

Charity registration number 1187985

SUICIDE & CO
ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022

SUICIDE & CO

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Ms E Morrisroe Ms C Senanayake Ms A Owen QPM Ms A Ropner Mr K Corrigan Mr P McGregor	(Appointed 17 January 2023)
Chief Executive	Ms A Wrighton	
Charity number	1187985	
Principal address	27 Great Smith Street London SW1P 3AZ	
Independent examiner	Knill James LLP One Bell Lane Lewes East Sussex BN7 1JU	
Bankers	Weatherbys Bank Ltd Sanders Road Wellingborough Northamptonshire NN8 4BX	

SUICIDE & CO

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SUICIDE & CO

CHAIRMAN'S AND CEO'S STATEMENT

FOR THE YEAR ENDED 31 DECEMBER 2022

Chairman's statement

I am delighted to share with you the results of our charity for the year 2022. This past year has been extremely challenging for many of our beneficiaries coping with a cost of living crisis and with the huge demands placed on our health services. I take great pride in knowing that an increasing number of individuals see Suicide&Co and its services as a place for them to process their suicide-related grief, to learn and to feel supported.

We have helped over 2.5 times the number of people through counselling this year compared to last year. We have generated 3 times the amount of income through our fundraising efforts. And under the leadership of our CEO Amelia Wrighton we have grown our staff and volunteers to help deliver more services to more people across England and Wales.

The loss of a loved one by suicide presents specific challenges for those bereaved. We recognise that each individual has a unique journey to navigate, so the charity offers a range of services not just counselling. Our Organisational Support Membership, reaches out to those in workplaces. Our helpline provides immediate support and advice. But we are more than that. We want to be brave in having a conversation around suicide and to help remove the stigma and encourage those who are bereaved to seek help. Our Words Unspoken campaign this year was a highlight in reminding people of this need.

I am excited about our plans for the future - to bring the counselling service in-house, to further diversify our funding streams, and to invest in our people. I would like to say a huge thank you to Amelia and the executive team for their innovation, commitment and drive. To my fellow trustees, our volunteers, ambassadors and donors for their hard work and support. But most of all I want to thank each and every person who has sought our support. We are always here for you.

Don't let silence be the last word.

Kevin Corrigan

21/09/2023

SUICIDE & CO

CHAIRMAN'S AND CEO'S STATEMENT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

CEO's statement

I'd like to start by thanking everyone who has contributed to our mission across 2022. We simply couldn't achieve what we have without the generosity of our team, both volunteers and employees as well as our donors and the organisations that have supported us.

2022 was a pivotal year for Suicide&Co as we grew across all areas of the organisation and supported more people within our community. Every week I'm reminded of the vast size of our community as we gain new followers, receive more helpline calls and continue to see applications for counselling with minimal changes in overall awareness.

However, we know that there are hundreds of thousands of people across England and Wales suffering in silence, navigating their grief on their own, weighed down by the existing stigma that leaves them feeling like they don't have permission to grieve. The trauma of suicide loss causes mental health deterioration if people don't receive the support they need, and this is what Suicide&Co is here to prevent. We need to stop the cycle and have early interventions that minimise the number of people relying on our crisis services that are already at breaking point!

I'm so proud of the work we've achieved in 2022 to start to tackle this, and I'm particularly proud of the speed we have maintained whilst keeping a laser focus on efficacy and efficiency. 2022 provides us with our first full year of data for the counselling service and we now have a robust sample to demonstrate the efficacy against our service aims and the impact that our services are having on our community.

Through the testimonials we receive from people who've used our service we can see the far-reaching effect of the service and importantly the lasting impact. We are providing people with a foundation of coping skills and tools that they can use to navigate their grief in the future.

We've also continued to innovate, shown through our Words Unspoken project resulting in a global collection of lived experience that our community can read to resonate in other's experiences and be inspired. Another example of this is our exploration into managing grief within the workplace, identifying a new need for people bereaved by suicide and those supporting them.

In terms of fundraising, I want to thank everyone who's been involved in projects over 2022 as we've continued to test and learn what income streams are most effective for our organisation. For the first time we hosted in person events with our Inaugural Gala proving to be a huge success, carried out by a team with no previous event experience who worked tirelessly to make it an incredibly impactful event. We also grew our unique challenges, especially the 34K Challenge which was a fantastic demonstration of the passion behind our community.

Thank you to each and every one of you who've contributed, it is truly a privilege to run this brilliant organisation and I'm so excited about the future where we can reach more of our community and grow our service capacity.

Amelia Wrighton

11/10/2023

SUICIDE & CO

TRUSTEES' REPORT

FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees present their annual report and financial statements for the year ended 31 December 2022.

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the charity's governing document, the Charities Act 2011 and "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019).

Objectives and activities

Summary of the purposes of the charity as set out in its governing document

The advancement of health and the relief of those in need in the UK experiencing any form of bereavement in connection with suicide, by:

- enabling those who are bereaved from suicide to access information and support and making grants to those in need to enable access to appropriate counselling and self-coping techniques, in order to promote their wellbeing and minimise any related mental health issues in the future;
- raising public awareness to address the stigma associated with suicide;
- promoting research into the relationship and rights of individuals caring for those suffering from mental health issues and the public dissemination of the results of such research, for the public benefit; and
- such other means as the Trustees determine.

The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

Achievements and performance

Counselling Service Delivery

2022 was Suicide&Co's second full year of operation.

Navigating suicide bereavement can be hard. Suicide loss is devastating and quite often adds complicated layers to the already difficult grieving process. We want to give those bereaved by suicide access to a safe space where they can work through this grief with trained counsellors. In order to help those bereaved by suicide, the main support that Suicide&Co offers is one-to-one counselling sessions, provided by Level 4 trained counsellors across England and Wales. These individuals who are bereaved by suicide are categorised as 'high risk' and as such are at greater risk of negative outcomes including mental illness, impaired social functioning and fatal and non-fatal suicidal behaviours. Therapy and talking to a trained professional about the personal experience of the suicide of a loved one and unravelling their grief can alleviate these future negative outcomes.

Our Counselling Service aims to help beneficiaries to understand and navigate their grief, develop coping strategies, and feel safe to explore their thoughts and feelings.

Throughout 2022, 458 people received counselling with a total of 1,950 individual sessions delivered.

SUICIDE & CO

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

To show the impact that our service has, we ask beneficiaries to rank their confidence score across our three service aims, before their counselling sessions, and after they have finished their counselling programme. Across the three aims, so far, the confidence scores (0 = not confident, 5 = confident) of our beneficiaries have significantly improved by the end of their counselling sessions:

Understand and navigate your grief: average score improved from 2.3 to 3.8

Develop coping strategies: average score improved from 2.3 to 3.9

Explore thoughts and feelings: average score improved from 2.6 to 4

We also capture qualitative data through testimonials and below are some examples:

"Brilliant. Could not have been simpler and I was surprised how quickly the counselling started after my first contact. The emails and phone calls were very helpful. I was pleased with the assessment. The lady I spoke to was very knowledgeable and I took away a lot from our conversation. I knew that counselling through your charity would be ideal. I could have a compassionate conversation. Talking about my loss had always been a painful experience and one I would do my best to avoid."

"It has helped enormously just by being able to talk to a professional who has the skill set to support and understand. I had contacted so many other organisations before I found you, without success. However, since finding you I have been able to become a different version of my previous self. But now a happier and content version. Thank you."

"It has given me space to accept the bereavement process and I feel as if I've found myself, even though I had not realised I'd been lost"

"I have definitely found suicide&co the easiest platform to look for support, user friendly and welcoming. Some really helpful support and sign posting."

We capture all demographic information at the point of application to inform our outreach program. Currently as our data stands we have a good regional split with our highest regions being South West and North West. Our applicants are majoritively female although in 2022 we saw a +300% increase in Male applicants, compared to 2021 which is brilliant.

Our most common age bracket is still 25-34 with 86 applicants. Our youngest applicant was 18 and our oldest was 85. 89% of applicants applied for counselling in the first 5 years of their bereavement. This year we've seen an increase in those applying 5+ years after their loss, speaking perhaps to the lack of support available previously and the stigma breaking down.

Our helpline

Professional Help continue to manage our Helpline giving those bereaved by suicide access to talk to a bereavement counsellor Monday - Friday 9am - 9pm! In 2022 we supported 177 unique callers and our plan is to scale awareness for this service in 2023.

Our website and digital services

Overall our website received 29,094 unique visitors, an increase of 34% year on year and we had 102,138 page views, an increase of 21% year on year!

Our website continues to be a resource on our website which is designed to help support those bereaved by suicide from day one. Here we signpost to other useful services, and recommend softer resources such as books, podcasts and apps, and share lived experience stories. We are proud to be able to give people a platform to share their stories, as reading about the lived experience of others can help those bereaved to feel less alone.

SUICIDE & CO

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Words Unspoken

There is so much silence, stigma and shame around suicide bereavement and yet 1/5 people are affected by suicide. The aim of Words Unspoken was to help our community express themselves by asking them to write what they would like to say, to the person(s) that they've lost, in a letter. Through encouraging the writing and sharing of letters to those who we've lost, we hope to help our community, and show others that you always have company and that expressing your feelings can make all the difference when you're going through suicide-related bereavement.

We won a grant from Rethink Mental Illness, to produce a Billboard Campaign, to amplify the project and encourage people bereaved by suicide to submit their letter. Throughout October, a selection of letters from our Words Unspoken project were displayed on billboards around North West London, to raise awareness of the project, our services and encourage those bereaved by suicide to share their voices.

We created a new section of our website to showcase the letters submitted. The collection can be navigated by relationship and time since bereavement to help our community to find solace in the stories of others in similar situations to themselves.

As of December we have had over 150 letter submissions; 150 people sharing their stories of suicide loss, creating an incredible online resource for those bereaved by suicide to resonate with the stories of others and feel less alone. We will continue to build this collection on our website and the submission link will remain open.

A selection of letter submissions from the Words Unspoken project were displayed for 2 weeks, in locations across North West London on Kilburn High Road, Kensal Rise, Acton Central, Fulham Road, Shepherds Bush Road, North Pole Road, Goldhawk Road, Parsons Green and New Kings Road.

It was incredible to see people interacting with the billboards and with so much footfall in these areas, we were able to reach a new audience and community.

Organisation Support Membership

In 2022 we developed our Organisation Support Membership that provides HR and Leadership teams with the tools, guidance and processes to support their team members in the case of a bereavement by suicide or suspected suicide in the workplace.

First, we wanted to hear from our community to validate our service offering and the needs to help us to create the best and most helpful proposition possible. We created a survey and asked people to complete the survey if they: had been bereaved by suicide whilst in employment, if they'd been a manager supporting someone who has been bereaved by suicide in the workplace, or if they worked at a company where an employee/member of staff/colleague has died by suicide. We had over 300 respondents and our findings completely validated the need for this service. Some key findings are listed below.

- 74% felt awkwardness when they returned to work after their suicide bereavement
- 64% of those who felt this awkwardness thought this was due to the subject of suicide
- 21% of those who lost a colleague to suicide were allowed time off work after their death
- 19% of people felt like their employer responded to their suicide bereavement 'very well'
- 65% would consider leaving if their employer failed to provide support if someone close to them died
- 50% of respondents didn't know what their companies bereavement policy was

We plan to raise awareness of this new service in 2023 and onboard as many new members as possible.

SUICIDE & CO

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Fundraising performance

Community Fundraising & Community Events

We raised £223,896 from Community Giving and Individuals.

In 2022 we had 26 people take part in organised fundraising event challenges to raise money for Suicide&Co, not including the 50 people who took part in 10before10 and the 64 who took part in the 34k Challenge!

From half marathons, to ultra challenges, to skydives and treks to Mt Kilimanjaro, to unique and creative bespoke challenges, 2022 was a brilliant year for community events.

A few highlights were the Royal Parks Half Marathon where we had 10 runners take part, and the Wonky Heart Challenge quiz night!

In 2022 we had 6 Major Donors donating over £500.

34K Challenge

We developed the 34k Challenge to raise awareness of the 34,000 people bereaved by suicide on average, each year in England & Wales. Behind that number is 34,000 stories and people navigating the loss of a loved one. In 2022, we set ourselves the target to recruit 34 people to take on the 34k Challenge, on World Suicide Prevention Day (10/09), with the aim to raise £1000 each - giving us a total target of £34,000!

In the end, on the 10th of September (World Suicide Prevention Day) we had 64 amazing individuals (and teams) run, walk, cycle, row, and even skate 34km as part of our 34k Challenge! Our incredible challengers raised a total of £35,600.00 - exceeding our target!

There was a great community feel behind this challenge. We developed a comms programme for this challenge where participants received a weekly email with fundraising and training tips, encouragement and motivation and playlists too! We had a group zoom call with all challengers so everyone could meet and discuss their plans for the challenge day, this was a great way to build morale and a connection with our fundraisers. On the challenge day, we had a Whatsapp group where participants could share photos and updates throughout the day, and it was amazing to see everyone cheering each other on km by km!

10Before10

We created the 10before10 challenge in 2021, as our own community fundraising challenge with a simple purpose to walk 10,000 steps before 10am on any 10 days in March, and donate £10!

We believe that together we can stride for better suicide bereavement support, stride to have braver conversations and stride with pride with our community, knowing that we have company.

Walking is great for your health - both mental & physical health! We see walking as a key part of a healthy self-care routine. Having company is important to us; having a support network to keep you company means you never have to walk alone. Walking and talking also takes the pressure off the conversation- the countryside or city scenes around us can act as a distraction whilst opening up and having difficult conversations.

In 2022, our 10before10 challenge raised £2100! We also saw a 192% increase in reach and engagement on our Instagram in the month of March, due to the community involvement in the challenge, with lots of user generated content created.

SUICIDE & CO

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Inaugural Fundraising Gala

On November 24th, we held our first Fundraising Gala at Church House, for 280 guests. The event was a black tie evening, 3 course dinner, auction and an incredible line up of talent! Hosted by Roman Kemp, with entertainment from Ruby Wax, The Juke Joints, Archie Manners, Ben West and Isabelle Farah.

We opened our silent auction a week before to allow those who couldn't attend to take part in the bidding. The silent auction featured some brilliant prizes from dining experiences and cookery classes to short breaks, VIP Cinema memberships, jewellery and money can't buy bespoke experiences. The live auction on the night, which was hosted by Archie Manners, included prizes such as a trip to the Maldives and a signed Tracey Emin art piece.

We raised a total of £91,267 which far exceeded our targets and expectations, it was a huge success. We are so proud of how the event turned out and couldn't have done it without our generous sponsors: Silverbell Coaching, Quarter, Wild About, Jackson Nugent Vintners and Church House.

Grants & Trusts

In 2022, for Grants and Trusts we received £117,641 some of which are detailed below:

- £24,624 grant from The Postcode Lottery - Society Fund
- £23,172 grant from The Lennox Hannay Charitable Trust
- £17,752 grant from Rethink Mental Illness
- £15,000 from the Mactaggart Third Fund
- £10,000 from the Ian Mactaggart Trust
- £7,478 grant from The Sophie Clarke Foundation
- £5,000 grant from The Graham Kirkham Foundation
- £5,000 grant from The Access Foundation
- £5,000 grant from CMS's Social Grant Fund

Merchandise

We raised £28,005 from trading merchandise, we continued to sell our stock left over from 2021 and we also launched some new products and explored merchandise events and selling at retail fairs.

(YOU) . ARE ENOUGH Sweatshirts

In today's world it's easy to fall into the trap of believing that we're not enough. Not good enough, not happy enough, not rich enough.

In addition to the everyday pressure of been enough, when you lose someone to suicide you can be left feeling like you weren't enough. Suicide loss can make you feel like you weren't enough; enough to help the person you lost or even save them. We want to tell people that this isn't true, they were not responsible and any feelings of guilt and low self-worth are not theirs to carry.

We wanted to remind people that you are enough, and sometimes a physical reminder to reiterate this is the best approach. So we created a campaign that revolves around a sweatshirt launch, where the individual wearing the sweatshirt sees the message of '(I) AM . ENOUGH' when they look in the mirror, and the message of '(YOU) ARE . ENOUGH' on the back of the sweatshirt. This means that the individual wearing it not only is reminding them self of this notion but is able to give the gift of self-confidence to anyone who sees them. Together we are strong enough; loud enough; bold enough; supportive enough to change the silence surrounding suicide-related grief!

SUICIDE & CO

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

We launched this campaign in March 2022 with sweatshirts in white and black, in sizes ranging between XS-XXXL - to date we have sold 570 sweatshirts!

We held our first ever in-person event, to launch the campaign! After securing a 50% discount on the incredible space at Noho Studios in London, we created an exhibition where photos from our photoshoot of our models in the sweatshirts were displayed, along with a shop area where guests could buy a product!

We raised over £5000 on the night and had over 200 people in attendance, from ambassadors to influencers to journalists and friends and family. For our first in-person event it was incredible to see the support for the campaign and the charity as a whole - the event was a huge success!

Thank you to Noho Studios for providing the beautiful space and to Foundpop for the furniture, to Ollys Pretzels for providing the snacks and to Aquapax for providing the water! We also couldn't have done this event without our brilliant volunteers.

The Spirit of Christmas

In November we held a stall at The Spirit of Christmas, the UK's biggest Christmas Gifting Fair, in Kensington Olympia for a week, supported by The Sophie Clarke Foundation!

This was a brilliant opportunity for us to test how our merchandise was received in a retail environment. Over the course of the week, we sold our beautiful merchandise products to fundraise, with the help of some brilliant volunteers.

We raised a total of £9000 over the week, and had some incredible conversations to raise awareness and tackle the stigma around the subject of suicide and suicide bereavement. We wouldn't have had this opportunity without the generous support of The Sophie Clarke Foundation.

Self-Care Advent Calendars

This year we brought our digital Self-Care Advent Calendar back for the third year!

With festive cheer and celebrations all around, December can feel isolating, exhausting and hard. As always, we want to remind people that they have company; a support network around them.

The daily illustrations bring colour to your mornings, the daily thought will bring comfort throughout the day and bring joy, motivation and good vibes throughout the season and beyond.

Our calendars are also good for the environment as they're entirely digital and good for the soul because instead of chocolate we're sending illustrations!

This year we focused on the theme of animals, with each daily advent email featuring a beautiful illustration of an animal, linking to the self-care advice in the contents of the email. Each calendar cost £6 and we sold 317 calendars!

Corporate Fundraising

In 2022, for Corporate Fundraising we received £38,690 which was made up of one off donations, small annual partnerships and fundraising through events like the Downe House Christmas Fair!

Financial review

The trustees have set a reserves policy whereby we should look to hold free reserves of at least three months of operating expenditure. The trustees recognise that as the charity develops its core service, both income and expenditure will likely fluctuate. We will look to mitigate the risks of any shortfall by conducting a regular review of the reserves policy.

SUICIDE & CO

TRUSTEES' REPORT (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

Risk mitigation and policy review

The trustees are responsible for risk management within the charity. There are four principal risks identified:

- i) Our service - the risk that our counselling service cannot meet the demand and scale. The trustees seek to mitigate this risk through ongoing review, evidencing, learning and by dedicating both paid and volunteer resources to manage the service with Professional Help
- ii) IT security - the risk that the charity fails to protect stakeholder assets or data. The trustees conduct periodic reviews of systems infrastructure and have policies in place to reflect regulatory (e.g. GDPR) requirements.
- iii) Safeguarding - the charity must protect its beneficiaries and its volunteers from mistreatment, discrimination or abuse. To mitigate this, the charity has the policies and procedures it deems necessary in place (e.g. the Safeguarding Policy) and procedures in place to foster a safe environment.
- iv) Finance - the risk that the charity has insufficient funds to deliver its objectives. The trustees have mitigated this through the development of a fundraising plan, a budget for income and expenditure and a reserves policy.

Structure, governance and management

The charity is registered with the Commission as a Charitable Incorporated Organisation.

The trustees who served during the year and up to the date of signature of the financial statements were:

Ms E Morrisroe

Ms P Fox

(Resigned 24 January 2022)

Ms C Senanayake

Ms A Owen QPM

Ms A Ropner

Mr K Corrigan

Mr P McGregor

(Appointed 17 January 2023)

We were founded in July 2020 by Emma and Amelia, two young women who each lost a parent to suicide. In 2022 our team grew both in volunteers and team members. In terms of employees in November 2022 Amelia stepped into the charity fulltime and in the same month we brought on a Team Assistant Cate, and in December hired Hannah as our Service Administrator. We ended the year with a team of 4 full time staff which was an incredible achievement and is setting us up for growth in 2023.

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



Mr K Corrigan

Trustee

Date: 17/10/2023

SUICIDE & CO

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF SUICIDE & CO

I report to the trustees on my examination of the financial statements of Suicide & Co (the charity) for the year ended 31 December 2022.

Responsibilities and basis of report

As the trustees of the charity you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 (the 2011 Act).

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

Independent examiner's statement

Since the charity's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of , which is one of the listed bodies.

Your attention is drawn to the fact that the charity has prepared financial statements in accordance with 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) in preference to the Accounting and Reporting by Charities: Statement of Recommended Practice issued on 1 April 2005 which is referred to in the extant regulations but has now been withdrawn.

I understand that this has been done in order for financial statements to provide a true and fair view in accordance with Generally Accepted Accounting Practice effective for reporting periods beginning on or after 1 January 2015.

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

- 1 accounting records were not kept in respect of the charity as required by section 130 of the 2011 Act; or
- 2 the financial statements do not accord with those records; or
- 3 the financial statements do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination.

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



M A Filsell on behalf of

Knill James LLP

One Bell Lane
Lewes
East Sussex
BN7 1JU

Dated: 19 October 2023

SUICIDE & CO

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 DECEMBER 2022

		Unrestricted funds 2022 £	Restricted funds 2022 £	Total 2022 £	Unrestricted funds 2021 £	Restricted funds 2021 £	Total 2021 £
	Notes						
Income from:							
Donations and legacies	2	282,645	58,892	341,537	61,923	42,137	104,060
Charitable activities	3	66,696	-	66,696	24,032	-	24,032
Total income		349,341	58,892	408,233	85,955	42,137	128,092
Expenditure on:							
Raising funds	4	87,915	-	87,915	6,140	-	6,140
Charitable activities	5	188,109	28,251	216,360	35,031	70,263	105,294
Total expenditure		276,024	28,251	304,275	41,171	70,263	111,434
Net incoming resources before transfers		73,317	30,641	103,958	44,784	(28,126)	16,658
Gross transfers between funds		1	(1)	-	(28,126)	28,126	-
Net income for the year/ Net movement in funds		73,318	30,640	103,958	16,658	-	16,658
Fund balances at 1 January 2022		36,937	-	36,937	20,279	-	20,279
Fund balances at 31 December 2022		110,255	30,640	140,895	36,937	-	36,937

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


SUICIDE & CO

BALANCE SHEET

AS AT 31 DECEMBER 2022

	Notes	2022 £	£	2021 £	£
Fixed assets					
Tangible assets	10		466		-
Current assets					
Stocks	11	5,687		-	
Debtors	12	-		1,245	
Cash at bank and in hand		190,729		73,315	
		<u>196,416</u>		<u>74,560</u>	
Creditors: amounts falling due within one year	13	<u>(55,987)</u>		<u>(37,623)</u>	
Net current assets			140,429		36,937
Total assets less current liabilities			<u>140,895</u>		<u>36,937</u>
Income funds					
Restricted funds	14		30,640		-
Unrestricted funds			110,255		36,937
			<u>140,895</u>		<u>36,937</u>

The financial statements were approved by the Trustees on 17/10/2023



Mr K Corrigan
Trustee

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

Charity information

Suicide & Co is a Charitable Incorporated Organisation.

1.1 Accounting convention

The financial statements have been prepared in accordance with the charity's [governing document], the Charities Act 2011, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The charity has taken advantage of the provisions in the SORP for charities not to prepare a Statement of Cash Flows.

The financial statements have departed from the Charities (Accounts and Reports) Regulations 2008 only to the extent required to provide a true and fair view. This departure has involved following the Statement of Recommended Practice for charities applying FRS 102 rather than the version of the Statement of Recommended Practice which is referred to in the Regulations but which has since been withdrawn.

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

The financial statements have been prepared under the historical cost convention, [modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value]. The principal accounting policies adopted are set out below.

1.2 Charitable funds

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

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

1.3 Income

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

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

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

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

1.4 Expenditure

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

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

1.5 Tangible fixed assets

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

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

Computers	25% straight line
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The gain or loss arising on the disposal of an asset is determined as the difference between the sale proceeds and the carrying value of the asset, and is recognised in the statement of financial activities.

1.6 Impairment of fixed assets

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

1.7 Stocks

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

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

1.8 Cash and cash equivalents

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

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

1 Accounting policies

(Continued)

1.9 Financial instruments

The charity has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the charity's balance sheet when the charity becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

Basic financial assets, which include debtors and cash and bank balances, are initially measured at transaction price including transaction costs and are subsequently carried at amortised cost using the effective interest method unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest. Financial assets classified as receivable within one year are not amortised.

Basic financial liabilities

Basic financial liabilities, including creditors and bank loans are initially recognised at transaction price unless the arrangement constitutes a financing transaction, where the debt instrument is measured at the present value of the future payments discounted at a market rate of interest. Financial liabilities classified as payable within one year are not amortised.

Debt instruments are subsequently carried at amortised cost, using the effective interest rate method.

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of operations from suppliers. Amounts payable are classified as current liabilities if payment is due within one year or less. If not, they are presented as non-current liabilities. Trade creditors are recognised initially at transaction price and subsequently measured at amortised cost using the effective interest method.

Derecognition of financial liabilities

Financial liabilities are derecognised when the charity's contractual obligations expire or are discharged or cancelled.

1.10 Employee benefits

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

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

1.11 Retirement benefits

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

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

2 Donations and legacies	Unrestricted funds		Restricted funds		Total		Unrestricted funds		Restricted funds		Total	
	2022	2022	2022	2022	2022	2022	2021	2021	2021	2021	2021	2021
	£	£	£	£	£	£	£	£	£	£	£	£
Donations and gifts	223,896	-	-	223,896	50,405	-	50,405	-	-	50,405	-	50,405
Grants/Trusts	58,749	58,892	58,892	117,641	11,518	42,137	11,518	42,137	42,137	53,655	42,137	53,655
	<u>282,645</u>	<u>58,892</u>	<u>58,892</u>	<u>341,537</u>	<u>61,923</u>	<u>42,137</u>	<u>61,923</u>	<u>42,137</u>	<u>42,137</u>	<u>104,060</u>	<u>42,137</u>	<u>104,060</u>

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

3 Charitable activities

	2022 £	2021 £
Trading income	28,006	20,602
Corporate	38,690	3,430
	<u>66,696</u>	<u>24,032</u>

4 Raising funds

	Unrestricted funds	Unrestricted funds
	2022 £	2021 £
<u>Fundraising and publicity</u>		
Fundraising costs	75,035	1,394
	<u>75,035</u>	<u>1,394</u>
<u>Trading costs</u>		
Merchandise costs	12,880	4,746
	<u>12,880</u>	<u>4,746</u>
	<u>87,915</u>	<u>6,140</u>

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

5 Charitable activities

	2022 £	2021 £
Staff costs	14,838	19,569
Charitable and political donations	6,500	-
Service costs	121,876	70,262
Design fees	20,000	5,811
Insurance	548	69
Annual subscription fees	4,143	3,432
Computer costs	202	97
Rent	8,580	554
Staff training	2,242	108
	<u>178,929</u>	<u>99,902</u>
Share of support costs (see note 6)	33,875	5,142
Share of governance costs (see note 6)	3,556	250
	<u>216,360</u>	<u>105,294</u>
Analysis by fund		
Unrestricted funds	188,109	35,031
Restricted funds	28,251	70,263
	<u>216,360</u>	<u>105,294</u>

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

6 Support costs

	Support costs	Governance costs	2022	Support costs	Governance costs	2021
	£	£	£	£	£	£
Staff costs	29,675	-	29,675	-	-	-
Depreciation	34	-	34	-	-	-
Legal and professional	13	-	13	46	-	46
Printing, postage and stationery	44	-	44	3,426	-	3,426
Maintenance and office costs	694	-	694	359	-	359
Motor and travel expenses	2,346	-	2,346	1,197	-	1,197
Entertainment costs	1,069	-	1,069	114	-	114
Audit fees	-	3,420	3,420	-	250	250
Interest payable	-	136	136	-	-	-
	<u>33,875</u>	<u>3,556</u>	<u>37,431</u>	<u>5,142</u>	<u>250</u>	<u>5,392</u>
Analysed to Charitable activities	<u>33,875</u>	<u>3,556</u>	<u>37,431</u>	<u>5,142</u>	<u>250</u>	<u>5,392</u>

7 Trustees

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

8 Employees

The average monthly number of employees during the year was:

	2022 Number	2021 Number
	<u>2</u>	<u>1</u>
Employment costs	2022 £	2021 £
Wages and salaries	44,020	19,333
Other pension costs	493	236
	<u>44,513</u>	<u>19,569</u>

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

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2022

9 Taxation

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

10 Tangible fixed assets

	Computers £
Cost	
Additions	500
At 31 December 2022	500
Depreciation and impairment	
Depreciation charged in the year	34
At 31 December 2022	34
Carrying amount	
At 31 December 2022	466

11 Stocks

	2022 £	2021 £
Finished goods and goods for resale	5,687	-

12 Debtors

	2022 £	2021 £
Amounts falling due within one year:		
Other debtors	-	1,245

13 Creditors: amounts falling due within one year

	2022 £	2021 £
Other taxation and social security	3,207	1,133
Trade creditors	3,305	-
Other creditors	125	98
Accruals and deferred income	49,350	36,392
	55,987	37,623

SUICIDE & CO

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2022

14 Restricted funds

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

	Movement in funds		Movement in funds			
	Incoming resources	Balance at 1 January 2022	Incoming resources	Resources expended	Transfers	Balance at 31 December 2022
	£	£	£	£	£	£
Rethink Mental Illness	-	-	17,752	(17,752)	-	-
Mazars Charitable Fund	-	-	500	(499)	(1)	-
Sophie Clark Foundation	-	-	7,468	(7,468)	-	-
CMS Social Fund	-	-	5,000	-	-	5,000
Lennox Hannay	-	-	23,172	(2,532)	-	20,640
Access Ground Fund	-	-	5,000	-	-	5,000
	-	-	58,892	(28,251)	(1)	30,640

15 Analysis of net assets between funds

	Unrestricted funds	Restricted funds	Total Unrestricted funds	Restricted funds	Total
	2022	2022	2022	2021	2021
	£	£	£	£	£
Fund balances at 31 December 2022 are represented by:					
Tangible assets	466	-	466	-	-
Current assets/(liabilities)	140,429	-	140,429	36,937	36,937
	140,895	-	140,895	36,937	36,937

16 Related party transactions

There were no disclosable related party transactions during the year (2021 - none).