suicidal behaviour and suicide bereavement by the provision of training, awareness raising and public events To promote the mental health and well-being of people in Cumbria and the surrounding areas who are bereaved or otherwise impacted by suicide by the provision of advocacy, counselling and support.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	**Reducing deaths by suicide in Cumbria** <u>Activities</u> Development of a network of Suicide Safer Community Projects across Cumbria delivering; • Community Action. Place based grassroots action against suicide • Campaigning & Awareness Raising. Ongoing anti-stigma and suicide awareness campaigning • Project Champions. Volunteering in training, fundraising, Media, lived experience voice. • Training Programme. Delivering accredited suicide prevention training • Focused Interventions. Focusing training and support on high risk communities • Resources. Developing quality digital and paper based suicide prevention materials • Local Leadership. Supporting organisations/individuals to come together to shape action

		Supporting individuals and communities impacted by suicide
		
		<u>Activities</u>
		
		• Development of a Cumbrian Suicide Bereavement Partnership and County Leadership
		• Development of a Support After Suicide Service encompassing;
		  o Information and Signposting
		  o One to One and Family Practical Support
		  o Psychoeducational/Peer Support Groups
		• Develop Support for Communities affected by suicide
		• Design and deliver Suicide Bereavement Awareness Training
		
		Improving understanding of mental health in Cumbria
		
		<u>Activities</u>
		
		• Development and delivery of a Core Training Packages across suicide prevention and self-harm
		• Development and delivery of an Online Training Programme
		• Delivering an open access mental health, suicide prevention and self-harm Rolling Training Programme across Cumbria
		• Development of Other Training and Resources relevant to the aim
		• Developing Income Generating Training activity, or Training Business Arm
		Ensuring a rolling Staff CDP and TFT development programme

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We confirm the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable
Policy on social investment including program related investment	Para 1.38	Not applicable

Contribution made by volunteers	Para 1.38	Volunteers engage with our charity through; • Lived experience volunteers who engage with local media, training and events. • Supporting distribution of suicide prevention materials within their local communities. • Supporting training and other events.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Our charity has gone from strength to strength in its second year, despite being dominated by the Covid pandemic. During the period 1/4/2022 to 31/3/2023 highlights of our activity include; **Reducing deaths by suicide in Cumbria** • We have expanded the range of training we offer, and provided training to over 10,000 people by 31/3/2023 • Distributed over 260,000 paper suicide prevention materials, including o Second version of a mental health and wellbeing information booklet, developed with CNTW HNS Foundation Trust, to every household in Cumbria at the tail end of the covid pandemic. This booklet has been distributed widely outside Cumbria as well, and we estimate nearly 3 million copies have now been developed. o We have developed a Self-harm Safe Kit which to date 3,500 copies of have been distributed across Cumbria. This also is being distributed across the North East, Lancashire, Cheshire and Merseyside and other areas of the UK and we are preparing versions to be sold across the UK. o Development of a Suicide Prevention Resource Tin which has been distributed to over 1250 local organisations across

		health, social care, third sectors, police and community groups. • We have undertaken several localised campaigns based around Covid 19 themes across social, TV, Radio and print media, as well as securing over 50 articles in local media focusing on suicide prevention during the period. • We have reached over 200,000 people through our social media campaigns • We have engaged with over 55 employers during the period, developing suicide safer workplaces, including major workforces at BAE and Sellafield. • We have developed 5 core suicide prevention training packages which are being launched as a licensed TFT package for sale to other tutors outside Cumbria. **Supporting individuals and communities impacted by suicide** • We have delivered Suicide Bereavement support to 98 individuals during the period, in the early weeks and months following loss of a close family member. • We have worked jointly with other providers to develop a condolence pack that goes to all family bereaved through suicide in Cumbria. • We have developed a Postvention Providers Forum which is working towards identifying and meeting gaps in local provision and promoting generally the experience of people bereaved by suicide. • We held 6 candle lit vigils across Cumbria on world suicide prevention day attended by over 330 people. **Improving understanding of mental health in Cumbria** • provided mental health and self-harm training to a further 600+ people • continued to distribute a range of paper materials, social and other media activity, particularly in relation to key themes arising out of Covid.

Additional information (optional)
You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Not applicable
Performance of fundraising activities against objectives set	Para 1.41	Not applicable
Investment performance against objectives	Para 1.41	Not applicable
Other		Not applicable

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial situation at the year-end. We have a number of large restricted grants rolling over into next year and beyond, giving security to most staffing positions. We have also done well to maximise surpluses from contract income and increase public donations which we are able to invest back in core charitable activity. This is reflected in our large Unrestricted Funds levels. We are confident that within the next three years, with continued growth of our training income generating activity, that we can make the bulk of our Cumbria suicide prevention and suicide bereavement support activity sustainable in the long term.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to develop a minimum of 6 months' core running costs + wind down costs, which at present equates to £32,550. We have met our targets for reserves levels.
Amount of reserves held	Para 1.22	Total unrestricted reserves are £232,747. Of the unrestricted funds £228,081 are free reserves (Total reserves less fixed assets). £188,081 of this is allocated to training and project delivery with £40,000 held as Reserves for core running costs + wind down as described above.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity holds a wide mix of income streams across contract and trading income, grants and public donations. Developing this mix is a key part of our financial strategy. Of particular importance in the coming three years is development of trading income derived from training delivery and development of licensed training products based on our own core suicide prevention training packages.

Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	**Constitution**
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (Foundation Structure)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees appointed by Trustees for a three-year term. Trustees target specific skills/experience through audit and review.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Informal at present, currently formalising procedure.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	Every Life Matters
Other name the charity uses	
Registered charity number	1180815
Charity's principal address	Bulls Head, Shap, Penrith, Cumbria CA10 3NG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Katherine Bainbridge	Chair		
2	Esther Kirby			
3	Jasper Kirkman			
4	Anita Kerrigan			
5	Rebecca Osbourne			

6	Jane Mathieson			

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	
None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Wood

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	KBainbridge	AMKerrigan
Full name(s)	Jane Katherine Bainbridge	Anita Margaret Kerrigan
Position (eg Secretary, Chair, etc)	Chair	

Date 11.1.2024

CHARITY COMMISSION FOR ENGLAND AND WALES

Every Life Matters			1180815		
Annual accounts for the period					
Period start date	01/04/2022	To	Period end date	31/03/2023	

Section A Statement of financial activities

Recommended categories by activity	Guidance Notes	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total funds £	Prior year funds £
Incoming resources (Note 3)		F01	F02	F03	F04	F05
Income and endowments from:						
Donations and legacies	S01	187,586	147,586	-	335,172	431,587
Charitable activities	S02	-	28,117	-	28,117	41,491
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	187,586	175,703	-	363,289	473,078
Resources expended (Note 6)						
Expenditure on:						
Raising funds	S08	1,169	-	-	1,169	3,946
Charitable activities	S09	102,906	243,084	-	345,990	304,940
Separate material item of expense	S10	960	-	-	960	720
Other	S11	-	-	-	-	-
Total	S12	105,035	243,084	-	348,119	309,606
Net income/(expenditure) before investment gains/(losses)	S13	82,551	(67,381)	-	15,170	163,472
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	82,551	(67,381)	-	15,170	163,472
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	82,551	- 67,381	-	15,170	163,472
Reconciliation of funds:						
Total funds brought forward	S21	150,196	173,639	-	323,835	160,363
Total funds carried forward	S22	232,747	106,258	-	339,005	323,835

Section B Balance sheet

	Guidance Notes	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
Fixed assets						
Intangible assets	B01	-	-	-	-	-
Tangible assets (Note 10)	B02	4,666	-	-	4,666	3,033
Heritage assets	B03	-	-	-	-	-
Investments	B04	-	-	-	-	-
Total fixed assets	B05	4,666	-	-	4,666	3,033
Current assets						
Stocks	B06	-	-	-	-	-
Debtors (Note 11)	B07	26,691	-	-	26,691	43,020
Investments	B08	-	-	-	-	-
Cash at bank and in hand (Note 13)	B09	207,707	106,258	-	313,965	281,879
Total current assets	B10	234,398	106,258	-	340,656	324,899
Creditors: amounts falling due within one year (Note 12)	B11	6,317	-	-	6,317	4,097
Net current assets/(liabilities)	B12	228,081	106,258	-	334,339	320,802
Total assets less current liabilities	B13	232,747	106,258	-	339,005	323,835
Creditors: amounts falling due after one year (Note 12)	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	232,747	106,258	-	339,005	323,835
Funds of the Charity						
Endowment funds (Note 15)	B17	-			-	-
Restricted income funds (Note 15)	B18		106,258		106,258	173,639
Unrestricted funds	B19	232,747		-	232,747	150,196
Revaluation reserve	B20				-	
Total funds	B21	232,747	106,258	-	339,005	323,835

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
K Bainbridge	KATHERINE BAINBRIDGE	11/01/2024
Anita Kerrigan	ANITA KERRIGAN	11/01/2024

Section C Notes to the accounts

Note 1 **Basis of preparation**

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

• and with*	✔	the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
• and with*	✔	the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)

• and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*	✔

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;	***Not applicable***
Disclosure of any uncertainties that make the going concern assumption doubtful;	***Not applicable***
Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.	***Not applicable***

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*	✔	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of the change in accounting policy;	
(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and	
(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.	

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*	✔	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of any changes;	
(ii) the effect of the change on income and expense or assets and liabilities for the current period; and	
(iii) where practicable, the effect of the change in one or more future periods.	

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*	✔	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of the prior period error;	
(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and	
(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.	

Note 2 Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy	

Reconcilation of funds per previous GAAP to funds determined under FRS 102

	Start of period £	End of period £
Fund balances as previously stated		
Adjustments:		
Fund balance as restated		

Reconcilation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	End of £
Net income/(expenditure) as previously stated	
Adjustments:	
Previous period net income/(expenditure) as restated	

Note 2 Accounting policies

2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

		Yes	No	N/a
Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: • the charity becomes entitled to the resources; · it is more likely than not that the trustees will receive the resources; and • the monetary value can be measured with sufficient reliability.	✓		
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	✓		
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	✓		
	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).	✓		
Legacies	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.			✓
Government grants	The charity has received government grants in the reporting period	✓		
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.			✓
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	✓		
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.			✓
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.			✓
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.			✓
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.			✓
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.			✓
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.			✓
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.			✓
Support costs	The charity has incurred expenditure on support costs.	✓		
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	✓		
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.			✓
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.			✓
	Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.			✓

		Yes	No	N/a
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.			✓
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.			✓

2.3 EXPENDITURE AND LIABILITIES

		Yes	No	N/a
Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.			✓
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.	✓		
	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.	✓		
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.			✓
Grants payable without performance conditions	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.			✓
Redundancy cost	The charity made no redundancy payments during the reporting period.	✓		
Deferred income	No material item of deferred income has been included in the accounts.	✓		
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts		✓	
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date			✓
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.			✓

2.4 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least	£100		
	They are valued at cost.			✓
	The depreciation rates and methods used are disclosed in note 9.2.			
Intangible fixed assets	The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5			✓
	They are valued at cost.			✓
Heritage assets	The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.			✓
	They are valued at cost.			✓
Investments	Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.			✓
	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments			✓
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.			✓
	Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.	✓		
	Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.			✓
	Debtors (including trade debtors and loans receivable) are measured on initial recognition at			

Debtors	settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.	✓	✓	✓
Current asset investments	The charity has has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.	Yes	No	N/a
		✓	✓	✓
	They are valued at fair value except where they qualify as basic financial instruments.	Yes	No	N/a
		✓	✓	✓

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE

Note 3 Analysis of income

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	34,965	-	-	34,965	35,965
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	152,621	84,994	-	237,615	333,030
	The National Lottery Community Fund - RC North East and Cumbria Region Programme	-	62,592	-	62,592	62,592
	Other	-	-	-	-	
	Total	187,586	147,586	-	335,172	431,587
Charitable activities:	General grants provided by government/other	-	28,117	-	28,117	41,491
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	28,117	-	28,117	41,491
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Income from investments:	Interest income	-	-	-	-	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		187,586	175,703	-	363,289	473,078

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)	Grants and donations of £226,933
Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.	
Where any endowment fund is converted into income in the prior period, please give the reason for the conversion.	
Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)	

Note 4 Analysis of receipts of government grants

	Description	This year £
Government grant 1	North Cumbria CCG - Postvention Services	27,000
Government grant 2	Cumbria County Council - Suicide Prevention Activity	28,350
Government grant 3	Lancashire and South Cumbria ICB	10,000
	Total	65,350

	Description	Last year £
Government grant 1	North Cumbria CCG - Postvention Services	30,000
Government grant 2	Cumbria County Council - Wellbeing Booklet distribution	101,049
Government grant 3	Cumbria County Council - Suicide Safer Schools Development	26,600
Government grant 4	Blackburn with Darwen CCG - Training	3,560
	Total	161,209

	This year	Last year
Please provide details of any unfulfilled conditions and other contingencies attaching to grants that have been recognised in income.	Not applicable	Not applicable

	This year	Last year
Please give details of other forms of government assistance from which the charity has directly benefited.	Not applicable	Not applicable

Note 5 Donated goods, facilities and services

	This year £	Last year £
Seconded staff	-	-
Use of property	-	-
Other	-	-
	-	-

	This year	Last year
Please provide details of the accounting policy for the recognition and valuation of donated goods, facilities and services.	Not applicable	Not applicable
Please provide details of any unfulfilled conditions and other contingencies attaching to resources from donated goods and services not recognised in income.	Not applicable	Not applicable
Please give details of other forms of other donated goods and services not recognised in the accounts, eg contribution of unpaid volunteers.	Not applicable	Not applicable

Section C Notes to the accounts (cont)

Note 6 Analysis of expenditure

Analysis	This year Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Last year Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on raising funds:				£				£
Incurred seeking donations	1,169	-	-	1,169	3,946	-	-	3,946
Total expenditure on raising funds	1,169	-	-	1,169	3,946	-	-	3,946
Expenditure on charitable activities:								
Suicide Safer Communities	102,906	186,126	-	289,032	135,593	122,179	-	257,772
Suicide Bereavement Support	-	56,958	-	56,958	-	47,168	-	47,168
Total expenditure on charitable activities	102,906	243,084	-	345,990	135,593	169,347	-	304,940
Separate material item of expense								
Independent exam fees	960	-	-	960	720	-	-	720
	-	-	-	-	-	-	-	-
Total	960	-	-	960	720	-	-	720
Other								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	-	-	-	-	-	-	-	-
TOTAL EXPENDITURE	105,035	243,084	-	348,119	140,259	169,347	-	309,606

Other information:

Analysis of expenditure on charitable activities

Activity or programme	This year Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Last year Activities undertaken directly	Grant funding of activities	Support Costs	Total last year
	£	£	£	£	£	£	£	£
Activity 1	-	-	-	-	-	-	-	-
Activity 2	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-

Section C Notes to the accounts

Note 7 Details of certain items of expenditure

7.1 Fees for examination of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

	This year £	Last year £
Independent examiner's fees	960	720
Assurance services other than audit or independent examination	-	-
Tax advisory fees	-	-
Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner	-	-

Section C Notes to the accounts (cont)

Note 8 Paid employees

Please complete this note if the charity has any employees.

8.1 Staff Costs

	This year £	Last year £
Salaries and wages	215,537	134,360
Social security costs	11,926	6,527
Pension costs (defined contribution scheme)	4,293	2,753
Other employee benefits	-	-
Total staff costs	231,756	143,640

This year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Not applicable

Last year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Not applicable

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

Correct

Band	Number of employees	
	This year	Last year
£60,000 to £69,999	-	-
£70,000 to £79,999	-	-
£80,000 to £89,999	-	-
£90,000 to £99,999	-	-
£100,000 to £109,999	-	-

	This year £	Last year £
Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.	31,250	24,600

8.2 Average head count in the year

The parts of the charity in which the employees work	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	12	8
Governance	-	-
Other	-	-
Total	12	8

8.3 Ex-gratia payments to employees and others (excluding trustees)
Please complete if an ex-gratia payment is made.

Please explain the nature of the payment	
This year	None
Last year	None

Please state the legal authority or reason for making the payment	
This year	Not applicable
Last year	Not applicable

Please state the amount of the payment (or value of any waiver of a right to an asset)	This year	Last year
	£	£
	-	-

8.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

	This year	Last year
	£	£
Total amount of payment	-	-

The nature of the payment (cash, asset etc.)		

	This year	Last year
	£	£
The extent of redundancy funding at the balance sheet date	-	-

Please state the accounting policy for any redundancy or termination payments		

Note 9 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

9.1 Please complete this note if a defined contribution pension scheme is operated.

	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	4,293	2,753

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.	

9.2 Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.	Not applicable
Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity for this year and last year, if different	Not applicable

9.3 Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan. If this is different for last year, provide details	Not applicable
Provide an explanation of how any liability arising from an agreement with a multi-employer plan to fund a deficit has been determined. If this is different for last year, provide details	Not applicable

Note 10 Tangible fixed assets

Please complete this note if the charity has any tangible fixed assets

10.1 Cost or valuation

	Freehold land & buildings £	Other land & buildings £	Plant, machinery and motor vehicles £	Fixtures, fittings and equipment £	Total £
At the beginning of the year	-	-	-	4,550	4,550
Additions	-	-	-	3,467	3,467
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	8,017	8,017

10.2 Depreciation and impairments

**Basis	SL or RB (Straight Line or Reducing Balance)	SL or RB	SL or RB	SL or RB	SL or RB
** Rate				3 years SL	
At beginning of the year	-	-	-	1,517	1,517
Disposals	-	-	-	-	-
Depreciation	-	-	-	1,834	1,834
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of the year	-	-	-	3,351	3,351

10.3 Net book value

Net book value at the beginning of the year	-	-	-	3,033	3,033
Net book value at the end of the year	-	-	-	4,666	4,666

10.4 Impairment

This year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.	
Last year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.	

10.5 Revaluation

If an accounting policy of revaluation is adopted, please provide:	**This year**	**Last year**
the effective date of the revaluation		
the name of independent valuer, if applicable		
the methods applied and significant assumptions		
the carrying amount that would have been recognised had the assets been carried under the cost model.	-	-

10.6 Other disclosures

	This year	**Last year**
	£	**£**
(i) Please state the amount of borrowing costs, if any, capitalised in the construction of tangible fixed assets and the capitalisation rate used.	-	-
(ii) Please provide the amount of contractual commitments for the acquisition of tangible fixed assets.	-	-
(iii) Details of the existence and carrying amounts of property, plant and equipment to which the charity has restricted title or that are pledged as security for liabilities.		

** The "transfers" row is for movements between fixed asset categories.*
*** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.*

Note 11 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

11.1 Analysis of debtors

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	-
Other debtors	26,691.0	43,020.0
Total	26,691.0	43,020.0

Please complete 11.2 where a material debtor is recoverable more than a year after the reporting date.

11.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	-
Other debtors	-	-
	-	-
Total	-	-

Note 12 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

12.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	960	720	-	-
Taxation and social security	5,357	3,377	-	-
Other creditors	-	-	-	-
Total	6,317	4,097	-	-

12.2 Deferred income

Please complete this note if the charity has deferred income.

This year	Last year

Please explain the reasons why income is deferred.

Movement in deferred income account	This year £	Last year £
Balance at the start of the reporting period	-	-
Amounts added in current period	-	-
Amounts released to income from previous periods	-	-
Balance at the end of the reporting period	-	-

Section C	Notes to the accounts	(cont)

Note 13 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	313,965	281,879
Other	-	-
Total	313,965	281,879

Section C Notes to the accounts (cont)

Note 14 Events after the end of the reporting period

Please complete this note events (not requiring adjustment to the accounts) have occurred after the end of the reporting period but before the accounts are authorised which relate to conditions that arose after the end of the

	This year	Last year
Please provide details of the nature of the event	Not applicable	Not applicable
Provide an estimate of the financial effect of the event or a statement that such an estimate cannot be made	Not applicable	Not applicable

Section C Notes to the accounts (cont)

Note 15 Charity funds

15.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the blanace sheet.

**** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds***

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	UR	Unrestricted funds for delivery of suicide prevention training, campaigning and resource distribution	150,196	187,586	- 105,035	-	-	232,747
Suicide Safer Communities	R	Delivery of suicide prevention training, campaigning and resource distribution	139,380	123,431	- 186,126	-	-	76,685
Suicide Bereavement Support	R	Delivery of support to individuals, families and communities impacted by suicide	34,259	52,272	- 56,958	-	-	29,573
Other funds	**N/a**	**N/a**	-	-		-	-	-
		Total Funds	323,835	363,289	- 348,119	-	-	339,005

Note 15 Charity funds (cont)

15.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the blanace sheet.

**** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds***

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	UR	Unrestricted funds for delivery of Suicide Prevention Activity	44,310	246,145	- 140,259	-	-	150,196
Suicide Safer Communities	R	Delivery of suicide prevention training, campaigning and resource distribution	71,177	190,382	- 122,179	-	-	139,380
Suicide Bereavement Support	R	Delivery of support to individuals, families and communities impacted by suicide	44,876	36,551	- 47,168	-	-	34,259
Other funds	**N/a**	**N/a**	-	-	-	-	-	-
		Total Funds	160,363	473,078	- 309,606	-	-	323,835

Note 15 Charity funds (cont)

15.3 Transfers between funds

This year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds		
Between endowment and restricted funds		
Between endowment and unrestricted funds		

Last year

	Reason for transfer and where endowment is converted to income, legal power for its conversion	Amount
Between unrestricted and restricted funds		
Between endowment and restricted funds		
Between endowment and unrestricted funds		

15.4 Designated funds

This year

Planned use	Purpose of the designation	Amount

Last year

Planned use	Purpose of the designation	Amount

Note 16 Transactions with trustees and related parties

If the charity has any transactions with related parties (other than the trustee expenses explained in guidance notes) details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box or "False" if there are transactions to report.

16.1 Trustee remuneration and benefits

This year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)	TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£	£	£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.	n/a
Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.	n/a

Last year

None of the trustees have been paid any remuneration or received any other benefits from an employment with their charity or a related entity (True or False)	TRUE

In the period the charity has paid trustees remuneration and benefits. Please give the amount of, and legal authority for, any remuneration or other benefits paid to a trustee by the charity or any institution or company connected with it.

Name of trustee	Legal authority (eg order, governing document)	Amounts paid or benefit value				
		Remuneration	Pension contribution	Redundancy (including loss of office)/ex gratia	Other	TOTAL
		£	£		£	£
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-

Please give details of why remuneration or other employment benefits were paid.	n/a
Where an ex gratia payment has been made to a trustee, provide an explanation of the nature of the payment.	n/a

16.2 Trustees' expenses

If the charity has paid trustees expenses for fulfilling their duties, details of such transactions should be provided in this note. If there are no transactions to report, please enter "True" in the box below. If there are transactions to report, please enter "False".

No trustee expenses have been incurred (True or False)	***TRUE***

Type of expenses reimbursed	This year	Last year
	£	£
Travel	-	-
Subsistence	-	-
Accommodation	-	-
Other (please specify):	-	-
	-	-
TOTAL	-	-

Please provide the number of trustees reimbursed for expenses or who had expenses paid by the charity		

16.3 Transaction(s) with related parties

Please give details of any transaction undertaken by (or on behalf of) the charity in which a related party has a material interest, including where funds have been held as agent for related parties. If there are no such transactions, please enter 'true' in the box provided.

This year

There have been no related party transactions in the reporting period (True or False)	***TRUE***

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.	
For any related party, please provide details of any guarantees given or received.	

Last year

There have been no related party transactions in the reporting period (True or False) ***TRUE***

Name of the trustee or related party	Relationship to charity	Description of the transaction(s)	Amount	Balance at period end	Provision for bad debts at period end	Amounts written off during reporting period
			£	£	£	£

In relation to the transactions above, please provide the terms and conditions, including any security and the nature of any payment (consideration) to be provided in settlement.

For any related party, please provide details of any guarantees given or received.

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name Every Life Matters		
On accounts for the year ended	31 March 2023	**Charity no (if any)**	1180815
Set out on pages	1-29		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

Independent examiner's statement

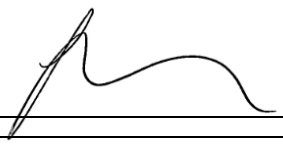
The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 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.

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

Signed:		**Date:**	19/01/2024
Name:	Joanne Thomlinson FCA		

Relevant professional qualification(s) or body (if any):	ICAEW
Address:	FIFTEEN Rosehill, Montgomery Way
	Carlisle
	CA1 2RW

Section B	**Disclosure**
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	

EVERY LIFE MATTERS

England & Wales - Charity number 1180815

Accounts

CHARITY COMMISSION FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/4/2021 Period start date To 31/3/2022 Period end date

Charity name: Every Life Matters

Charity registration number: 1180815

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To advance the education of the public in general in Cumbria and the surrounding areas relating to suicide, suicidal behaviour and suicide bereavement by the provision of training, awareness raising and public events To promote the mental health and well-being of people in Cumbria and the surrounding areas who are bereaved or otherwise impacted by suicide by the provision of advocacy, counselling and support.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	**Reducing deaths by suicide in Cumbria** <u>Activities</u> Development of a network of Suicide Safer Community Projects across Cumbria delivering; • Community Action. Place based grassroots action against suicide • Campaigning & Awareness Raising. Ongoing anti-stigma and suicide awareness campaigning • Project Champions. Volunteering in training, fundraising, Media, lived experience voice. • Training Programme. Delivering accredited suicide prevention training • Focused Interventions. Focusing training and support on high risk communities • Resources. Developing quality digital and paper based suicide prevention materials • Local Leadership. Supporting organisations/individuals to come together to shape action

		Supporting individuals and communities impacted by suicide
		
		Activities
		
		• Development of a Cumbrian Suicide Bereavement Partnership and County Leadership
		• Development of a Support After Suicide Service encompassing;
		  ○ Information and Signposting
		  ○ One to One and Family Practical Support
		  ○ Psychoeducational/Peer Support Groups
		• Develop Support for Communities affected by suicide
		• Design and deliver Suicide Bereavement Awareness Training
		
		Improving understanding of mental health in Cumbria
		
		Activities
		
		• Development and delivery of a Core Training Packages across suicide prevention and self-harm
		• Development and delivery of an Online Training Programme
		• Delivering an open access mental health, suicide prevention and self-harm Rolling Training Programme across Cumbria
		• Development of Other Training and Resources relevant to the aim
		• Developing Income Generating Training activity, or Training Business Arm
		Ensuring a rolling Staff CDP and TFT development programme

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We confirm the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable
Policy on social investment including program related investment	Para 1.38	Not applicable

Contribution made by volunteers	Para 1.38	Volunteers engage with our charity through; • Lived experience volunteers who engage with local media, training and events. • Supporting distribution of suicide prevention materials within their local communities. • Supporting training and other events.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Our charity has gone from strength to strength in its second year, despite being dominated by the Covid pandemic. During the period 1/4/2021 to 31/3/2022 highlights of our activity include; **Reducing deaths by suicide in Cumbria** • Moved all our suicide prevention and other training online, expanded the range of training we offer, and provided training to over 6,000 people by 31/3/2022 • Distributed over 260,000 paper suicide prevention materials, including o Second version of a mental health and wellbeing information booklet, developed with CNTW HNS Foundation Trust, to every household in Cumbria at the tail end of the covid pandemic. This booklet has been distributed widely outside Cumbria as well, and we estimate nearly 3 million copies have now been developed. o We have developed a Self-harm Safe Kit which to date 3,500 copies of have been distributed across Cumbria. This also is being distributed across the North East, Lancashire, Cheshire and Merseyside and other areas of the UK. o Development of a Suicide Prevention Resource Tin which has been distributed to over 1050 local organisations across

		health, social care, third sectors, police and community groups. • We have undertaken several localised campaigns based around Covid 19 themes across social, TV, Radio and print media, as well as securing over 50 articles in local media focusing on suicide prevention during the period. • We have reached over 250,000 people through our social media campaigns • We have engaged with over 45 employers during the period, developing suicide safer workplaces, including major workforces at BAE and Sellafield. • We have developed 4 core suicide prevention training packages which are now developing as a licensed TFT package for sale to other tutors outside Cumbria. **Supporting individuals and communities impacted by suicide** • We have deliver Suicide Bereavement support to 105 individuals during the period, in the early weeks and months following loss of a close family member. • We have worked jointly with other providers to develop a condolence pack that goes to all family bereaved through suicide in Cumbria. • We have developed a Postvention Providers Forum which is working towards identifying and meeting gaps in local [provision and promoting generally the experience of people bereaved by suicide. • We held 3 candle lit vigils across Cumbria on world suicide prevention day attended by over 330 people. **Improving understanding of mental health in Cumbria** • provided mental health and self-harm training to a further 600+ people • continued to distribute a range of paper materials, social and other media activity, particularly in relation to key themes arising out of Covid.

Additional information (optional)

You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	Not applicable
Performance of fundraising activities against objectives set	Para 1.41	Not applicable
Investment performance against objectives	Para 1.41	Not applicable
Other		Not applicable

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial situation at the year-end. We have a number of large restricted grants rolling over into next year and beyond, giving security to most staffing positions. We have also done well to maximise surpluses from contract income and increase public donations which we are able to invest back in core charitable activity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to develop a minimum of 6 months' core running costs + wind down costs, which at present equates to £32,550. We have met our targets for reserves levels.
Amount of reserves held	Para 1.22	Total unrestricted reserves are £150,196. Of the unrestricted funds £147,163 are free reserves (Total reserves less fixed assets). £107,163 of this is allocated to training and project delivery with £40,000 reserved for core running costs + wind down as described above.
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

Additional information (optional)

You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity holds a wide mix of income streams across contract and trading income, grants and public donations. Developing this mix is a key part of our financial strategy. Of particular importance in the coming three years is development of trading income derived from training delivery and development of licensed training products based on our own core suicide prevention training packages.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A
A description of the principal risks facing the charity	Para 1.46	N/A
Other		N/A

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	**Constitution**
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (Foundation Structure)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees appointed by Trustees for a three-year term. Trustees target specific skills/experience through audit and review.

Additional information (optional)

You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Informal at present, currently formalising procedure.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		N/A

Reference and Administrative details

Charity name	Every Life Matters
Other name the charity uses	
Registered charity number	1180815
Charity's principal address	Bulls Head, Shap, Penrith, Cumbria CA10 3NG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Katherine Bainbridge	Chair		
2	Esther Kirby			
3	Jasper Kirkman			
4	Anita Kerrigan			
5	Rebecca Osbourne			
6	Jane Mathieson			

Corporate trustees – names of the directors at the date the report was approved

Director name		
None		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

None		

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Wood

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

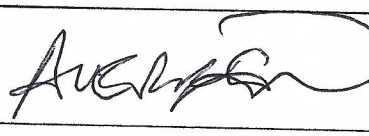
Other optional information

N/A

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	KBainbridge	
Full name(s)	Jane Katherine Bainbridge	Anita Margaret Kerrigan
Position (eg Secretary, Chair, etc)	Chair	Trustee
Date		

CHARITY COMMISSION FOR ENGLAND AND WALES

Every Life Matters			1180815	
Annual accounts for the period				
Period start date	01/04/2021	To	Period end date	31/03/2022

Section A Statement of financial activities

	Guidance Notes	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Recommended categories by activity						
Incoming resources (Note 3)						
Income and endowments from:						
Donations and legacies	S01	35,965	-	-	35,965	123,477
Charitable activities	S02	210,180	226,933	-	437,113	138,749
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	246,145	226,933	-	473,078	262,226
Resources expended (Note 5)						
Expenditure on:						
Raising funds	S08	3,946	-	-	3,946	19,297
Charitable activities	S09	134,076	169,347	-	303,423	211,794
Separate material item of expense	S10	720	-	-	720	-
Other	S11	1,517	-	-	1,517	-
Total	S12	140,259	169,347	-	309,606	231,091
Net income/(expenditure) before investment gains/(losses)	S13	105,886	57,586	-	163,472	31,135
Net gains/(losses) on investments	S14	-	-	-	-	-
Net income/(expenditure)	S15	105,886	57,586	-	163,472	31,135
Extraordinary items	S16	-	-	-	-	-
Transfers between funds	S17	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S18	-	-	-	-	-
Other gains/(losses)	S19	-	-	-	-	-
Net movement in funds	S20	105,886	57,586	-	163,472	31,135
Reconciliation of funds:						
Total funds brought forward	S21	44,310	116,053	-	160,363	129,228
Total funds carried forward	S22	150,196	173,639	-	323,835	160,363

Section B Balance sheet

	Guidance Notes	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
Fixed assets						
Intangible assets	B01	-	-	-	-	-
Tangible assets (Note 9)	B02	3,033	-	-	3,033	4,550
Heritage assets	B03	-	-	-	-	-
Investments	B04	-	-	-	-	-
Total fixed assets	B05	3,033	-	-	3,033	4,550
Current assets						
Stocks	B06	-	-	-	-	-
Debtors (Note 10)	B07	43,020	-	-	43,020	7,600
Investments	B08	-	-	-	-	-
Cash at bank and in hand (Note 12)	B09	108,240	173,639	-	281,879	148,213
Total current assets	B10	151,260	173,639	-	324,899	155,813
Creditors: amounts falling due within one year (Note 11)	B11	4,097	-	-	4,097	-
Net current assets/(liabilities)	B12	147,163	173,639	-	320,802	155,813
Total assets less current liabilities	B13	150,196	173,639	-	323,835	160,363
Creditors: amounts falling due after one year (Note 11)	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	150,196	173,639	-	323,835	160,363
Funds of the Charity						
Endowment funds (Note 13)	B17	-			-	-
Restricted income funds (Note 13)	B18		173,639		173,639	116,053
Unrestricted funds	B19	150,196		-	150,196	44,310
Revaluation reserve	B20				-	
Total funds	B21	150,196	173,639	-	323,835	160,363

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	ANITA KERRIGAN	5/01/2023
K Bainbridge	KATHERINE BAINBRIDGE	5/01/2023

Section C Notes to the accounts

Note 1 Basis of preparation

This section should be completed by all charities.

1.1 Basis of accounting

These accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

The accounts have been prepared in accordance with:

• and with*	✔	the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014
• and with*	✓	the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102)

• and with the Charities Act 2011.

The charity constitutes a public benefit entity as defined by FRS 102.*	✓

* -Tick as appropriate

1.2 Going concern

If there are material uncertainties related to events or conditions that cast significant doubt on the charity's ability to continue as a going concern, please provide the following details or state "Not applicable", if appropriate:

An explanation as to those factors that support the conclusion that the charity is a going concern;	***Not applicable***
Disclosure of any uncertainties that make the going concern assumption doubtful;	***Not applicable***
Where accounts are not prepared on a going concern basis, please disclose this fact together with the basis on which the trustees prepared the accounts and the reason why the charity is not regarded as a going concern.	***Not applicable***

1.3 Change of accounting policy

The accounts present a true and fair view and the accounting policies adopted are those outlined in note { }.

Yes*	✓	* -Tick as appropriate
No*		

Please disclose:

(i) the nature of the change in accounting policy;	Changed from receipts and payments accounts to accruals accounts.
(ii) the reasons why applying the new accounting policy provides more reliable and more relevant information; and	Due to breaching £250k turnover limit for receipts and payments accounts.
(iii) the amount of the adjustment for each line affected in the current period, each prior period presented and the aggregate amount of the adjustment relating to periods before those presented, 3.44 FRS 102 SORP.	*Prior period fund balances changed from £173,284 to £155,813 due to opening and closing debtor movements.*

1.4 Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period (3.46 FRS 102 SORP).

Yes*		* -Tick as appropriate
No*	✓	

Please disclose:

(i) the nature of any changes;	N/A
(ii) the effect of the change on income and expense or assets and liabilities for the current period; and	N/A
(iii) where practicable, the effect of the change in one or more future periods.	***N/A***

1.5 Material prior year errors

No material prior year error have been identified in the reporting period (3.47 FRS 102 SORP).

Yes*		* -Tick as appropriate
No*	✓	

Please disclose:

(i) the nature of the prior period error;	N/A
(ii) for each prior period presented in the accounts, the amount of the correction for each account line item affected; and	N/A
(iii) the amount of the correction at the beginning of the earliest prior period presented in the accounts.	***N/A***

Note 2 Accounting policies

Please complete this note when first reporting under FRS2102. Section 35 of FRS102, requires 3 reconciliations to be presented, if all are applicable.

2.1 RECONCILIATION WITH PREVIOUS GENERALLY ACCEPTED ACCOUNTING PRACTICE

Please provide a description of the nature of each change in accounting policy	N/A

Reconcilation of funds per previous GAAP to funds determined under FRS 102

	Start of period	End of period
	£	£
Fund balances as previously stated	*173,284.00*	
Adjustments:		
Closing debtors	*7,600.00*	
Opening debtors	*- 24,648.00*	
Extra income	*- 323.00*	
Correction of prior year opening balance	*- 100.00*	
Fixed assets	*4,550.00*	
Fund balance as restated	*160,363.00*	-

Reconcilation of net income/(net expenditure) per previous GAAP to net income/(net expenditure) under FRS 102

	End of period
	£
Net income/(expenditure) as previously stated	
Adjustments:	
Previous period net income/(expenditure) as restated	

Note 2 **Accounting policies**

2.2 INCOME

This standard list of accounting policies has been applied by the charity except for those ticked "No" or "N/a". Where a different or additional policy has been adopted then this is detailed in the box below.

		Yes	No	N/a
Recognition of income	These are included in the Statement of Financial Activities (SoFA) when: • the charity becomes entitled to the resources; • it is more likely than not that the trustees will receive the resources; and • the monetary value can be measured with sufficient reliability.	✓		
Offsetting	There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.	✓		
Grants and donations	Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP).	✓		
Legacies	In the case of performance related grants, income must only be recognised to the extent that the charity has provided the specified goods or services as entitlement to the grant only occurs when the performance related conditions are met (5.16 FRS 102 SORP).	✓		
	Legacies are included in the SOFA when receipt is probable, that is, when there has been grant of probate, the executors have established that there are sufficient assets in the estate and any conditions attached to the legacy are either within the control of the charity or have been met.			✓
Government grants	The charity has received government grants in the reporting period	✓		
Tax reclaims on donations and gifts	Gift Aid receivable is included in income when there is a valid declaration from the donor. Any Gift Aid amount recovered on a donation is considered to be part of that gift and is treated as an addition to the same fund as the initial donation unless the donor or the terms of the appeal have specified otherwise.			✓
Contractual income and performance related grants	This is only included in the SoFA once the charity has provided the related goods or services or met the performance related conditions.	✓		
Donated goods	Donated goods are measured at fair value (the amount for which the asset could be exchanged) unless impractical to do so.			✓
	The cost of any stock of goods donated for distribution to beneficiaries is deemed to be the fair value of those gifts at the time of their receipt and they are recognised on receipt. In the reporting period in which the stocks are distributed, they are recognised as an expense at the carrying amount of the stocks at distribution.			✓
	Donated goods for resale are measured at fair value on initial recognition, which is the expected proceeds from sale less the expected costs of sale, and recognised in 'Income from other trading activities' with the corresponding stock recognised in the balance sheet. On its sale the value of stock is charged against 'Income from other trading activities' and the proceeds from sale are also recognised as 'Income from other trading activities'.			✓
	Goods donated for on-going use by the charity are recognised as tangible fixed assets and included in the SoFA as incoming resources when receivable.			✓
	Gifts in kind for use by the charity are included in the SoFA as income from donations when receivable.			✓
Donated services and facilities	Donated services and facilities are included in the SOFA when received at the value of the gift to the charity provided the value of the gift can be measured reliably.			✓
	Donated services and facilities that are consumed immediately are recognised as income with an equivalent amount recognised as an expense under the appropriate heading in the SOFA.			✓
Support costs	The charity has incurred expenditure on support costs.			✓
Volunteer help	The value of any voluntary help received is not included in the accounts but is described in the trustees' annual report.	✓		
Income from interest, royalties and dividends	This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.			✓
Income from membership subscriptions	Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.			✓
	Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.			✓

		Yes	No	N/a
Settlement of insurance claims	Insurance claims are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS102 SORP) and are included as an item of other income in the SoFA.			✓
Investment gains and losses	This includes any realised or unrealised gains or losses on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.			✓

2.3 EXPENDITURE AND LIABILITIES

		Yes	No	N/a
Liability recognition	Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.			✓
Governance and support costs	Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.	✓		
	Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, eg allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.	✓		
Grants with performance conditions	Where the charity gives a grant with conditions for its payment being a specific level of service or output to be provided, such grants are only recognised in the SoFA once the recipient of the grant has provided the specified service or output.			✓
Grants payable without performance conditions	Where there are no conditions attaching to the grant that enables the donor charity to realistically avoid the commitment, a liability for the full funding obligation must be recognised.			✓
Redundancy cost	The charity made no redundancy payments during the reporting period.	✓		
Deferred income	No material item of deferred income has been included in the accounts.	✓		
Creditors	The charity has creditors which are measured at settlement amounts less any trade discounts		✓	
Provisions for liabilities	A liability is measured on recognition at its historical cost and then subsequently measured at the best estimate of the amount required to settle the obligation at the reporting date			✓
Basic financial instruments	The charity accounts for basic financial instruments on initial recognition as per paragraph 11.7 FRS102 SORP. Subsequent measurement is as per paragraphs 11.17 to 11.19, FRS102 SORP.			✓

2.4 ASSETS

Tangible fixed assets for use by charity	These are capitalised if they can be used for more than one year, and cost at least			
	They are valued at cost.			✓
	The depreciation rates and methods used are disclosed in note 9.2.			
Intangible fixed assets	The charity has intangible fixed assets, that is, non-monetary assets that do not have physical substance but are identifiable and are controlled by the charity through custody or legal rights. The amortisation rates and methods used are disclosed in note 9.5			✓
	They are valued at cost.			✓
Heritage assets	The charity has heritage assets, that is, non-monetary assets with historic, artistic, scientific, technological, geophysical or environmental qualities that are held and maintained principally for their contribution to knowledge and culture. The depreciation rates and methods used as disclosed in note 9.6.1.4.			✓
	They are valued at cost.			✓
Investments	Fixed asset investments in quoted shares, traded bonds and similar investments are valued at initially at cost and subsequently at fair value (their market value) at the year end. The same treatment is applied to unlisted investments unless fair value cannot be measured reliably in which case it is measured at cost less impairment.			✓
	Investments held for resale or pending their sale and cash and cash equivalents with a maturity date of less than 1 year are treated as current asset investments			✓
Stocks and work in progress	Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.			✓
	Goods or services provided as part of a charitable activity are measured at net realisable value based on the service potential provided by items of stock.	✓		
	Work in progress is valued at cost less any foreseeable loss that is likely to occur on the contract.			✓
	Debtors (including trade debtors and loans receivable) are measured on initial recognition at			

Debtors

settlement amount after any trade discounts or amount advanced by the charity. Subsequently, they are measured at the cash or other consideration expected to be received.

Yes	No	N/a
✓		

Current asset investments

The charity has has investments which it holds for resale or pending their sale and cash and cash equivalents with a maturity date less than one year. These include cash on deposit and cash equivalents with a maturity date of less than one year held for investment purposes rather than to meet short term cash commitments as they fall due.

Yes	No	N/a
		✓

They are valued at fair value except where they qualify as basic financial instruments.

Yes	No	N/a
		✓

POLICIES ADOPTED ADDITIONAL TO OR DIFFERENT FROM THOSE ABOVE

Note 3 **Analysis of income**

	Analysis	Unrestricted funds	Restricted income funds	Endowment funds	Total funds £	Prior year £
Donations and legacies:	Donations and gifts	35,965	-	-	35,965	28,004
	Gift Aid	-	-	-	-	-
	Legacies	-	-	-	-	-
	General grants provided by government/other charities	210,180	226,933	-	437,113	234,222
	Membership subscriptions and sponsorships which are in substance donations	-	-	-	-	
	Donated goods, facilities and services	-	-	-	-	-
	Other	-	-	-	-	
	Total	246,145	226,933	-	473,078	262,226
Charitable activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Other trading activities:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Income from investments:	Interest income	-	-	-	-	-
	Dividend income	-	-	-	-	-
	Rental and leasing income	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
Separate material item of income:		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
	Total	-	-	-	-	-
Other:	Conversion of endowment funds into income	-	-	-	-	-
	Gain on disposal of a tangible fixed asset held for charity's own use	-	-	-	-	-
	Gain on disposal of a programme related investment	-	-	-	-	-
	Royalties from the exploitation of intellectual property rights	-	-	-	-	-
	Other	-	-	-	-	-
	Total	-	-	-	-	-
TOTAL INCOME		246,145	226,933	-	473,078	262,226

Other information:

All income in the prior year was unrestricted except for: (please provide description and amounts)

Where any endowment fund is converted into income in the reporting period, please give the reason for the conversion.

Where any endowment fund is converted into income in the prior period, please give the reason for the conversion.

Within the income items above the following items are material: (please disclose the nature, amount and any prior year amounts)

Note 4 Analysis of receipts of government grants

	Description	This year £
Government grant 1	North Cumbria CCG - Postvention Services (NHS)	30,000
Government grant 2	Cumbria County Council - Wellbeing Booklet distribution	101,049
Government grant 3	Cumbria County Council - Suicide Safer Schools Development	26,600
Government grant 4	Blackburn with Darwen CCG - Training (NHS)	3,560
Government grant 5		
	Total	161,209

	Description	Last year £
Government grant 1	North Cumbria CCG - Suicide Safer Communities	31,502
Government grant 2	Blackburn with Darwen CCG - Training	3,824
	Total	35,326

	This year	Last year
Please provide details of any unfulfilled conditions and other contingencies attaching to grants that have been recognised in income.	Not applicable	Not applicable

	This year	Last year
Please give details of other forms of government assistance from which the charity has directly benefited.	Not applicable	Not applicable

Section C Notes to the accounts (cont)

Note 5 Analysis of expenditure

Analysis	This year Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Last year Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on raising funds:				£				£
Incurred seeking donations	3,946	-	-	3,946	19,297	-	-	19,297
Total expenditure on raising funds	3,946	-	-	3,946	19,297	-	-	19,297
Expenditure on charitable activities:								
Suicide Safer Communities	134,076	122,179	-	256,255	44,462	119,763	-	164,225
Suicide Bereavement Support	-	47,168	-	47,168	-	47,569	-	47,569
Total expenditure on charitable activities	134,076	169,347	-	303,423	44,462	167,332	-	211,794
Separate material item of expense								
Independent exam fees	720	-	-	720	-	-	-	-
	-	-	-	-	-	-	-	-
Total	720	-	-	720	-	-	-	-
Other								
Depreciation	1,517	-	-	1,517	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	1,517	-	-	1,517	-	-	-	-
TOTAL EXPENDITURE	140,259	169,347	-	309,606	63,759	167,332	-	231,091

Other information:

Analysis of expenditure on charitable activities

Activity or programme	This year Activities undertaken directly	Grant funding of activities	Support Costs	Total this year	Last year Activities undertaken directly	Grant funding of activities	Support Costs	Total last year
	£	£	£	£	£	£	£	£
Activity 1	-	-	-	-	-	-	-	-
Activity 2	-	-	-	-	-	-	-	-
Other	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-

Section C Notes to the accounts

Note 6 Details of certain items of expenditure

6.1 Fees for examination of the accounts

Please provide details of the amount paid for any statutory external scrutiny of accounts and other services provided by your independent examiner. If nothing was paid please enter '0' in the appropriate box(es).

	This year £	Last year £
Independent examiner's fees	720	250
Assurance services other than audit or independent examination	-	-
Tax advisory fees	-	-
Other fees (for example: financial advice, consultancy, accountancy services) paid to the independent examiner	-	-

Note 7 Paid employees

Please complete this note if the charity has any employees.

7.1 Staff Costs

	This year £	Last year £
Salaries and wages	140,887	107,907
Social security costs	-	-
Pension costs (defined contribution scheme)	2,753	4,818
Other employee benefits	-	-
Total staff costs	143,640	112,725

This year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Not applicable

Last year:

Please provide details of expenditure on staff working for the charity whose contracts are with and are paid by a related party

Not applicable

Please give details of the number of employees whose total employee benefits (excluding employer pension costs) fell within each band of £10,000 from £60,000 upwards. If there are no such transactions, please enter 'true' in the box provided.

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000

Correct

Band	Number of employees	
	This year	Last year
£60,000 to £69,999	-	-
£70,000 to £79,999	-	-
£80,000 to £89,999	-	-
£90,000 to £99,999	-	-
£100,000 to £109,999	-	-

Please provide the total amount paid to key management personnel (includes trustees and senior management) for their services to the charity. For specific amounts paid to trustees, see Note 28.

This year £	Last year £
24,600	23,883

7.2 Average head count in the year

The parts of the charity in which the employees work

	This year Number	Last year Number
Fundraising	-	-
Charitable Activities	8	6
Governance	-	-
Other	-	-
Total	8	6

7.3 Ex-gratia payments to employees and others (excluding trustees)
Please complete if an ex-gratia payment is made.

Please explain the nature of the payment

This year	None
Last year	None

Please state the legal authority or reason for making the payment

This year	Not applicable
Last year	Not applicable

Please state the amount of the payment (or value of any waiver of a right to an asset)

This year	Last year
£	£
-	-

7.4 Redundancy payments

Please complete if any redundancy or termination payment is made in the period.

	This year	Last year
Total amount of payment	£ -	£ -
The nature of the payment (cash, asset etc.)		

	This year	Last year
The extent of redundancy funding at the balance sheet date	£ -	£ -
Please state the accounting policy for any redundancy or termination payments		

Note 8 Defined contribution pension scheme or defined benefit scheme accounted for as a defined contribution scheme.

8.1 Please complete this note if a defined contribution pension scheme is operated.

	This year	Last year
	£	£
Amount of contributions recognised in the SOFA as an expense	2,753	4,818

Please explain the basis for allocating the liability and expense of defined contribution pension scheme between activities and between restricted and unrestricted funds.		

8.2 Please complete this section where the charity participates in a defined benefit pension plan but is unable to ascertain its share of the underlying assets and liabilities.

Please confirm that although the scheme is accounted for as a defined contribution plan, it is a defined benefit plan.	Not applicable
Please provide such information as is available about the plan's surplus or deficit and the implications, if any, for the reporting charity for this year and last year, if different	Not applicable

8.3 Please complete this section where the charity participates in a multi-employer defined benefit pension plan that is accounted for as a defined contribution plan.

Describe the extent to which the charity can be liable to the plan for other entities' obligations under the terms and conditions of the multi-employer plan. If this is different for last year, provide details	Not applicable
Provide an explanation of how any liability arising from an agreement with a multi-employer plan to fund a deficit has been determined. If this is different for last year, provide details	Not applicable

Note 9 Tangible fixed assets

Please complete this note if the charity has any tangible fixed assets

9.1 Cost or valuation

	Freehold land & buildings £	Other land & buildings £	Plant, machinery and motor vehicles £	Fixtures, fittings and equipment £	Total £
At the beginning of the year	-	-	-	4,550	4,550
Additions	-	-	-	-	-
Revaluations	-	-	-	-	-
Disposals	-	-	-	-	-
Transfers *	-	-	-	-	-
At end of the year	-	-	-	4,550	4,550

9.2 Depreciation and impairments

**Basis	SL or RB (Straight Line or Reducing Balance)	SL or RB	SL or RB	SL	SL or RB
** Rate				3 years	
At beginning of the year	-	-	-	-	-
Disposals	-	-	-	-	-
Depreciation	-	-	-	1,517	1,517
Impairment	-	-	-	-	-
Transfers*	-	-	-	-	-
At end of the year	-	-	-	1,517	1,517

9.3 Net book value

Net book value at the beginning of the year	-	-	-	4,550	4,550
Net book value at the end of the year	-	-	-	3,033	3,033

9.4 Impairment

This year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.	
Last year: Please provide a description of the events and circumstances that led to the recognition or reversal of an impairment loss.	

9.5 Revaluation

If an accounting policy of revaluation is adopted, please provide:

	This year	Last year
the effective date of the revaluation		
the name of independent valuer, if applicable		
the methods applied and significant assumptions		
the carrying amount that would have been recognised had the assets been carried under the cost model.	-	-

9.6 Other disclosures

	This year	Last year
	£	£
(i) Please state the amount of borrowing costs, if any, capitalised in the construction of tangible fixed assets and the capitalisation rate used.	-	-
(ii) Please provide the amount of contractual commitments for the acquisition of tangible fixed assets.	-	-
(iii) Details of the existence and carrying amounts of property, plant and equipment to which the charity has restricted title or that are pledged as security for liabilities.		

** The "transfers" row is for movements between fixed asset categories.*

*** Please indicate the method of depreciation by deleting the method not applicable (SL = straight line; RB = reducing balance). Also please indicate the rate of depreciation: for straight line, what is the anticipated life of the asset (in years); for reducing balance, what is the percentage annual deduction.*

Note 10 Debtors and prepayments

Please complete this note if the charity has any debtors or prepayments.

10.1 Analysis of debtors

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	-
Other debtors	43,020	7,600
Total	43,020	7,600

Please complete 19.2 where a material debtor is recoverable more than a year after the reporting date.

10.2 Analysis of debtors recoverable in more than 1 year (included in debtors above)

	This year £	Last year £
Trade debtors	-	-
Prepayments and accrued income	-	-
Other debtors	-	-
	-	-
Total	-	-

Note 11 Creditors and accruals

Please complete this note if the charity has any creditors or accruals.

11.1 Analysis of creditors

	Amounts falling due within one year		Amounts falling due after more than one year	
	This year £	Last year £	This year £	Last year £
Accruals for grants payable	-	-	-	-
Bank loans and overdrafts	-	-	-	-
Trade creditors	-	-	-	-
Payments received on account for contracts or performance-related grants	-	-	-	-
Accruals and deferred income	720	-	-	-
Taxation and social security	3,377	-	-	-
Other creditors	-	-	-	-
Total	4,097	-	-	-

11.2 Deferred income

Please complete this note if the charity has deferred income.

Please explain the reasons why income is deferred.

This year	Last year

Movement in deferred income account

	This year £	Last year £
Balance at the start of the reporting period	-	-
Amounts added in current period	-	-
Amounts released to income from previous periods	-	-
Balance at the end of the reporting period	-	-

Note 12 Cash at bank and in hand

	This year £	Last year £
Short term cash investments (less than 3 months maturity date)	-	-
Short term deposits	-	-
Cash at bank and on hand	281,879	148,213
Other	-	-
Total	281,879	148,213

Note 13 Charity funds

13.1 Details of material funds held and movements during the CURRENT reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the blanace sheet.

**** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds***

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	UR	Unrestricted funds	44,310	246,145	- 140,259	-	-	150,196
Suicide safer communities	R	Delivery of suicide prevention training, campaigning, awareness raising and resources	71,177	190,382	- 122,179	-	-	139,380
Suicide bereavement support	R	Delivery of support to individuals and communities bereaved or impacted by suicide.	44,876	36,551	- 47,168	-	-	34,259
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
		Total Funds	160,363	473,078	- 309,606	-	-	323,835

Note 13 Charity funds (cont)

13.2 Details of material funds held and movements during the PREVIOUS reporting period

Please give details of the movements of material individual funds in the reporting period together with a balancing figure for 'Other funds'. The 'Total funds' figure below should reconcile to 'Total funds' in the blanace sheet.

**** Key: PE - permanent endowment funds; EE - expendible endowment funds; R - restricted income funds, including special trusts, of the charity; and U - unrestricted funds***

Fund names	Type PE, EE R or UR *	Purpose and Restrictions	Fund balances brought forward £	Income £	Expenditure £	Transfers £	Gains and losses £	Fund balances carried forward £
Unrestricted	UR	Unrestricted funds	47,083	119,541	- 122,314	-	-	44,310
Suicide safer communities	R	Delivery of suicide prevention training, campaigning, awareness raising and resources	51,021	89,837	- 69,681	-	-	71,177
Suicide bereavement support	R	Delivery of support to individuals and communities bereaved or impacted by suicide.	31,124	52,848	- 39,096	-	-	44,876
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
			-	-	-	-	-	-
Other funds	N/a	N/a	-	-	-	-	-	-
		Total Funds	129,228	262,226	- 231,091	-	-	160,363

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name Every Life Matters		
On accounts for the year ended	31 March 2022	**Charity no (if any)**	1180815
Set out on pages	1-23		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

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

Independent examiner's statement

The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of the Institute of Chartered Accountants in England and Wales.

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

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 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.

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

Signed:		**Date:**	10/01/2023
Name:	MARTIN WARD		

Relevant professional qualification(s) or body (if any):	ICAEW
Address:	FIFTEEN Rosehill, Montgomery Way
	Carlisle
	CA1 2RW

Section B	**Disclosure**
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	

EVERY LIFE MATTERS

England & Wales - Charity number 1180815

Accounts

CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From 1/4/2020 Period start date To 31/3/2021Period end date

Charity name: Every Life Matters

Charity registration number: 1180815

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To advance the education of the public in general in Cumbria and the surrounding areas relating to suicide, suicidal behaviour and suicide bereavement by the provision of training, awareness raising and public events To promote the mental health and well-being of people in Cumbria and the surrounding areas who are bereaved or otherwise impacted by suicide by the provision of advocacy, counselling and support.
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	**Reducing deaths by suicide in Cumbria** <u>Activities</u> Development of a network of Suicide Safer Community Projects across Cumbria delivering; • Community Action. Place based grassroots action against suicide • Campaigning & Awareness Raising. Ongoing anti-stigma and suicide awareness campaigning • Project Champions. Volunteering in training, fundraising, Media, lived experience voice. • Training Programme. Delivering accredited suicide prevention training • Focused Interventions. Focusing training and support on high risk communities • Resources. Developing quality digital and paper based suicide prevention materials • Local Leadership. Supporting organisations/individuals to come together to shape action **Supporting individuals and communities impacted by suicide**

		Activities
		
		• Development of a Cumbrian Suicide Bereavement Partnership and County Leadership
		• Development of a Support After Suicide Service encompassing;
		  o Information and Signposting
		  o One to One and Family Practical Support
		  o Psychoeducational/Peer Support Groups
		• Develop Support for Communities affected by suicide
		• Design and deliver Suicide Bereavement Awareness Training
		
		Improving understanding of mental health in Cumbria
		
		Activities
		
		• Development and delivery of a Core Training Packages across suicide prevention and self-harm
		• Development and delivery of an Online Training Programme
		• Delivering an open access mental health, suicide prevention and self-harm Rolling Training Programme across Cumbria
		• Development of Other Training and Resources relevant to the aim
		• Developing Income Generating Training activity, or Training Business Arm
		• Ensuring a rolling Staff CDP and TFT development programme.

Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	We confirm the trustees have had regard to the Charity Commission's guidance on public benefit.

Additional information (optional)

You may choose to include further statements where relevant about:

	SORP reference	
Policy on grant making	Para 1.38	Not applicable
	Para 1.38	Not applicable

Policy on social investment including program related investment		
Contribution made by volunteers	Para 1.38	Volunteers engage with our charity through; • Lived experience volunteers who engage with local media, training and events. • Supporting distribution of suicide prevention materials within their local communities. • Supporting training and other events.
Other		

Achievements and Performance

	SORP reference	
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20	Our charity has gone from strength to strength in its second year, despite being dominated by the Covid pandemic. During the period 1/4/2020 to 31/3/2021 highlights of our activity include; **Reducing deaths by suicide in Cumbria** • Moved all our suicide prevention and other training online and provided training to over 2,450 people during • Distributed over 260,000 paper suicide prevention materials, including o a mental health and wellbeing information booklet, developed with CNTW HNS Foundation Trust, to every household in Cumbria during the early months of the Covid-19 pandemic. This booklet has been distributed widely outside Cumbria as well, and we estimate nearly 3 million copies have now been developed. o We have developed a Self-harm Safe Kit which to date 2,000 copies of have been distributed across Cumbria. This also is being distributed across the North East, Lancashire, Cheshire and Merseyside. o Development of a Suicide Prevention Resource Tin which has been distributed to over 350 local organisations across health, social

		care, third sectors, police and community groups. • We have undertaken several localised campaigns based around Covid 19 themes across social, TV, Radio and print media, as well as securing over 50 articles in local media focusing on suicide prevention during the period. • We have reached over 250,000 people through our social media campaigns • We have engaged with over 35 employers during the period, developing suicide safer workplaces, including major workforces at BAE and Sellafield. • We have developed 4 core suicide prevention training packages which are now developing as a licensed TFT package for sale to other tutors outside Cumbria. **Supporting individuals and communities impacted by suicide** • We have deliver Suicide Bereavement support to 57 individuals during the period, in the early weeks and months following loss of a close family member. • We have worked jointly with other providers to develop a condolence pack that goes to all family bereaved through suicide in Cumbria. • We have developed a Postvention Providers Forum which is working towards identifying and meeting gaps in local [provision and promoting generally the experience of people bereaved by suicide. • We held 3candle lit vigils across Cumbria on world suicide prevention day attended by over 270 people. **Improving understanding of mental health in Cumbria** • provided mental health and self-harm training to a further 400+ people • continued to distribute a range of paper materials, social and other media activity, particularly in relation to key themes arising out of Covid.

Additional information (optional)
You may choose to include further statements where relevant about:

Achievements against objectives set	Para 1.41	N/A
		N/A

Performance of fundraising activities against objectives set	Para 1.41	
Investment performance against objectives	Para 1.41	N/A
Other		N/A

Financial Review

Review of the charity's financial position at the end of the period	Para 1.21	The charity is in a healthy financial situation at the year-end. WE have a number of restricted grants rolling over into next year and beyond, giving security to most staffing positions. We have also done well to maximise surpluses from contract income, which we are able to invest back in core charitable activity.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	We aim to develop a minimum of 6 months' core running costs + wind down costs, which at present equates to £27,550. We will build up this amount through donations and trading activity.
Amount of reserves held	Para 1.22	£27,550
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	None

Additional information (optional)
You may choose to include further statements where relevant about:

The charity's principal sources of funds (including any fundraising)	Para 1.47	The charity holds a wide mix of income streams across contract and trading income, grants and public donations. Developing this mix is a key part of our financial strategy. Of particular importance in the coming three years is development of trading income derived from training delivery and development of licensed training products based on our own core suicide prevention training packages.
Investment policy and objectives including any social investment policy adopted	Para 1.46	N/A

A description of the principal risks facing the charity	Para 1.46	N/A
Other		

Structure, Governance and Management

Description of charity's trusts:		
Type of governing document (trust deed, royal charter)	Para 1.25	Constitution
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation (Foundation Structure)
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Trustees appointed by Trustees for a three-year term. Trustees target specific skills/experience through audit and review.

Additional information (optional)
You may choose to include further statements where relevant about:

Policies and procedures adopted for the induction and training of trustees	Para 1.51	Informal at present, currently formalising procedure.
The charity's organisational structure and any wider network with which the charity works	Para 1.51	N/A
Relationship with any related parties	Para 1.51	N/A
Other		

Reference and Administrative details

Charity name	Every Life Matters
Other name the charity uses	
Registered charity number	1180815
Charity's principal address	Bulls Head, Shap, Penrith, Cumbria CA10 3NG

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Katherine Bainbridge	Chair		
2	Esther Kirby			
3	Jasper Kirkman			
4	Anita Kerrigan			
5	Rebecca Osbourne			
6				

Corporate trustees – names of the directors at the date the report was approved

Director name		

Name of trustees holding title to property belonging to the charity

Trustee name	Dates acted if not for whole year	

Funds held as custodian trustees on behalf of others

Description of the assets held in this capacity	N/A
Name and objects of the charity on whose behalf the assets are held and how this falls within the custodian charity's objects	N/A
Details of arrangements for safe custody and segregation of such assets from the charity's own assets	N/A

Additional information (optional)

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

Chris Wood

Exemptions from disclosure

Reason for non-disclosure of key personnel details

N/A

Other optional information

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)		
Position (eg Secretary, Chair, etc)		
Date		

Right
Balance
Accounting

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 130 of the 2011 Act; and
- to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act

have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Name: Alan Stubbs FCMA
(Chartered Management Accountant)

CVS Financial Services. Date: 2nd June 2021

Right
Balance
Accounting

Independent examiner's report to the trustees of:

Every Life Matters, Bulls Head, Shap, Penrith, Cumbria.

Registered Charity Number 1180815.

I report on the accounts of the charity for the period 1st April 2020 to 31st March 2021, which are attached.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

Basis of independent examiner's report

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

CHARITY COMMISSION FOR ENGLAND AND WALES

Every Life Matters	1180815

Receipts and payments accounts

CC16a

For the period from	01/04/2020	To	31/03/2021

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations, Legacies and Grants	21,437	102,040	-	123,477	105,121
Fees for Charitable Services	90,828	-	-	90,828	64,270
The National Lottery Community Fund	-	65,292	-	65,292	31,296
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total *(Gross income for AR)*	112,265	167,332	-	279,597	200,687
A2 Asset and investment sales, (see table).					
	-	-	-	-	
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	112,265	167,332	-	279,597	200,687
A3 Payments					
Advertising and Marketing	46,247	3,114	-	49,361	3,755
Events and Activities	-	-	-	-	649
Insurance	365	-	-	365	437
IT and Internet	1,788	1,607	-	3,394	1,049
Office Supplies	443	631	-	1,074	207
Other Expenses	2,291	-	-	2,291	-
Postage	579	847	-	1,426	53
Printing Costs	6,520	837	-	7,357	139
Professional Fees	20,248	20,683		40,932	14,380
Staff - Salaries	35,903	76,822		112,725	40,247
Staff - Expenses, travel and other costs	4,042	3,108		7,150	5,936
Telephones	-	1,128	-	1,128	568
Training Delivery Costs	3,888	-	-	3,888	8,489
Sub total	122,314	108,777	-	231,091	75,909
A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-
Total payments	122,314	108,777	-	231,091	75,909
Net of receipts/(payments)	- 10,049	58,555	-	48,506	124,778
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	42,633	82,145	-	124,778	-
Cash funds this year end	32,584	140,700	-	173,284	124,778

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	NatWest Bank Account	16,039	140,700	-
		-	-	-
		-	-	-
	Total cash funds	16,039	140,700	-
	(agree balances with receipts and payments account(s))	OK	OK	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	KS Bainbridge	Katherine Bainbridge	