

Aware Defeat Depression

Northern Ireland · Charity number 100561

Details

Status Received

Registered 2014-09-10

Register [View on the Charity Commission for Northern Ireland register](#)

Contact

Address Aware Defeat Depression
2 Crawford Square
Derry
Londonderry
BT48 7hr
BT48 7HR

Phone 02871260602

Email info@aware-ni.org

Website www.aware-ni.org

Activities

Purposes: The Charity's objects ("Objects") are to improve the quality of life of people with, or at risk, of depression and their carers (hereinafter called the "beneficiaries") in Northern Ireland (hereinafter called the "area of benefit") without distinction of gender, sexual orientation, disability/ability, race, political, religious or other opinion, by associating the statutory authorities, voluntary organisations and the inhabitants with the object of improving the conditions of life for the said inhabitants and in particular: (a) To relieve conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives. (b) To educate the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses. (c) To promote research into the causes, treatment and prevention of depressive illnesses and the dissemination of the useful results of such research. (d) To act as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families.

What the charity does: The advancement of health or the saving of lives, The relief of those in need by reason of youth, age, ill-health, disability, financial hardship or other disadvantage

How the charity works: Community development, Disability, Education/training, Medical/health/sickness, Research/evaluation, Volunteer development

Who the charity helps: Carers, General public, Mental health, Older people, Parents, Specific areas of deprivation, Travellers, Unemployed/low income, Voluntary and community sector, Volunteers, Youth (14-25)

year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£1,533,101	£1,637,490	£-93,142	35

Trustees

Name	Role	Appointed
Josephine Deehan		
Miss Alexandra Murdock		
Mr Bernard Mc Ananey		
Mr Joseph Eamon Mahon		
Mr Robert Alan Robinson		
Mr Thomas Anthony Thomas Anthony		
Mrs Helen Mc Donnell		
Mrs Rachael Lees		
Ms Marianne Claire Downing		

Aware Defeat Depression

Northern Ireland - Charity number 100561

Accounts

Charity registration number NIC100561 (Northern Ireland)

Company registration number NI030447

**AWARE DEFEAT DEPRESSION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

AWARE DEFEAT DEPRESSION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Josephine Deehan Ms Marianne Downing Mr Joseph Mahon Mr Bernard McAnaney (Chairperson) Ms Helen McDonnell (Vice Chair) Mr Robert Robinson Ms Alexandra Murdock Ms Sophy McFarlane (Appointed 30 April 2024) Ms Rachael Lees (Appointed 26 November 2024) Mr Thomas Monteith (Appointed 26 November 2024)
Secretary	Mr Joseph Mahon
Charity number	NIC100561
Company number	NI030447
Registered office	2 Crawford Square Derry/Londonderry BT48 7HR
Auditor	HM Chartered Accountants 6th Floor East Tower Lanyon Plaza 8 Lanyon Place Belfast Co. Antrim BT1 3LP
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB

AWARE DEFEAT DEPRESSION

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AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2025

As another year passes for team AWARE, I once again welcome the opportunity to reflect on what has been a very busy and often challenging twelve months.

Our greatest challenge, of course, remains unchanged nearly thirty years since AWARE was founded in 1996. Then, our main focus was providing much-needed support groups for those affected by depression, anxiety and bipolar. Today, that commitment continues to sit firmly at the heart of AWARE's mission.

From small beginnings, we now provide 24 support groups across all six counties, delivering nearly 800 meetings during 2024/25. Uniquely, all of these groups are led by volunteers, many with their own personal experience of depression. This year, more than 70 volunteer facilitators, supported by our dedicated Support Services team, ensured that those affected by depression, anxiety and bipolar disorder remain at the centre of our work.

A three-year research project on support groups concluded this year in collaboration with the Derry GP Federation, Ulster University, and our former Chair, Dr Patrick McKeon. This AWARE-sponsored study is an important milestone and will be published in late 2025. Particular thanks go to Dr McKeon and the Support Services team.

A few years into our journey, we recognised the need to broaden our reach, leading to the creation of our Education and Training programmes and, more recently, our Communications team. AWARE now delivers a suite of mental health awareness and support programmes. Last year, our schools' programmes reached more than 12,000 students and over 100 teachers and parents. Our workplace programmes engaged over 2,200 employees, and our community programmes reached a further 2,600 people - almost 17,000 in total.

Meanwhile, our Communications team continues to set the standard for our sector. It is now almost impossible to travel across Northern Ireland without encountering AWARE messages on billboards across the country. The Investors in Mental Health Awards was again a highlight of the year, with 68 award winners drawn from schools, workplaces and communities. Added to this are a range of campaigns, partnerships, factsheets and a strong social media presence - our website alone attracted 215,000 visits. It is little wonder that AWARE remains Northern Ireland's most followed mental health charity.

As challenges go, raising money for AWARE is certainly not an easy one. Our Fundraising team does an incredible job ensuring our voice is heard amid the many deserving causes competing for support in today's difficult economic climate. Last year, they raised an outstanding £622,466 - representing 40% of our total income, or nearly half of what it costs to deliver our services. Quite simply, without the dedication of the fundraising team, and the countless supporters who run marathons, walk for miles, abseil from tall buildings, plunge into cold seas, leap from aeroplanes, ditch the school uniform, or simply write a cheque, AWARE could not continue in its present form.

Finally, on behalf of all my colleagues on the AWARE Board of Trustees, I extend sincere gratitude and appreciation for the support and awareness AWARE continues to foster within our community. The challenges will endure, but I have no doubt our volunteers and staff will rise to meet them

.....
Mr Bernard McAnaney
Chairman

Date:

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) FOR THE YEAR ENDED 31 MARCH 2025

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

The financial statements have been prepared in accordance with the accounting policies set out in note 1 to the financial statements and comply with the Charity's [governing document], the Companies Act 2006 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

Our Vision, Mission and Values

AWARE has been working since 1996 to support all those in Northern Ireland affected by depression, anxiety and bipolar disorder.

Our **Vision** is for a future where everyone can openly discuss their mental health, access services appropriate to their needs, and develop the skills and knowledge to maintain positive mental health.

Our **Mission** is:

- To promote emotional health and wellbeing.
- To help people build resilience and maintain positive mental health at every stage of their life journey.
- To ensure that individuals living with depression, anxiety, and bipolar disorder are aware of and have access to appropriate support.
- To advocate for policies that facilitate access to appropriate support across Northern Ireland.
- To increase public understanding of depression and reduce the stigma surrounding the illness.

Our **Values** are that, above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

- **Dignity, respect and empathy** - We will treat each other and our service users with dignity, respect and empathy.
- **Integrity, professionalism and transparency** - We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.
- **Innovation and Excellence** - We are committed to providing high-quality services and to being innovative for the benefit of people using our services.
- **Equality, diversity and inclusivity** - We are committed to championing equality, diversity and inclusivity in all aspects of our organisation, through an intersectional lens

User-Led

Those who best understand the challenges faced by people affected by depression, anxiety or bipolar disorder are those who have been affected by it themselves. Therefore, we promote a strong user-led, self-help approach, and the organisation's culture is based on the active involvement of its service users, staff, and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous, ongoing and embedded within the organisational culture.

Partnership working

We are committed to working with a wide range of groups, including those based in local communities, those representing a particular community of interest and other sectoral organisations working with people experiencing mental health problems.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate.
- We will lead by example.

As stated in the Memorandum of Association, the charity's objectives are to improve the quality of life of people with, or at risk, of depression and their carers in Northern Ireland. This is to be achieved by

- Relieving conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives.
- Educating the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses.
- Promoting research into the causes, treatment and prevention of depressive illnesses and the dissemination of the valuable results of such research.
- Acting as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families.

AWARE NI was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at the time. This user-led ethos remains a key driver of the charity's work.

AWARE NI's current services include:

- Peer Support Groups in most major towns across Northern Ireland
- Online Support Groups providing accessible help no matter where you are
- Telephone and Email Information Services for advice, guidance and signposting
- A wide range of free mental health resources and literature
- Free public talks and events focused on mental health and wellbeing
- Community outreach events across Northern Ireland to raise awareness and provide support
- Living Life to the Full – a life skills programme based on Cognitive Behavioural Therapy (CBT) techniques
- Mood Matters – a mental health education programme delivered in schools, workplaces, and community settings
- Mental Health First Aid training
- Mindfulness programmes for schools, including Paws b and .breathe
- My Mind & Me –primary school wellbeing programme based on the Take 5 Steps to Wellbeing
- eLearning modules and a range of workplace wellbeing services
- An interactive website with information, tools and resources
- Mindful Parenting programmes
- The Feel Good programme – a wellbeing initiative for young people
- Support and lobbying services on perinatal and infant mental health

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

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Achievements and performance

Education and Training

AWARE NI's Education and Training team plays a central role in promoting mental health awareness and equipping individuals with tools to support their emotional wellbeing. Our team now comprises five Education and Training Officers and four administrative staff members.

During 2023/24, we achieved the following:

In schools

In 2024/25, our school-based programmes made a significant impact:

- Delivered **65 'Paws b' mindfulness programmes to 1,443 primary school pupils**
- Introduced **69 'My Mind and Me' wellbeing programmes, reaching 1,515 pupils**
- Ran **1 'Feel Good' programme for 120 young participants**
- Delivered **34 '.breathe' mindfulness sessions to 648 post-primary pupils**
- Provided **392 'Mood Matters Young People' programmes to 8,236 students** in schools and youth settings
- Trained **30 teachers** in 6- and 8-week mindfulness programmes
- Delivered **2 Mental Health First Aid training sessions to 29 teachers** in the Northern Trust
- Trained **43 parents** through 6-week **Mindful Parenting programmes**
- Provided **'Paws b' training to 16 teachers and classroom assistants**, embedding mindfulness in schools
- Organised **2 teacher focus groups** to support the delivery of mindfulness programmes

In Workplaces

Supporting employee mental health remained a strong focus:

- Delivered **62 'Mood Matters in the Workplace' sessions, reaching 1,572 employees**
- Provided **15 'Supporting Employee Wellbeing' programmes to 194 participants**
- Conducted **24 workplace mental health talks, engaging 436 individuals**

In the Community

Our outreach in communities across Northern Ireland included:

- Delivered **51 'Living Life to the Full' programmes to 502 participants**
- Ran **3 LLTF Young People sessions for 34 young individuals**
- Delivered **48 Mental Health First Aid (MHFA) courses, reaching 614 participants**
- Facilitated **2 MHFA refresher Train-the-Trainer (T4T) sessions for 19 existing trainers**
- Delivered **3 MHFA refresher courses to 24 adults**
- Provided **33 mindfulness programmes to over 300 adults**
- Delivered **61 'Mood Matters Adult' programmes, supporting 689 participants**
- Ran **55 'Mood Matters Parent and Baby' sessions for 443 parents and expectant parents**

Via e-learning

1. 2 x corporate partner packages delivered to 35 employees
2. 1 x school eLearning project delivered to 1000 teaching and non-teaching staff
3. 1 x sessional trainer support programme delivered to 45 sessional trainers

In 2024/25, AWARE NI's Education and Training programmes reached nearly **18,000 participants** across schools, workplaces, and communities - continuing our mission to improve mental health awareness and provide practical tools for emotional wellbeing.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Schools and Young People

We continued to expand our work with young people, particularly in primary schools.

- Our **'My Mind and Me'** programme, based on the *Five Ways to Wellbeing*, was delivered to **69 Primary 5 classes**, engaging **1,515 pupils**. Feedback from schools remains overwhelmingly positive.
- We launched our new **'Feel Good'** programme - a single-session wellbeing workshop for **11–14-year-olds** that combines mindfulness with the *Five Ways to Wellbeing*. It was successfully piloted with **120 pupils** at a local secondary school.
- Work also began on a significant refresh of the **Mood Matters Young People** programme. Updates include refreshed content, updated statistics, a more trauma-informed approach, and redesigned slides. The full relaunch, along with trainer upskilling, is scheduled for 2025/26.

Mental Health First Aid (MHFA) and Strategic Partnerships

In collaboration with the **Public Health Agency**, we played a key role in the development of **Northern Ireland's Mental Health First Aid Refresher Programme**. This included:

- Training MHFA instructors
- Co-leading a successful pilot programme in partnership with **Action Mental Health**

This initiative has further strengthened our MHFA delivery capacity and enhanced the depth of our mental health training portfolio.

We also completed the first year of our partnership with **Macmillan** and **MindWise**, leading the delivery of adapted versions of **Mood Matters** and **Living Life to the Full** for individuals living with cancer and beyond. Additional resources were developed to support friends and family members, extending the reach and relevance of our work during and beyond the cancer journey.

Community Engagement and Collaboration

Partnership remained a core theme throughout the year. We worked with a range of organisations, including:

- Diabetes UK
- Macmillan Cancer Support
- WRDA (Women's Resource and Development Agency)
- The Ma's Project (Maternal Advocacy Support)

These collaborations helped us tailor and adapt our programmes to meet the specific needs of diverse client groups.

Our commitment to **perinatal mental health** continued through:

- Participation in regional steering and implementation groups
- Providing guidance to health professionals via the specialist **perinatal section** of our website
- Ongoing distribution of our **perinatal resource**, which remains in high demand in antenatal clinics and Sure Start centres

Workplace Wellbeing

Our workplace training portfolio continued to evolve in response to changing work environments and mental health priorities. Highlights include:

- Ongoing delivery of core programmes such as **Mood Matters in the Workplace**, **Supporting Employee Wellbeing**, and **Workplace Mindfulness**
- Continued collaboration with the **Public Health Agency** to deliver **Mental Health First Aid** and pilot the new **Refresher Programme**
- Updates to training content to reflect current best practice and relevant data

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

We also:

- **Refined and updated our e-learning platform, iAmAWARE** – including a streamlined *Introduction to Mental Health* module and new multimedia content
- Secured **CPD accreditation** for our first iAmAWARE module, with more to follow in 2025/26
- Delivered **seven corporate e-learning packages** to a total of **280 employees**
- Began preliminary research into developing a **workplace wellbeing webinar model** for future delivery
- Entered early development of a new **AWARE Workplace Wellbeing Hub**, to be launched via our updated website

Our flexible delivery model- offering face-to-face, online, and e-learning formats - ensures that we can meet the needs of all business sectors in today's hybrid working world.

The Education and Training team continues to build strong relationships with employers across Northern Ireland. Working closely with our **Fundraising team**, they promote mental health training and advocate for workplace wellbeing through:

- **Sponsorships**
- **Charity of the Year partnerships**
- **Engagement at major corporate events**

These efforts not only raise awareness of AWARE NI's work but also generate vital income to support our wider services.

Support Services and Community Outreach

AWARE NI's Support Services team continues to provide vital advice, information, and emotional support to individuals living with depression, anxiety, bipolar disorder, and related mental health conditions. This is delivered through our network of peer support groups (both in-person and online), public talks, information outreach, and support mail and calls.

Staffing Update

This year saw some key staffing changes as our Head of Support Services and Administrator moved onto new roles. We were also pleased to welcome a new administrator and additional Support Services Officer to the team. Due to financial pressures we had to take the difficult decision to make redundant our Outreach Workers. They provided great value to the promotion and awareness of our services and we are grateful for their dedication and contributions to community engagement across Northern Ireland.

Support Group Survey Insights

In August 2024, we conducted our biennial anonymous survey of support group users. The response rate more than doubled from 2022, with **158 participants** sharing valuable feedback on the service's impact.

Key findings include:

- **98%** said the groups helped them manage anxiety, **96%** reported benefits for depression, and **95%** for isolation
- **91%** felt the groups helped them cope with thoughts that life is not worth living
- **98%** found the groups beneficial overall (76% "very", 22% "somewhat")
- **83%** had no difficulty returning after their first meeting
- **97%** would recommend the groups to others

Participants described the groups as unique due to:

- The **peer support model**, fostering **companionship and connection**
- The **safe, non-judgemental environment**
- **Free access with no waiting lists**
- The **skill and empathy of facilitators**

This feedback is instrumental in shaping and improving our services.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Peer Support Research Project

We continued our three-year Support Group Research Project in collaboration with Derry GP Federation and Ulster University, with final findings due for publication shortly. Preliminary results show:

- Frequent group attendance significantly improved self-reported depression and anxiety
- Those attending more than twice in four weeks had lower scores on GAD-7, PHQ-9, and HAM-D scales
- Participants reported increased confidence in seeking help and improved coping strategies

We look forward to using this data to inform best practice, secure future funding, and promote our impact more widely.

Our Impact & Volunteers

Our volunteers remain the heart of Support Services. This year, over 70 volunteer facilitators delivered compassionate, peer-led support across Northern Ireland. To enhance support, we introduced monthly online peer supervision with built-in training components, and we've seen a welcome increase in younger people volunteering.

Thanks to our volunteers, we operate **24 peer support groups**, including **three online**. In 2024/25, we:

- Held **798 support group meetings**
- Recorded **4,824 attendances**
- Responded to **1,659 support emails**
- Answered **621 support calls**

We also expanded our online provision, adding a third online group - a new evening session that's been especially valued by people unable to attend during the day.

Group Development

We're seeing positive growth in previously lower-attendance areas:

- **Strabane group** relocated to The Koram Centre in January 2025. The new venue, shared with other therapeutic services, has boosted engagement and referrals.
- In **Enniskillen**, increased attendance and a strong facilitator team led us to shift from fortnightly to weekly meetings.

Training and Capacity Building

To respond to changing user needs, we provided specialist training for our facilitators in:

- ADHD
- Emotionally Unstable Personality Disorder (EUPD)
- Bipolar disorder
- LGBTQIA+ awareness
- Cultural competence

We also hosted an in-house ASIST (Applied Suicide Intervention Skills Training) course in August 2024, supporting facilitators in suicide prevention skills.

Outreach and Engagement

Our community outreach remains a core strand of support delivery:

- **201 information outreach events and presentations** reached an estimated **21,334 participants**
- We hosted **three public talks** in Derry, Lurgan, and Belfast in collaboration with partners including the **Royal College of Psychiatrists**, **Foyle Port**, and **Macmillan Cancer** - all of which received excellent feedback.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Volunteer Celebration

This year's **Volunteer Celebration Event** took place in Belfast, where we:

- Attended a mental health-themed film screening (*The Holdovers*) at Queen's Film Theatre
- Enjoyed lunch at a local restaurant
- Were treated to live music by one of our talented Outreach Volunteers

This event offered a meaningful way to thank and celebrate the dedication of our volunteers, who play a pivotal role in the success of AWARE NI's support services.

Communications

In 2024/25, the Communications Team played a pivotal role in promoting AWARE NI's services, driving public awareness of mental health, and strengthening our organisational voice across Northern Ireland. Our digital platforms now serve as a vital extension of our support services, allowing us to educate, inspire, and connect with people far beyond physical settings. This year, we've continued to grow our online presence, reach new audiences, and build on our reputation as Northern Ireland's most widely followed mental health charity.

Campaigns, Projects, and Partnerships

- **Back to Life, Back to Normality Programme:** We produced a powerful video feature showcasing the transformative impact of this initiative, supported by GSK King's Fund funding. The film captured the real-life stories behind the programme, underlining its benefits for participants.
- **By Your Side Campaign:** In collaboration with the Fundraising team, we launched a storytelling campaign centred on three emotionally resonant videos exploring the impact of peer support. The videos achieved over **32,000 views**, **100+ shares**, and nearly **600 reactions**. Feedback highlighted how audiences connected deeply with the central character, helping reduce stigma and build empathy around mental ill-health.
- **Investors in Mental Health Awards:** We introduced a new structured application and tiered awards system. Engagement was high, especially from schools. In total, **68 award winners** were recognised for their positive contributions to mental health in education, workplaces, and communities. The campaign secured **13 press articles** and **238 social media mentions**, significantly raising AWARE NI's profile.
- **Express Yourself Poetry Competition:** Over **100 primary schools** registered to take part in this initiative encouraging P6 and P7 pupils to express their emotions through poetry. The campaign was supported by **Isla McManus**, a young local singer, whose ambassadorship helped boost engagement and reach.
- **Mood Matters Redesign:** We gave our **Mood Matters Adults** programme a refreshed, brand-consistent visual identity. Feedback has been overwhelmingly positive, and work is now underway to revamp **Mood Matters Young People** in a similar style.
- **Factsheet Updates:** We began updating our suite of factsheets with cohesive, modern visuals. A new factsheet on **menopause and mental health** was launched to expand our resource offering and reflect evolving public health conversations.
- **Mental Health All-Party Group:** AWARE NI proudly took over the Secretariat role from MindWise on **World Mental Health Day 2024**. We've since launched a survey examining the impact of menopause on mental health, with findings to be compiled into a report aimed at informing future policy through lived experience.
- **Maternal Mental Health Advocacy:** As part of our involvement in the **Everyone's Business Campaign** and the **Maternal Mental Health Alliance**, we continued to advocate for a dedicated **Mother and Baby Unit** in Northern Ireland. Progress has been encouraging, with movement toward securing both capital and revenue funding. We also continued campaigning for improved perinatal care guided by women's voices and the lived experiences of local families.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

- **Support Group Survey Campaign:** We designed and launched our Support Group Survey findings as part of **Time to Talk Day**, generating significant media attention with a **combined press reach of over 300,000**.
- **World Bipolar Day Campaign:** A heartfelt video feature with supporter **Emma-Jayne**, sharing her lived experience with bipolar disorder and wellness strategies, resonated widely. It reached **5,400** users via social media and was featured on **Belfast Live**, reaching **137,000 readers** with **4.1 million site visits**, amplifying our message and helping reduce stigma.

Digital & Media Reach 2024/25

Our efforts to increase brand awareness and extend digital engagement have continued to pay off. This year:

- Our website saw **215,000 visits** from **62,000 unique users**
- **Facebook followers** reached **28,227**
- **Instagram followers** rose to **7,876**
- Our **YouTube channel** recorded **10,862 views**
- We were featured in **506 online and press articles**
- We participated in **5 radio and TV interviews**
- Our **LinkedIn following** grew to **3,637**, with **1,848 newsletter subscribers**
- We surpassed **1,000 TikTok followers**, with a total of **2,562 likes**

Income Generation

In 2024/25, AWARE NI raised £605,216 through fundraising activity. While this figure represents a decrease from the previous year, it reflects a challenging fundraising environment experienced across the sector. Despite this, the generosity and determination of our supporters remained a powerful force, enabling us to deliver our vital mental health services throughout Northern Ireland.

Events and Challenge Fundraising

Challenge events remained a cornerstone of our fundraising programme, raising a total of £150,000. Our flagship Giant Steps Coastal Walk, now in its third year was sponsored by Henry Brothers and attracted just under 500 participants across the 26, 13, and 7-mile routes. Together, they raised an extraordinary £59,000, embodying community spirit and commitment to mental health support.

The festive season brought with it the return of our Santa Abseil at the Europa Hotel. This daring and cheerful event saw participants descend the iconic building in Santa suits, capturing hearts and attention while raising £30,000. Other exciting events throughout the year included the Jungle Olympics, the Derry City Hotel Abseil, and the Benone Sea Splash all attracting enthusiastic individuals, families, and employees from corporate partners.

We were uplifted by the courage of those who took on skydives and marathon challenges throughout the year. Skydives contributed £9,000, while marathon fundraisers generated £42,000. A heartfelt thank you to all involved, particularly the incredible students and staff of Friends School, Lisburn, whose participation in the Belfast Marathon alone raised a phenomenal £16,500.

Corporate Fundraising

Corporate support was once again a major pillar of our income generation, contributing £142,885 in 2024/25. We are deeply thankful to our corporate partners for their steadfast commitment to mental health and community wellbeing. Their dedication, generosity, and active participation make a lasting difference.

We extend special thanks to our long-standing partners MacNaughton Blair and Hastings Hotels, whose year-round support includes both vital financial contributions and invaluable in kind assistance.

AWARE DEFEAT DEPRESSION

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

FOR THE YEAR ENDED 31 MARCH 2025

Our two-year partnership with FinTrU concluded this year, having raised an outstanding £200,000. Their staff enthusiastically engaged in AWARE events and hosted a wide range of fundraising activities from regular giving and quizzes to walking challenges. This partnership was deservedly recognised with a Highly Commended award at the 2025 Institute of Fundraising Awards, celebrating its impact on both fundraising and mental health awareness.

We also wish to acknowledge the continued support of partners including KPMG, Todds Insurance, Wilson Nesbitt, BT Digital, Urban HQ, Essential Design Group, and Trouw Nutrition. Your efforts truly help us to bring mental health support into the heart of local communities.

Community Fundraising

Community spirit shone brightly throughout 2024/25, playing a vital role in our fundraising success. While the year began at a slower pace, support quickly gathered momentum particularly around Mental Health Awareness Day, when our new By Your Side campaign inspired a wave of action. This appeal invited individuals, schools, and groups from across Northern Ireland to fundraise in support of AWARE's local, peer-led support groups and they responded with energy, compassion, and creativity.

We were especially moved by the dedication shown by schools, whose pupils and staff organised events ranging from non-uniform days to wellness walks. Their enthusiasm not only raised essential funds but also sparked vital conversations about mental health among young people.

Local sports clubs also stepped up, with a highlight being our new partnership with Derry GAA, launched during the County Finals in October. The campaign generated significant community engagement and awareness, demonstrating the powerful role sport can play in promoting mental wellbeing.

Meanwhile, individuals and families across the country hosted coffee mornings, organised raffles, and took part in festive collections—proving once again that grassroots efforts make a big impact.

Thanks to this groundswell of community support, Community Fundraising raised a total of £116,000. This income is a direct reflection of the generosity, initiative, and solidarity shown by people of all ages and backgrounds, coming together to ensure AWARE NI's services remain free and accessible to those who need them.

Individual Giving

Individual donors continued to be a vital part of our income generation strategy. General donations accounted for £113,000, while regular givers contributed £5,000, and In Memory donations raised £13,500. We are truly grateful to every person who chose to support AWARE NI, whether through onetime gifts or ongoing generosity.

From skydivers and marathon runners to school fundraisers, corporate champions, and individual donors—your support allows AWARE NI to stand by people in their time of need. On behalf of our staff, volunteers, and everyone we serve, thank you for being by our side during this special 24/25 year.

Our income from Trusts and Foundations in 2024/25 totalling £328,634. This includes income from:

- John Atcheson Foundation
- Ulster Garden Villages
- The Grace Trust
- Sir Jules Thorn Charitable Trust
- Enkalon Foundation
- GSK
- Kate Lagan Foundation
- Radius Housing
- Inner City Trust
- Eoin Henry Foundation
- JD Foundation
- The Fuellers Charitable Trust
- The Honourable Irish Society
- Dorina Lady Dunleath Charitable Trust
- St James Place

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2025**

We are deeply grateful for our donors' unwavering support and incredible efforts. Their passion, creativity, and hard work are the lifeblood of our organisation, enabling us to continue providing essential local mental health support services.

Looking to the future, we aim to further enhance our fundraising initiatives and aim to encourage even more individual and group efforts. Together, we can build on this year's success and continue to make a significant impact.

From skydivers and marathon runners, to school fundraisers, corporate champions, and individual donors—your support allows AWARE NI to stand by people in their time of need. On behalf of our staff, volunteers, and everyone we serve, thank you for being by our side during this special 24/25 year.

Financial review

Total Income – £1,533,101

Comprising:

- Donations & Gifts – £605,216
- Grant Funding – £472,528
- Trusts & Foundations – £328,634
- Workshops & Courses – £117,815
- Investments - £8,908

Total Expenditure – £1,637,490

Comprising:

- Charitable Activities – £1,245,782
- Raising Funds – £391,708

The spend on charitable activities was 76% of the total spend.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2025**

Reserves

At 31st March 2025 AWARE NI holds total reserves of £836,952. During 2024/25 we made use of reserves to the value of £272,091. This was spent on the development of the following key areas as planned:

- £54,755 for unfunded support groups
- £16,700 for additional programme delivery
- £25,042 for communications activity, including campaigns and Investors in Mental Health
- £3,366 on further development of our e-learning products
- £35,250 on infrastructure development (CRM)
- £88,137 for office running costs
- £25,435 for corporate costs
- £23,406 on capital investments

The use of reserves was partially replenished in year, and we ended the year with a deficit of £104,389.

Reserves have been designated within the 2025/26 budget to produce a balanced budget position for the year alongside challenging fundraising targets.

The Trustees consider it prudent to hold monies in reserve if unforeseen circumstances lead to financial difficulties that might jeopardise the future of its employment capacity, users' wellbeing and general charitable work.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. The Trustees define free reserves as unrestricted income funds freely available for use as the charity determines and excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

Based on 2025/26 budgeted expenditure (excluding depreciation) and the Board update to our reserves policy, the target level of unrestricted reserves is £400,203 - £800,405.

Of our current reserves of £836,950 this includes £123,295 of redundancy contingency and £280,147 other designated reserves. Designated reserves have been allocated to enable the following:

- £79,576 for unfunded support groups
- £13,950 for additional programme delivery
- £17,761 for communications activity, including campaigns and Investors in Mental Health
- £30,000 on infrastructure development (CRM)
- £87,700 for office running costs
- £22,970 for corporate costs
- £20,490 on capital investments
- £3,700 on further development of our e-learning products
- £4,000 on evaluation of services

We have designated reserves totalling £403,442 leaving free reserves of £433,510.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

Plans for future periods

Looking to the remaining 4 years of our strategic plan for 2024-2029. We have identified key themes as follows:

1. Connection
4. Change
5. Community
6. Finance & Fundraising

We have identified several priorities for this year within this for the year:

- Maintain our Support Group network and outreach services and grow attendances
- Promote access to our workplace services and opportunities for practice sharing
- Giving greater attention to diversity and inclusion in all aspects of our work
- Focus on our engagement with volunteers and employees

We will maintain our focus structurally on

1. Investing in our staff and volunteers
2. Developing further our CRM to support with stakeholder engagement and communications, programme monitoring and review and finance/fundraising management
3. Securing diverse generation to drive fundraising to meet the needs of our service users.

Structure, governance and management

Aware Defeat Depression (trading as AWARE) is a company limited by guarantee and accepted as charitable by HMRC under reference XR 11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association, which established the objects and powers of the company and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

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

Mr Owen Crilly	(Resigned 12 September 2024)
Dr Josephine Deehan	
Ms Marianne Downing	
Dr Maria Kee	(Resigned 30 April 2024)
Mr Joseph Mahon	
Mr Bernard McAnaney (Chairperson)	
Ms Helen McDonnell (Vice Chair)	
Dr Patrick McKeon	(Resigned 12 September 2024)
Mr Robert Robinson	
Ms Alexandra Murdock	
Ms Sophy McFarlane	(Appointed 30 April 2024)
Dr John Sharkey	(Appointed 30 April 2024 and resigned 12 September 2024)
Ms Rachael Lees	(Appointed 26 November 2024)
Mr Thomas Monteith	(Appointed 26 November 2024)

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

The Trustees meet every 2 months as a full Board. We have subcommittees for Clinical Governance and Finance. These subcommittees meet quarterly. The terms of reference and chair of these groups are reviewed periodically.

Recruitment and Appointment of the Trustees

The charity Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of 9 years.

Corporate and Clinical Governance

The Board ensures the organisation complies with the relevant legislation and good practice. The Board supports a clinical governance and finance support group to support this. The Board also engages service users directly through our Locality Planning structures. The Locality Planning groups meet regularly to review activities in local areas and with the staff team to suggest and explore development opportunities. The Board has a schedule for the regular review of all programmes of work, policies and procedures, including an ethical policy regarding our fundraising initiatives and partnerships. We have a schedule of all organisational policies reviewed on a 3-yearly cycle.

Organisational Structure

The Board of Trustees is responsible for the administration of the charity and meets on a bi-monthly basis. The Board has appointed a Chief Executive to manage the charity's day-to-day operations. Within the terms of delegated approval, the Chief Executive has delegated authority for operational matters, including employment, project delivery and budgetary management.

During 2024/25 the organisation undertook a review of its staffing structure with a particular focus on SMT structure but with some impacts on other areas of the organisation also. This was deemed necessary due to financial issues and ability to continue to provide our services within an increasingly pressured budget. In early 2025 the Board authorised particular redundancies and the implementation of an updated organisational structure. Whilst this was a challenging process the organisation entered 2025/26 with a structure better fit for purpose and in keeping with budgetary availability. As part of this we look forward to welcoming a new Head of Operations and Education & Training Manager to AWARE in Summer 2025 and congratulate 2 internal members of staff on securing enhanced roles within the organisation. We thank our outgoing Heads of Education & Training for their commitment and service to AWARE.

Directors' Induction and Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic Plan
- Descriptions of the role of Directors and/or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered additional training in, for example, committee skills, finance management, child protection, data protection, strategic planning and other relevant areas.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and procedure and regularly completes risk assessments in relevant areas. A Corporate Risk Register has been drawn to prioritise the risks requiring action. The Risk Register is reviewed and updated bi-annually by the Board and quarterly within the senior management team or as soon as a potential threat is identified. Analysis for each risk is detailed in the Risk Register, with the controls currently in place to mitigate the risk and the further actions required to minimise the risk. We have a streamlined Risk Action Plan, which the SMT reviews monthly to ensure action on priority tasks. This year, we have specifically updated the policy and training on Lone Working.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2025**

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Aware Defeat Depression for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Auditor

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

Disclosure of information to the auditor

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

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

Mr Bernard McAnaney (Chairperson)

Trustee

18 December 2025

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Opinion

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

In our opinion, the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities Accounts and Reports Regulations (Northern Ireland) 2015 requires us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Responsibilities of Trustees

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

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2008 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and/or senior management, and from our commercial knowledge and experience of the sector;

We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including Companies Act 2006, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation

- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 2 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions;

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC and the company's legal advisors;

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Angela Craigan (Senior Statutory Auditor)
for and on behalf of HM Chartered Accountants

Chartered Accountants
Statutory Auditor

18 December 2025
6th Floor East Tower
Lanyon Plaza
Belfast
Co. Antrim

BT1 3LP

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2025

		Unrestricted funds	Designated funds	Restricted funds	Total	Total
	Notes	2025 £	2025 £	2025 £	2025 £	2024 £
Income from:						
Donations and legacies	3	605,216	-	343,031	948,247	1,181,416
Charitable activities	4	117,815	-	458,131	575,946	611,588
Investments	5	8,908	-	-	8,908	2,080
Total income		<u>731,939</u>	<u>-</u>	<u>801,162</u>	<u>1,533,101</u>	<u>1,795,084</u>
Expenditure on:						
Raising funds	6	391,708	-	-	391,708	354,399
Charitable activities	7	444,620	-	801,162	1,245,782	1,355,027
Total expenditure		<u>836,328</u>	<u>-</u>	<u>801,162</u>	<u>1,637,490</u>	<u>1,709,426</u>
Net income/(expenditure)		(104,389)	-	-	(104,389)	85,658
Transfers between funds		30,739	(30,739)	-	-	-
Net movement in funds		<u>(73,650)</u>	<u>(30,739)</u>	<u>-</u>	<u>(104,389)</u>	<u>85,658</u>
Reconciliation of funds:						
Fund balances at 1 April 2024		507,160	434,181	-	941,341	855,683
Fund balances at 31 March 2025		<u>433,510</u>	<u>403,442</u>	<u>-</u>	<u>836,952</u>	<u>941,341</u>

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

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2025

		2025		2024	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	12		16,359		26,637
Current assets					
Debtors	13	53,207		113,530	
Cash at bank and in hand		860,528		927,603	
		<u>913,735</u>		<u>1,041,133</u>	
Creditors: amounts falling due within one year	14	<u>(93,142)</u>		<u>(126,429)</u>	
Net current assets			820,593		914,704
Total assets less current liabilities			<u>836,952</u>		<u>941,341</u>
The funds of the Charity					
Endowment funds - Designated	17	403,442		434,181	
Unrestricted funds	16	433,510		507,160	
		<u>836,952</u>		<u>941,341</u>	

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2025.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 18 December 2025

Mr Bernard McAnaney (Chairperson)
Trustee

Ms Rachael Lees
Trustee

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2025

	Notes	2025 £	£	2024 £	£
Cash flows from operating activities					
Cash (absorbed by)/generated from operations	20		(74,149)		147,760
Investing activities					
Purchase of tangible fixed assets		(1,834)		(8,255)	
Investment income received		8,908		2,080	
		<u> </u>		<u> </u>	
Net cash generated from/(used in) investing activities			7,074		(6,175)
Net cash generated from financing activities			<u> </u>		<u> </u>
			-		-
Net (decrease)/increase in cash and cash equivalents			(67,075)		141,585
Cash and cash equivalents at beginning of year			927,603		786,018
			<u> </u>		<u> </u>
Cash and cash equivalents at end of year			<u>860,528</u>		<u>927,603</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Charity information

Aware Defeat Depression is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Crawford Square, Derry/Londonderry, BT48 7HR.

1.1 Accounting convention

The financial statements have been prepared in accordance with the Charity's governing document, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" 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)". The Charity is a Public Benefit Entity as defined by FRS 102.

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

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

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

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

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

1.5 Expenditure

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

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

1.6 Tangible fixed assets

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

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

Fixtures and fittings	20% straight line
Computers	20% straight line
Motor vehicles	33.33% straight line
Office equipment	20% straight line

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

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 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.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

(Continued)

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.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

3 Income from donations and legacies

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Donations and gifts	605,216	-	605,216	762,124	-	762,124
Grants for core activities	-	14,397	14,397	-	14,398	14,398
Trusts and Foundations	-	328,634	328,634	-	404,894	404,894
	<u>605,216</u>	<u>343,031</u>	<u>948,247</u>	<u>762,124</u>	<u>419,292</u>	<u>1,181,416</u>
Donations and gifts						
Donations	11,392	-	11,392	17,000	-	17,000
Events	437,908	-	437,908	469,712	-	469,712
Corporate	142,885	-	142,885	253,407	-	253,407
Schools	-	-	-	500	-	500
Legacies	-	-	-	21,505	-	21,505
Other	13,031	-	13,031	-	-	-
	<u>605,216</u>	<u>-</u>	<u>605,216</u>	<u>762,124</u>	<u>-</u>	<u>762,124</u>
Grants for core activities						
Department of Health	-	14,397	14,397	-	14,398	14,398
	<u>-</u>	<u>14,397</u>	<u>14,397</u>	<u>-</u>	<u>14,398</u>	<u>28,794</u>
Trusts and Foundations						
Community Foundation	-	-	-	-	62,394	62,394
Inner City Trust	-	4,000	4,000	-	5,000	5,000
Lagan Foundation	-	10,000	10,000	-	-	-
John Atcheson	-	10,000	10,000	-	-	-
Uniphar	-	11,000	11,000	-	-	-
Big Give	-	5,000	5,000	-	-	-
B&Q	-	-	-	-	10,000	10,000
Garfield Weston	-	-	-	-	20,000	20,000
Ulster Garden Villages	-	14,000	14,000	-	14,000	14,000
Housing Associations	-	-	-	-	4,000	4,000
Other	-	274,634	274,634	-	289,500	289,500
	<u>-</u>	<u>328,634</u>	<u>328,634</u>	<u>-</u>	<u>404,894</u>	<u>404,894</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

4 Income from charitable activities

	Unrestricted funds 2025 £	Restricted funds 2025 £	Total 2025 £	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £
Education and training						
Workshops and courses	117,815	-	117,815	130,665	-	130,665
Performance related grants	-	328,770	328,770	-	371,184	371,184
Support services						
Performance related grants	-	129,361	129,361	-	109,739	109,739
	<u>117,815</u>	<u>458,131</u>	<u>575,946</u>	<u>130,665</u>	<u>480,923</u>	<u>611,588</u>

Performance related grants analysis

	Education and training 2025 £	Support services 2025 £	Total 2025 £	Education and training 2024 £	Support services 2024 £	Total 2024 £
Public Health Agency	254,615	-	254,615	234,372	-	234,372
National Lottery Community Fund	-	-	-	25,060	-	25,060
Maternal Mental Health Alliance	4,753	-	4,753	4,130	-	4,130
Western Health and Social Care Trust	12,217	37,564	49,781	27,704	34,811	62,515
Belfast Health and Social Care Trust	13,764	19,921	33,685	15,083	20,792	35,875
Southern Health and Social Care Trust	-	28,593	28,593	12,530	26,304	38,834
South Eastern Health and Social Care Trust	-	43,283	43,283	2,200	27,832	30,032
Clear Project	12,000	-	12,000	31,600	-	31,600
Other	31,421	-	31,421	11,830	-	11,830
	<u>328,770</u>	<u>129,361</u>	<u>458,131</u>	<u>371,184</u>	<u>109,739</u>	<u>480,923</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

5 Income from investments

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Interest receivable	8,908	2,080

6 Expenditure on raising funds

	Unrestricted funds 2025 £	Unrestricted funds 2024 £
Fundraising and publicity		
Seeking donations, grants and legacies	75,672	65,585
Membership schemes and social lotteries	17,469	24,200
Staging fundraising events	13,735	15,182
Fundraising agents	6,701	8,583
Advertising	1,884	440
Staff costs	255,613	220,553
Depreciation and impairment	3,634	4,483
Support costs	17,000	15,373
	<u>391,708</u>	<u>354,399</u>

Costs allocated to raising funds represents salaries and wages to staff involved in staging fundraising events and seeking donations, grants and legacies and other associated costs.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

7 Expenditure on charitable activities

	Education and training 2025 £	Support services 2025 £	Communication and campaign 2025 £	Total 2025 £	Education and training 2024 £	Support services 2024 £	Communication and campaign 2024 £	Total 2024 £
Direct costs								
Staff costs	501,067	180,416	85,371	766,854	510,606	196,387	78,555	785,548
Depreciation and impairment	8,478	-	-	8,478	10,460	-	-	10,460
Other staff costs	2,781	380	-	3,161	4,968	300	240	5,508
Sessional workers	49,451	-	-	49,451	47,341	-	-	47,341
External trainers fees	105,522	960	-	106,482	143,820	1,440	-	145,260
Training resources	8,115	-	-	8,115	21,697	-	-	21,697
Room hire	3,362	21,835	22	25,219	1,612	22,528	99	24,239
Hospitality	2,609	3,482	225	6,316	1,932	4,843	270	7,045
Evaluation and quality assurance	714	-	-	714	13,314	9,000	-	22,314
Volunteers' travel and expenses	-	15,815	-	15,815	-	13,283	76	13,359
Marketing and publicity	2,244	3,242	14,466	19,952	1,915	1,931	14,325	18,171
External consultants fees	15,499	9,471	3,875	28,845	11,457	7,001	2,864	21,322
Staff travel	5,796	9,366	320	15,482	5,422	11,603	150	17,175
Printing costs	4,832	2,953	1,208	8,993	9,087	6,641	1,550	17,278
Central premises costs	23,292	14,234	5,823	43,349	32,266	19,718	8,067	60,051
Central office costs	12,581	7,689	3,145	23,415	13,904	8,497	3,476	25,877
Sundry expenses	10,101	6,173	2,525	18,799	10,282	5,013	1,621	16,916
	<u>756,444</u>	<u>276,016</u>	<u>116,980</u>	<u>1,149,440</u>	<u>840,083</u>	<u>308,185</u>	<u>111,293</u>	<u>1,259,561</u>
Share of support and governance costs (see note 8)								
Support	41,492	41,503	5,187	88,182	40,994	40,994	5,124	87,112
Governance	3,840	3,840	480	8,160	6,768	3,931	491	8,354
	<u>801,776</u>	<u>321,359</u>	<u>122,647</u>	<u>1,245,782</u>	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>1,355,027</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

7 Expenditure on charitable activities

(Continued)

Analysis by fund

Unrestricted funds	444,620	-	-	444,620	433,912	-	-	433,912
Restricted funds	372,971	305,544	122,647	801,162	453,933	353,110	116,908	921,115
	<u>817,591</u>	<u>305,544</u>	<u>122,647</u>	<u>1,245,782</u>	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>1,355,027</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

8 Support costs

	Support costs	Governance costs	2025	Support costs	Governance costs	2024
	£	£	£	£	£	£
Staff costs	87,545	-	87,545	82,833	-	82,833
Other staff costs	1,166	-	1,166	1,062	-	1,062
Central premises costs	3,882	-	3,882	5,378	-	5,378
Central office costs	2,902	-	2,902	3,194	-	3,194
Marketing and publicity	347	-	347	98	-	98
IT Support	1,684	-	1,684	1,367	-	1,367
Volunteers' travel and expenses	-	-	-	841	-	841
External consultants fees	2,583	-	2,583	1,909	-	1,909
Room hire	14	-	14	66	-	66
Hospitality	150	-	150	180	-	180
Other general support costs	3,470	-	3,469	5,556	-	5,556
Audit fees	-	6,000	6,000	-	6,000	6,000
Legal and professional	-	3,599	3,600	-	3,828	3,828
	<u>103,743</u>	<u>9,599</u>	<u>113,342</u>	<u>102,485</u>	<u>9,828</u>	<u>112,313</u>
Analysed between						
Fundraising	17,000	-	17,000	15,373	1,474	16,847
Charitable activities	88,182	8,160	96,342	87,112	8,354	95,466
	<u>105,182</u>	<u>8,160</u>	<u>113,342</u>	<u>102,485</u>	<u>9,828</u>	<u>112,313</u>

9 Trustees

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

10 Employees

The average monthly number of employees during the year was:

2025	2024
Number	Number
35	33
<u>35</u>	<u>33</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

10 Employees (Continued)

Employment costs	2025 £	2024 £
Wages and salaries	989,946	1,052,042
Social security costs	87,616	25,852
Other pension costs	32,450	11,040
	<u>1,110,012</u>	<u>1,088,934</u>

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

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2025 £	2024 £
Aggregate compensation	<u>118,302</u>	<u>260,154</u>

11 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.

12 Tangible fixed assets

	Fixtures and fittings £	Computers £	Motor vehicles £	Office equipment £	Total £
Cost					
At 1 April 2024	61,621	161,861	1,600	18,610	243,692
Additions	628	1,156	-	50	1,834
At 31 March 2025	<u>62,249</u>	<u>163,017</u>	<u>1,600</u>	<u>18,660</u>	<u>245,526</u>
Depreciation and impairment					
At 1 April 2024	55,063	141,891	1,600	18,500	217,054
Depreciation charged in the year	2,228	9,847	-	38	12,113
At 31 March 2025	<u>57,291</u>	<u>151,738</u>	<u>1,600</u>	<u>18,538</u>	<u>229,167</u>
Carrying amount					
At 31 March 2025	<u>4,958</u>	<u>11,279</u>	<u>-</u>	<u>122</u>	<u>16,359</u>
At 31 March 2024	<u>6,558</u>	<u>19,969</u>	<u>-</u>	<u>110</u>	<u>26,637</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

13 Debtors	2025	2024
	£	£
Amounts falling due within one year:		
Other debtors	46,035	106,897
Prepayments and accrued income	7,172	6,633
	<u>53,207</u>	<u>113,530</u>
	<u><u>53,207</u></u>	<u><u>113,530</u></u>
14 Creditors: amounts falling due within one year	2025	2024
	£	£
Other taxation and social security	19,016	23,560
Trade creditors	26,234	36,553
Accruals and deferred income	47,892	66,316
	<u>93,142</u>	<u>126,429</u>
	<u><u>93,142</u></u>	<u><u>126,429</u></u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2025

15 Restricted funds

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

	As restated	Movement in funds		Balance at 31 March 2025 £
	Balance at 1 April 2024 £	Incoming resources £	Resources expended £	
Public Health Agency	-	254,615	(254,615)	-
Western Health and Social Care Trust	-	49,781	(49,781)	-
Belfast Health and Social Care Trust	-	33,685	(33,685)	-
Southern Health and Social Care Trust	-	28,593	(28,593)	-
South Eastern Health and Social Care Trust	-	43,283	(43,283)	-
Department of Health	-	14,397	(14,397)	-
Clear Project	-	12,000	(12,000)	-
Trusts and Foundations	-	328,634	(328,634)	-
Other	-	36,174	(36,174)	-
	-	801,162	(801,162)	-

Nature of restricted funds

Public Health Agency

Funding for the provision of education and training workshops and courses

Western Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Belfast Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Southern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

South Eastern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Department of Health - Core

Funding for the salary of the charity's Chief Executive

Trust and Foundations

Funding received to enable the charity to enhance its educational services and support services.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

16 Unrestricted funds

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

	At 1 April 2024 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2025 £
General funds	507,160	731,939	(836,328)	30,739	433,510
	<u>507,160</u>	<u>731,939</u>	<u>(836,328)</u>	<u>30,739</u>	<u>433,510</u>
Previous year:	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
General funds	732,512	894,869	(576,213)	(544,008)	507,160
	<u>732,512</u>	<u>894,869</u>	<u>(576,213)</u>	<u>(544,008)</u>	<u>507,160</u>

17 Endowment funds - Designated

These are endowment funds which are material to the Charity's activities.

	At 1 April 2024 £	Resources expended £	Transfers £	At 31 March 2025 £
Redundancy fund	129,842	-	(6,547)	123,295
Service expansion	304,339	-	(24,192)	280,147
	<u>434,181</u>	<u>-</u>	<u>(30,739)</u>	<u>403,442</u>
Previous year:	At 1 April 2023 £	Resources expended £	Transfers £	At 31 March 2024 £
Redundancy fund	102,271	(212,098)	239,669	129,842
Service expansion	-	-	304,339	304,339
	<u>102,271</u>	<u>(212,098)</u>	<u>544,008</u>	<u>434,181</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2025

17 Endowment funds - Designated

(Continued)

Redundancy fund - as a result of the current factors impacting the charitable section, the Trustees consider it necessary to set aside funds should the charity have to adapt a substantially different operating model to ensure its future sustainability.

At 31st March 2025 AWARE NI holds total reserves of £836,952. We plan to utilise an amount of these reserves as follows unless additional income is sourced.

- £79,576 for unfunded support groups
- £13,950 for additional programme delivery
- £17,761 for communications activity, including campaigns and Investors in Mental Health
- £30,000 on infrastructure development (CRM)
- £87,700 for office running costs
- £22,970 for corporate costs
- £20,490 on capital investments
- £3,700 on further development of our e-learning products
- £4,000 on evaluation of services

18 Analysis of net assets between funds

As restated

	Unrestricted funds 2025 £	Designated funds 2025 £	Restricted funds 2025 £	Total 2025 £	Total 2024 £
Fund balances at 31 March 2025 are represented by:					
Tangible assets	16,359	-	-	16,359	26,637
Current assets/(liabilities)	417,149	403,442	-	820,591	914,705
	<u>433,508</u>	<u>403,442</u>	<u>-</u>	<u>836,950</u>	<u>941,342</u>

19 Analysis of changes in net funds

The Charity had no material debt during the year.

20 Cash generated from operations

	2025 £	2024 £
(Deficit)/surplus for the year	(104,389)	85,658
Adjustments for:		
Investment income recognised in statement of financial activities	(8,908)	(2,080)
Depreciation and impairment of tangible fixed assets	12,113	14,943
Movements in working capital:		
Decrease/(increase) in debtors	60,323	(20,088)
(Decrease)/increase in creditors	(33,288)	69,327
Cash (absorbed by)/generated from operations	<u>(74,149)</u>	<u>147,760</u>

Aware Defeat Depression

Northern Ireland - Charity number 100561

Accounts

Charity registration number NIC100561

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

AWARE DEFEAT DEPRESSION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Josephine Deehan Ms Marianne Downing Mr Joseph Mahon Mr Bernard McAnaney Ms Helen McDonnell Mr Robert Robinson Ms Alexandra Murdock Ms Sophy McFarlane	(Appointed 27 September 2023) (Appointed 30 April 2024)
Secretary	Mr Joseph Mahon	
Charity number	NIC100561	
Company number	NI030447	
Registered office	2 Crawford Square Derry/Londonderry BT48 7HR	
Auditor	Harbinson Mulholland 6th Floor East Tower Lanyon Plaza 8 Lanyon Place Belfast Co. Antrim Northern Ireland BT1 3LP	
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB	

AWARE DEFEAT DEPRESSION

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AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2024

Reflecting on this year's annual report, I realised this would be my eighth as Chairperson; my first was for the 2016/17 report. A lot has changed since then, and yet some things haven't. Some of our team have moved on, and team AWARE NI has many new faces. There is a new senior management team, an almost new Board and new faces across the charity in Education and Training, Support Services, Community Outreach, Communications, and Income Generation.

What hasn't changed is the need for AWARE NI's services and support for those impacted by mental ill-health. At AWARE NI, we know only too well that the level of depression, bipolar disorder and anxiety has not decreased in our communities. Ironically, as the stigma around mental health rightly decreases, and as AWARE NI continues to play a leading role in that area, the demand for mental health services and support increases. Unfortunately, some might argue shamefully that statutory services are struggling and often failing to meet that demand due to the lack of sufficient funding for mental health services.

Against that background, it is worth remembering where we were in 2016/17. The Education and Training service had just begun the early stages of the Mindfulness programme, and Paws b had yet to be introduced to primary schools. Last year, over 1,500 primary school children participated in Paws b, and 34 teachers and classroom assistants received mindfulness training. In total, our suite of education and wellbeing programmes reached 19,000 people last year, an increase of just over 50% compared to the 2016/17 figure.

Support Services, particularly our mental health peer support groups, were badly affected during Covid. However, last year, there was clear evidence of recovery, with 5,594 people attending support groups. This is a 25% increase compared to 2016/17. The same period saw community outreach events increase from 85 to 197, reaching nearly 21,500 people compared to the 2016/17 total of 4,000 - an incredible fivefold increase.

Something else that hasn't changed is that AWARE NI continues to be the most widely followed local mental health charity in Northern Ireland across our website, Facebook, X (Twitter), Instagram, LinkedIn, YouTube and TikTok, thanks to the creativity of our Communications team. What has changed is the quality of our communication material; it continues to get better year on year.

Of course, none of the above would be possible without funding. In 2016/17, our total income was about £815k, whilst last year, it was nearly £1.8 million. Donations and gifts now represent 42.5% of our income, and when other non-statutory sources are included, that figure rises to 72%, a remarkable turnaround from 2016/17 when funding from the statutory bodies accounted for 53% of our income. It's now only 28%. Thanks in no small measure to our award-winning Fundraising Team.

As important as funding is though, volunteers, many with a lived experience of depression, are AWARE NI's heart and soul. Put simply the charity would not be the same without them.

Finally, another change worth mentioning is the change of address for our Derry office! Having outgrown the old office in Queen Street a good few years ago, we moved to the new Derry base in Crawford Square in September.

So what of the future? I don't possess a crystal ball, but we have AWARE NI's five-year strategic plan. The strategy is themed across four key areas – Connection, Change, Community and Finance and Fundraising. These themes emerged from an inclusive process involving a series of discussions and workshops with our staff, volunteers and many others who took the time to comment online. Collectively, we had a critical look at where we are now, assessed gaps and aspirations in our service provision, and discussed how we would move forward over the next five years. The targets are challenging, but I firmly believe the AWARE NI family will meet them.

The strategy, therefore, reflects an organisation that is not content to rest on its laurels but is determined to remain relevant to those who use our range of services.

As we look with confidence then to the future can I again thank our volunteers, staff, sessional workers and my fellow Trustees for all their support in what was yet another very busy and successful year.

AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT (CONTINUED) ***FOR THE YEAR ENDED 31 MARCH 2024***

.....
Mr Bernard McAnaney
Chairman

Date:

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024.

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

Objectives and activities

Our Vision, Mission and Values

AWARE has been working since 1996 to support all those in Northern Ireland affected by depression, anxiety and bipolar disorder.

Our **Vision** is for a future where everyone can openly discuss their mental health, access services appropriate to their needs, and develop the skills and knowledge to maintain positive mental health.

Our **Mission** is:

- To promote emotional health and wellbeing.
- To help people build resilience and maintain positive mental health at every stage of their life journey.
- To ensure that individuals living with depression, anxiety, and bipolar disorder are aware of and have access to appropriate support.
- To advocate for policies that facilitate access to appropriate support across Northern Ireland.
- To increase public understanding of depression and reduce the stigma surrounding the illness.

Our **Values** are that, above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

- **Dignity, respect and empathy** - We will treat each other and our service users with dignity, respect and empathy.
- **Integrity, professionalism and transparency** - We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.
- **Innovation and Excellence** - We are committed to providing high-quality services and to being innovative for the benefit of people using our services.
- **Equality, diversity and inclusivity** - We are committed to championing equality, diversity and inclusivity in all aspects of our organisation, through an intersectional lens

User-Led

Those who best understand the challenges faced by people affected by depression, anxiety or bipolar disorder are those who have been affected by it themselves. Therefore, we promote a strong user-led, self-help approach, and the organisation's culture is based on the active involvement of its service users, staff, and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous, ongoing and embedded within the organisational culture.

Partnership working

We are committed to working with a wide range of groups, including those based in local communities, those representing a particular community of interest and other sectoral organisations working with people experiencing mental health problems.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate.
- We will lead by example.

As stated in the Memorandum of Association, the charity's objectives are to improve the quality of life of people with, or at risk, of depression and their carers in Northern Ireland. This is to be achieved by

- Relieving conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives.
- Educating the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses.
- Promoting research into the causes, treatment and prevention of depressive illnesses and the dissemination of the valuable results of such research
- Acting as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families.

AWARE NI was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at the time. This user-led ethos remains a key driver of the charity's work.

The charity's work currently includes:

- Mental health peer support groups in most main towns in Northern Ireland
- Online support groups
- Telephone and email support services
- A wide range of free resources and literature on various mental health issues
- Free public talks and other events on mental health and related issues
- Information outreach events in communities across Northern Ireland
- Living Life to the Full, a unique life skills programme based on CBT concepts
- Mood Matters, an education programme delivered in schools, workplaces and community settings
- Mental Health First Aid training programme
- Mindfulness programmes, including Paws b and .breathe, delivered in schools
- My Mind & Me - a newly-developed primary school wellbeing programme based on the 'Take 5 Steps to Wellbeing' principles
- An interactive website offering information and resources

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

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

Education and Training

AWARE NI's Education and Training department plays a vital role in raising awareness of common mental health issues and equipping people with tools to care for their emotional wellbeing. We have had a successful year expanding our programme offerings and reach. We developed our team, which now comprises six Education and Training Officers, one Corporate Outreach Worker and five administrative staff members.

During 2023/24, we achieved the following:

In schools

- Delivered 69 'Paws b' mindfulness programmes to 1,541 pupils in primary schools
- Introduced 49 'My Mind and Me' programmes for primary schools, reaching 1,135 pupils
- Conducted 30 '.breathe' mindfulness programmes for post-primary schools, reaching 464 pupils
- Delivered 473 'Mood Matters Young People' programmes to 9,379 young individuals in schools and other suitable settings
- Trained 29 teachers in an 8-week mindfulness programme
- Provided 'Paws b' training to 5 teachers and classroom assistants, enabling the integration of mindfulness practice into the school culture
- Organised two teacher focus groups to support teachers with 'Paws b' delivery in schools

In the community

- Conducted 63 'Living Life to the Full' programmes for over 642 participants in community settings
- Delivered 42 'Mental Health First Aid' programmes to over 402 participants
- Offered 48 mindfulness programmes to over 405 adults
- Delivered 51 'Mood Matters Adult' programmes for over 589 people in local communities
- Delivered 1 Mindfit programme to 11 participants
- Ran 73 'Mood Matters Parent and Baby' programmes for 446 parents and expectant parents
- Delivered 11 educational talks to 538 people

In workplaces

- Delivered 39 'Mental Health First Aid' programmes to workplaces
- Conducted 111 'Mood Matters in the Workplace' programmes for more than 1,561 employees
- Provided 20 'Supporting Employee Wellbeing' programmes to 218 people

Via e-learning

- We partnered with Strategic Thinking to support their healthcare staff of 500 via iAmAWARE
- We offered iAmAWARE mental health e-learning to our corporate partners, reaching 140 participants
- iAmAWARE Supporting Employee Wellbeing delivered to 2 participants

Our Education and Training programmes reached over 19,000 participants in 2023/24. While we conducted many community and workplace programmes via Zoom, we gradually resumed face-to-face delivery, a trend we anticipate will continue in the upcoming year. We have increased our e-learning offering, as three additional modules were developed for iAmAWARE, bringing the total number of mental health educational modules to four.

We took great pride in introducing new mindfulness programmes for adults, parents, and school pupils. The 'Mindful Parenting' programme for parents of 5–12-year-olds received fantastic feedback. We look forward to delivering more of these in the coming year. Additionally, we successfully provided the 4-week '.breathe' programme for 9-14-year-olds in 30 post-primary schools and secured funding to further expand and deliver this programme in 2024/25.

The team has been developing a new 'Feeling Good' programme, incorporating mindfulness practices and '5 Ways to Wellbeing' concepts. This single-session programme is for 11-14-year-olds. We look forward to finishing the programmes in the new financial year.

After last year's pilot delivery, we re-developed 'My Mind & Me', a programme designed for P3-P7 pupils, enhanced with engaging activities to help this age group understand concepts around mental health and emotional wellbeing. We delivered this to 49 schools.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

We successfully concluded the third year of The Community Foundation Mental Health Support project to provide our 'Back to Life, Back to Normality' programme, which consists of six weeks of 'Living Life to the Full' and six weeks of mindfulness. This project supports the five mental health leads in GP Federations across NI. Referrals are made by GP practices in these federations to help provide a service for those people on the current waiting list for services. We have built strong relationships with the GP Federation mental health leads and their respective teams, regularly meeting and sharing findings with them.

In collaboration with the Public Health Agency, we led the development of Northern Ireland's Mental Health First Aid Refresher programme and will be completing the development in the new financial year. AWARE NI will be involved in training up to 60 new Mental Health First Aid Refresher trainers. This increased capacity positions us well for future MHFA delivery and improves our portfolio of programmes.

Throughout the year, partnership work remained a prominent feature of our work. We collaborated with organisations such as ParentingNI, Tynylife, Diabetes UK, Macmillan Cancer, WRDA (Women's Resource Development Agency), and MAS (Maternal Advocacy Support) to develop and adapt our programmes and cater to their client groups. We continued to advocate for expectant and new parents by participating in steering and implementation groups focused on infant and maternal mental health. We guided health professionals supporting new and expectant parents through the specialist perinatal section of our website. Our perinatal mental health resource is in high demand and distributed in antenatal units and Sure Starts.

We trained 18 Tynylife staff and AWARE NI staff in Chris Williams' Enjoy your Baby CBT based programme. Our 'Supporting Employee Wellbeing' train the trainer took place in quarter 3, and delivery is proving popular. We also trained staff and sessional workers in our primary school programme 'My Mind & Me'.

The team worked hard this year to develop our workplace mental health training programme portfolio. We finalised the new half-day manager's programme, 'Supporting Employee Wellbeing', to educate managers and team leaders on supporting their employees during challenging and stressful times. We piloted the programme and reviewed and adapted it based on feedback.

Our suite of workplace programmes has evolved to meet the needs of the new hybrid way of working, offering face-to-face, online, and e-learning options. We believe this adaptability will enable businesses across Northern Ireland to invest in their staff's mental health and wellbeing.

In addition to our fundraising activities, the sales of our programmes, primarily to the business community, contribute significantly to AWARE NI's income. The Education and Training team plays a vital role in establishing connections with workplaces, cultivating relationships, and delivering training programmes. They work closely with our fundraising team to engage the business community and attract sponsorship, Charity of the Year initiatives, and general fundraising efforts. These endeavours raise awareness of mental health and the importance of mental wellbeing in the workplace. Notably, post-Covid-19, there has been a significant increase in interest and attention to mental health within workplaces, leading to higher programme sales and improved understanding of mental wellbeing.

In the 2023/24 period, AWARE NI generated £148,858.50 through programme sales, with the Mental Health First Aid and Mood Matters Workplace programmes contributing significantly to this income. These funds are used to expand and sustain our support groups and outreach services.

Support Services and Community Outreach

AWARE NI's Support Services department remains committed to providing essential and unique support to individuals affected by low mood, depression, anxiety, and bipolar disorder. This year, the support team welcomed a new staff member, Sam Pirone, who joined as an administrative assistant for the team. This has been an enormous asset to the team, and Sam's wealth of knowledge and 'can do' attitude has made a substantial impact in a short period of time.

We have continued to maintain and support our existing support groups throughout NI, focusing on those in more rural areas that need more promotion and input. We are delighted with the growing numbers attending and the feedback we receive on the difference this is making in people's lives. This year, we have noticed an increase in the complex needs of individuals attending our groups and the difference peer support has made in their mental health journey and recovery.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

We have been developing a Youth Strategy for AWARE NI by linking with other youth organisations for guidance and advice and holding focus groups with our younger service users to gather their feedback and views. We have merged our YA support groups with our established support groups to provide peer support to all individuals 18 plus. As a result of our active campaigns and following the recommendations from our younger members, we have noticed an increase in younger membership regionally. We have also been involved in a pilot project in Derry, providing our AWARE 'Mood Matters Young People' programme to young people in their own communities, followed by a peer support session on how to support each other during difficult times. This has been hugely successful, with extremely positive feedback and a wealth of learning for us to take forward as part of our Youth Strategy over the next 5-year plan.

As part of AWARE NI's support to the Maternal Mental Health Alliance with Everyone's Business Campaign for NI, we are delighted to advise that we have been continuing to campaign for a Mother and Baby Unit for NI with positive feedback and movement towards funding being secured for the build and revenue for this much-needed unit. We have also continued to campaign for the best perinatal care for our local mums, babies and families with priorities according to the voices of women with lived experience and feedback from our Everyone's Business Campaign members.

We commenced an additional service this year for our support group members, with two Independent Therapists being able to provide one-to-one support as appropriate. Whilst this is a limited service and for our known service users, it has been hugely valued and beneficial for our support group members who are struggling to access such one-to-one support locally.

This year has been the second year of our Ulster University Support Group Research Project, which has been progressing extremely well with very positive feedback from those attending. We are looking forward to findings and recommendations and how we can best take these forward into practice and publicise for our profile and future funding opportunities.

Our Volunteers remain at the heart of all we do in Support Services. We have supported over 70 volunteer facilitators this year as they provide life-changing support in our peer-led mental health support groups throughout NI. As the needs of our service users increase, we have introduced new supervision and support systems this year for our volunteer facilitators, with monthly online peer supervision sessions that also include an element of training. We have been delighted to welcome many new volunteers to our team this year and an increase in younger people keen to volunteer.

Our Outreach team continued to be extremely busy with events and promoting our services. This year, we saw increased demand to attend events and speak at team meetings with various organisations, from statutory organisations to those within the voluntary and community sector. Our outreach workers have been working closely with our volunteers to help us raise awareness, reduce stigma, and reach out to local people within their communities. We have delivered 197 information events and presentations, reaching a minimum of 21,424 participants and disseminating at least 40,000 information leaflets and factsheets.

The Support Services department's unwavering dedication and hard work have allowed us to continue providing crucial support, raising awareness, and fostering a supportive environment for those affected by mental health challenges. We remain committed to promoting wellbeing and improving the lives of individuals in Northern Ireland.

- We have 23 mental health peer support groups, including two online
- We held 1,001 support group meetings during this year
- We recorded 5,595 attendances at the support groups
- We responded to 1,659 support emails
- We answered 1,315 Support calls this year
- We delivered 197 Information Outreach events and presentations with an approximate reach of 21,424 participants, disseminating over 40,000 information leaflets and factsheets
- Our Community outreach workers provided one-to-one support to 43 members of the public when hosting an information stand
- We held four public talks throughout the year in Derry, Belfast, Enniskillen and Lurgan in partnership with The Royal College of Psychiatry. These events had different topics such as 'Mental Health and Living with Cancer', 'Mental Health and Early Intervention', 'Mental Health and ADHD', and 'Let's Talk About Bipolar'. We were supported by partner agencies such as Macmillan Cancer, Action for Children, ADD NI, and Bipolar UK. These public talks were well-attended, with highly encouraging feedback.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

- We held our annual Volunteer Celebration Event in the Omagh Folk Park with a tour followed by a lovely celebration lunch. This was attended by our volunteers from all over NI and a lovely opportunity to get together to recognise and thank all they do for us throughout the year. We also enjoyed some Christmas fun and celebrations with our volunteers at Christmas with events in both our Derry and Belfast offices.

Communications

Throughout the year, the Communications Team has been crucial in promoting AWARE NI's services and raising awareness about mental health, as our online platforms act as an extension of our support services and mental health education. As a result, AWARE NI has experienced significant growth in public profile and brand recognition. This progress is reflected in the charity's increased website traffic, social media engagement, and press coverage. These accomplishments further solidify AWARE NI's status as an industry leader as we continue to be the most widely-followed mental health charity in Northern Ireland.

The Communications Team's dedication and hard work have been pivotal in supporting AWARE NI's mission to promote mental health and wellbeing and reduce the stigma surrounding mental illness.

We have undertaken various successful campaigns throughout the year to generate awareness. During Blue Monday of this year, we launched our 'I Am Found' short film, which represented a new way to advertise our mental health support groups. As a mental health charity, it is challenging to portray the personal impact of our services whilst protecting the identity of those accessing them. Through this short film, we wanted to communicate creatively and symbolically real-life testimonials of how our support groups have changed lives. This video has now been watched almost 45,000 times, which is incredible. We are so thankful to our sea swim fundraisers who helped make this video a reality.

The Communications Team also launched our Courage, Dear Heart merchandise line to reach more people about our services. The message behind the line is one of hope and recovery. At AWARE NI, we believe that it is not the absence of mental illness that makes someone 'strong'; instead, it takes incredible strength to live with mental illness, seek support and embark on a road to recovery. All profits from this line go directly to our support services.

During Maternal Mental Health, we launched a campaign highlighting our Mood Matters Parent and Baby programme. We created a video highlighting the importance of looking after your mental health as a parent, with figures highlighting the prevalence of antenatal and postnatal depression for both mums and dads, alongside some educational tips on how to maintain positive mental health. This video was shared with all antenatal units, with positive feedback from Health Trusts, highlighting its helpful and informative nature. Additionally, we redesigned our 'Mood Matters Parent and Baby' training programme to have fresh, updated visuals in line with our current branding with greater inclusion of content relating to Dads. We also redesigned our 'Looking After the Mental Health of You and Baby' booklet and created and designed a booklet in collaboration with Tiny Life titled 'Caring for the Mental Health of You and Your Premature Baby'. These efforts aimed to highlight the importance of perinatal mental health for parents and their children and create free and accessible educational resources.

We worked with Vinny Hurrell, one of our brand ambassadors, as part of the BBC Charity Broadcast Appeal to highlight our services. We have also launched newly designed billboards which have been appearing across Northern Ireland. Both campaigns are ways for AWARE NI to reach new audiences, increase brand awareness, and advertise our services across Northern Ireland.

Overall, during 2023-24:

- Our website had 258,101 page views and 69,080 users
- Our network of Facebook followers has reached 27,491
- We now have 9,649 followers on Twitter
- Our Instagram community reached 6,995 followers
- Our YouTube channel was viewed 9,483 times
- AWARE appeared in 500 online & press articles
- We were featured in 5 radio & TV interviews
- Our LinkedIn following has reached 3,168 follows, with 1,532 Newsletter subscribers
- AWARE NI is growing steadily on TikTok with 650 followers and 1,353 likes

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Income Generation

In 2023/24 AWARE NI's fundraising efforts reached new heights, raising £751,000. This impressive achievement marks an increase of £213,450 (40%) from the previous year, underscoring the success and impact of our dedicated fundraising strategies and the generous support of the local community.

We experienced substantial participation and enthusiasm for our AWARE NI challenge events. Our calendar was packed with a variety of activities, each contributing uniquely to our overall fundraising success. The Giant Steps coastal walk doubled in size, with over 400 walkers trekking routes of 26, 13, and 7 miles, and they collectively raised a phenomenal £65,000. Our first Santa Abseil at the Europa Hotel was a festive and daring event that captured the Christmas spirit. Participants abseiled down the iconic hotel, attracting considerable attention and support from spectators and donors alike. This event added a fun and seasonal twist to our fundraising efforts which resulted in fundraising of £50,000. We held a number of other events, including a Viking Boat Race and Sea Splashes in Benone and Ballyholme. Events were attended by both employees from our corporate partners as well as individuals and groups of friends and families.

Corporate partnerships played a pivotal role in our fundraising success in 2023/24. We extend our deepest gratitude to all our partners for their unwavering dedication and commitment to promoting positive mental health in their workplaces. We continued our existing partnerships with Danske Bank, Maxol, FinTrU, MacBlair, Hastings Hotels and Rutledge Group, amongst others. Unfortunately, it was the final year of our partnerships with both Maxol and Danske Bank who have been an asset to AWARE NI for the past 3 years. We were delighted to work with a number of new corporate partners including Todd's Insurance, KPMG, Wilson Nesbitt, Urban HQ, Fleet Financial and Lava Group. The total income generated through corporate fundraising was £236,213.

We witnessed an extraordinary outpouring of passion and effort from individuals, groups, and schools across Northern Ireland, culminating in an impressive Community Fundraising total of £296,095. We were delighted to roll out our new school fundraising campaign, 'Shine Bright, Glow Yellow', encouraging participation in fundraising activity to mark Mental Health Awareness Day in October. Students, teachers, and parents came together to host various fundraising activities, ranging from bake sales and fun runs to non-uniform days. Overall fundraising from schools totalled £21,000. Fundraising from individual supporters was truly amazing. It was heartwarming to see so many people set themselves personal challenges in the name of mental health awareness and support. We saw many people participate in marathons, cold water dips, cycle challenges, skydives, mountain treks and more!

We are deeply grateful for the ongoing support we receive from schools, universities, churches, various community organisations, and sports clubs across Northern Ireland. Their fundraising efforts and generous donations are invaluable to our cause. We also extend our heartfelt thanks to those who faithfully support us through monthly donations, those who donate in memory of a loved one, and those who graciously include AWARE NI in their Will, thus helping safeguard future generations' mental health.

Our income from Trusts and Foundations in 2023/24 totalling £404,894. This includes income from:

- Enkalon Foundation
- Ulster Garden Villages
- Community Foundation
- Sir Jules Thorn Charitable Trust
- St James Place
- Garfield Weston
- Inner City Trust
- B&Q
- Clanmill Housing
- Radius Housing
- D'Oyly Carte Foundation

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

We are deeply grateful for our donors' unwavering support and incredible efforts. Their passion, creativity, and hard work are the lifeblood of our organisation, enabling us to continue providing essential local mental health support services.

Looking to the future, we aim to further enhance our fundraising initiatives and aim to encourage even more individual and group efforts. Together, we can build on this year's success and continue to make a significant impact.

Thank you to every supporter, participant, and volunteer who has contributed to our fundraising efforts in 2023/24. Your dedication makes a real difference in the lives of many, and we look forward to achieving even greater heights together and continuing to positively impact mental wellbeing in Northern Ireland.

Financial review

Total Income – £1,795,084

Comprising:

- Donations & Gifts – £762,124
- Grant Funding – £495,321
- Trusts & Foundations – £404,894, Workshops & Courses – £130,665
- Investments - £2,080

Total Expenditure – £1,709,426

Comprising:

- Charitable Activities – £1,355,027
- Raising Funds – £354,399

The spend on charitable activities was 79.62% of the total spend.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Reserves

At 31st March 2024 AWARE NI holds total reserves of £941,341. During 2023/24 we made use of reserves to the value of £270,182. This was spent on the development of the following key areas as planned:

- £42,488 for additional programme delivery staffing costs and £27,354 on additional administration support.
- £10,185 for the additional delivery of community-based mental health awareness programmes, which include our 'Mood Matters' and 'Living Life to the Full' Programmes for schools, communities and workplaces.
- £67,450 to provide support groups which had no statutory funding stream.
- £24,705 for the development of the Salesforce CRM system.
- £11,000 for communications activity to support promotion and access to services, campaigning, and positive mental health messaging.
- £30,000 on the installation of disability access and set-up costs associated with the move to a new facility in Derry/ Londonderry.
- £57,000 to support our office running costs.

The use of reserves was replenished in year, and we ended the year with a surplus of £85,658.

This surplus has been designated within the 2024/25 budget to produce a balanced budget position for the year alongside challenging fundraising targets.

The Trustees consider it prudent to hold monies in reserve if unforeseen circumstances lead to financial difficulties that might jeopardise the future of its employment capacity, users' wellbeing and general charitable work.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. The Trustees define free reserves as unrestricted income funds freely available for use as the charity determines and excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

Based on 2024/25 budgeted expenditure (excluding depreciation) and the Board update to our reserves policy, the target level of unrestricted reserves is £469,453 to £938,907.

Of our current reserves of £941,341 this includes £129,842 of redundancy contingency and £304,339 other designated reserves. Designated reserves have been allocated to enable the following:

- £57,132 for unfunded support groups
- £28,500 for additional programme delivery
- £28,732 for communications activity including campaigns and Investors in Mental Health
- £9,000 for research and evaluation
- £7,700 on further development of our e learning products
- £30,000 on infrastructure development (CRM)
- £98,700 for office running costs
- £22,079 for corporate costs
- £22,496 on capital investments

We have designated reserves totalling £434,181 leaving free reserves of £507,160.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

Plans for future periods

We have just developed and approved our new strategic plan for 2024-2029. We have identified key themes as follows:

1. Connection
2. Change
3. Community
4. Finance & Fundraising

We have identified several priorities for this year within this for the year:

- Strengthening further our Support Group network and outreach services
- Exploring opportunities for digital development
- Embedding our workplace services and opportunities for practice sharing
- Giving greater attention to diversity and inclusion in all aspects of our work
- Focusing on our engagement with volunteers

We will maintain our focus structurally on

1. Investing in our staff and volunteers: regularly reviewing our staffing structure, capacity and needs in order to deliver on our strategic and operational plans
2. Developing further our CRM to support with stakeholder engagement and communications, programme monitoring and review and finance/ fundraising management
3. Diversifying further our income generation to drive fundraising to meet the needs of our service users.

Structure, governance and management

Aware Defeat Depression (trading as AWARE) is a company limited by guarantee and accepted as charitable by HMRC under reference XR 11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association, which established the objects and powers of the company and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

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

Mr Owen Crilly (Resigned 12 September 2024)

Dr Josephine Deehan

Ms Marianne Downing

Dr Maria Kee

(Resigned 30 April 2024)

Mr Joseph Mahon

Mr Bernard McAnaney

Ms Helen McDonnell

Dr Patrick McKeon

(Resigned 12 September 2024)

Ms Nicola Naughton

(Resigned 17 October 2023)

Mr Malachai O'Hara

(Resigned 27 September 2023)

Mr Robert Robinson

Ms Alexandra Murdock

(Appointed 27 September 2023)

Ms Sophy McFarlane

(Appointed 30 April 2024)

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

The Trustees meet every 2 months as a full Board. We have subcommittees for Clinical Governance and Finance. These subcommittees meet quarterly. The terms of reference and chair of these groups are reviewed periodically.

Recruitment and Appointment of the Trustees

The charity Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of 9 years.

Corporate and Clinical Governance

The Board ensures the organisation complies with the relevant legislation and good practice. The Board supports a clinical governance and finance support group to support this. The Board also engages service users directly through our Locality Planning structures. The Locality Planning groups meet regularly to review activities in local areas and with the staff team to suggest and explore development opportunities. The Board has a schedule for the regular review of all programmes of work, policies and procedures, including an ethical policy regarding our fundraising initiatives and partnerships. We have a schedule of all organisational policies reviewed on a 3-yearly cycle.

Organisational Structure

The Board of Trustees is responsible for the administration of the charity and meets on a bi-monthly basis. The Board has appointed a Chief Executive to manage the charity's day-to-day operations. Within the terms of delegated approval, the Chief Executive has delegated authority for operational matters, including employment, project delivery and budgetary management.

Directors' Induction and Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic Plan
- Descriptions of the role of Directors and/or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered additional training in, for example, committee skills, finance management, child protection, data protection, strategic planning and other relevant areas. During 2023/24 we delivered specific training for the Board on Keeping Children & Adults Safe, Understanding Charity Finances and Understanding our Governing document. The Board also led on the process for development of a new Strategic Plan 2024-2029.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and procedure and regularly completes risk assessments in relevant areas. A Corporate Risk Register has been drawn to prioritise the risks requiring action. The Risk Register is reviewed and updated bi-annually by the Board and quarterly within the senior management team or as soon as a potential threat is identified. Analysis for each risk is detailed in the Risk Register, with the controls currently in place to mitigate the risk and the further actions required to minimise the risk. We have a streamlined Risk Action Plan, which the SMT reviews monthly to ensure action on priority tasks. This year, we have specifically updated the policy and training on Lone Working.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Aware Defeat Depression for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

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

Auditor

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

Disclosure of information to the auditor

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

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

Mr Bernard McAnaney
Trustee

18 December 2024

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Opinion

We have audited the financial statements of Aware Defeat Depression (the 'Charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the statement of financial position, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Responsibilities of Trustees

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

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2008 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and/or senior management, and from our commercial knowledge and experience of the sector;

We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including Companies Act 2006, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation

- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 2 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions;

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC and the company's legal advisors;

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

**Angela Craigan (Senior Statutory Auditor)
for and on behalf of Harbinson Mulholland**

**Chartered Accountants
Statutory Auditor**

18 December 2024
6th Floor East Tower
Lanyon Plaza
Belfast
Co. Antrim
Northern Ireland
BT1 3LP

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds	Designated funds	Restricted funds	Total	Total
	Notes	2024 £	2024 £	2024 £	2024 £	2023 £
Income from:						
Donations and legacies	3	762,124	-	419,292	1,181,416	728,121
Charitable activities	4	130,665	-	480,923	611,588	553,085
Investments	5	2,080	-	-	2,080	254
Total income		<u>894,869</u>	<u>-</u>	<u>900,215</u>	<u>1,795,084</u>	<u>1,281,460</u>
Expenditure on:						
Raising funds	6	354,399	-	-	354,399	370,290
Charitable activities	7	221,814	212,098	921,115	1,355,027	1,322,814
Total expenditure		<u>576,213</u>	<u>212,098</u>	<u>921,115</u>	<u>1,709,426</u>	<u>1,693,104</u>
Net income/(expenditure)		318,656	(212,098)	(20,900)	85,658	(411,644)
Transfers between funds		(544,008)	544,008	-	-	-
Net movement in funds		<u>(225,352)</u>	<u>331,910</u>	<u>(20,900)</u>	<u>85,658</u>	<u>(411,644)</u>
Reconciliation of funds:						
Fund balances at 1 April 2023		732,512	102,271	20,900	855,683	1,267,327
Fund balances at 31 March 2024		<u>507,160</u>	<u>434,181</u>	<u>-</u>	<u>941,341</u>	<u>855,683</u>

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

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		26,637		33,326
Current assets					
Debtors	13	113,530		93,442	
Cash at bank and in hand		927,603		786,019	
		1,041,133		879,461	
Creditors: amounts falling due within one year	14	(126,429)		(57,104)	
Net current assets			914,704		822,357
Total assets less current liabilities			941,341		855,683
The funds of the Charity					
Designated funds			434,181		102,271
Restricted income funds	15		-		20,900
Unrestricted funds			507,160		732,512
			941,341		855,683

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024, although an audit has been carried out under section 65 of the Charities Act (NI) 2008 .

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 18 December 2024

Mr Joseph Mahon
Trustee

Mr Bernard McAnaney
Trustee

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	19		147,760		(442,388)
Investing activities					
Purchase of tangible fixed assets		(8,255)		(16,366)	
Investment income received		2,080		254	
Net cash used in investing activities			(6,175)		(16,112)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			141,585		(458,500)
Cash and cash equivalents at beginning of year			786,018		1,244,518
Cash and cash equivalents at end of year			927,603		786,018

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Aware Defeat Depression is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Crawford Square, Derry/Londonderry, BT48 7HR.

1.1 Accounting convention

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

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

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

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

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

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

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

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

1.6 Tangible fixed assets

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

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

Fixtures and fittings	20% straight line
Computers	20% straight line
Motor vehicles	33.33% straight line
Office equipment	20% straight line

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

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 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.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

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.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	762,124	-	762,124	537,550	-	537,550
Grants for core activities	-	14,398	14,398	-	28,794	28,794
Trusts and Foundations	-	404,894	404,894	-	161,777	161,777
	<u>762,124</u>	<u>419,292</u>	<u>1,181,416</u>	<u>537,550</u>	<u>190,571</u>	<u>728,121</u>
Donations and gifts						
Donations	17,000	-	17,000	37,365	-	37,365
Events	469,712	-	469,712	321,293	-	321,293
Corporate	253,407	-	253,407	178,694	-	178,694
Schools	500	-	500	198	-	198
Legacies	21,505	-	21,505	-	-	-
	<u>762,124</u>	<u>-</u>	<u>762,124</u>	<u>537,550</u>	<u>-</u>	<u>537,550</u>
Grants for core activities						
Department of Health	-	14,398	14,398	-	28,794	28,794
	<u>-</u>	<u>14,398</u>	<u>14,398</u>	<u>-</u>	<u>28,794</u>	<u>28,794</u>
Trusts and Foundations						
Community Foundation	-	62,394	62,394	-	47,433	47,433
Inner City Trust	-	5,000	5,000	-	5,000	5,000
Belfast City Council	-	-	-	-	640	640
AW Harvey Charitable Trust	-	-	-	-	3,000	3,000
Victoria Homes	-	-	-	-	2,500	2,500
Groundwork UK	-	-	-	-	5,000	5,000
B&Q	-	10,000	10,000	-	-	-
Garfield Weston	-	20,000	20,000	-	-	-
Ulster Garden Villages	-	14,000	14,000	-	-	-
Housing Associations	-	4,000	4,000	-	-	-
Other	-	289,500	289,500	-	98,204	98,204
	<u>-</u>	<u>404,894</u>	<u>404,894</u>	<u>-</u>	<u>161,777</u>	<u>161,777</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4 Charitable activities

	Education and training 2024 £	Support services 2024 £	Total 2024 £	Education and training 2023 £	Support services 2023 £	Total 2023 £
Workshops and courses	130,665	-	130,665	139,757	-	139,757
Performance related grants	371,184	109,739	480,923	309,526	103,802	413,328
	<u>501,849</u>	<u>109,739</u>	<u>611,588</u>	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>
Analysis by fund						
Unrestricted funds	130,665	-	130,665	139,757	-	139,757
Restricted funds	371,184	109,739	480,923	309,526	103,802	413,328
	<u>501,849</u>	<u>109,739</u>	<u>611,588</u>	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>
Performance related grants						
Public Health Agency	234,372	-	234,372	206,569	-	206,569
National Lottery Community Fund	25,060	-	25,060	29,470	-	29,470
Maternal Mental Health Alliance	4,130	-	4,130	4,130	-	4,130
Western Health and Social Care Trust	27,704	34,811	62,515	18,522	33,706	52,228
Belfast Health and Social Care Trust	15,083	20,792	35,875	19,514	23,379	42,893
Southern Health and Social Care Trust	12,530	26,304	38,834	2,016	25,187	27,203
South Eastern Health and Social Care Trust	2,200	27,832	30,032	12,655	21,530	34,185
Clear Project	31,600	-	31,600	10,600	-	10,600
Other	11,830	-	11,830	6,050	-	6,050
	<u>371,184</u>	<u>109,739</u>	<u>480,923</u>	<u>309,526</u>	<u>103,802</u>	<u>413,328</u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>2,080</u>	<u>254</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Staging fundraising events and seeking donations, grants and legacies	65,585	73,201
Fundraising central premises costs	24,200	14,458
Fundraising central office costs	15,182	17,849
Other fundraising staff costs	8,583	6,313
Advertising	440	5,103
Staff costs	220,553	231,535
Depreciation and impairment	4,483	3,987
Support costs	15,373	17,844
	<u>354,399</u>	<u>370,290</u>

Costs allocated to raising funds represents salaries and wages to staff involved in staging fundraising events and seeking donations, grants and legacies and other associated costs.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

7 Charitable activities

	Education and training 2024 £	Support services 2024 £	Communication and campaign 2024 £	Service development 2024 £	Total 2024 £	Total 2023 £
Staff costs	510,606	196,387	78,555	-	785,548	715,459
Depreciation and impairment	10,460	-	-	-	10,460	9,304
Other staff costs	4,968	300	240	-	5,508	9,690
Sessional workers	47,341	-	-	-	47,341	47,226
External trainers fees	143,820	1,440	-	-	145,260	170,526
Training resources	21,697	-	-	-	21,697	13,064
Room hire	1,612	22,528	99	-	24,239	22,354
Hospitality	1,932	4,843	270	-	7,045	13,191
Evaluation and quality assurance	13,314	9,000	-	-	22,314	4,000
Volunteers' travel and expenses	-	13,283	76	-	13,359	13,590
Marketing and publicity	1,915	1,931	14,325	-	18,171	27,954
External consultants fees	11,457	7,001	2,864	-	21,322	46,475
Staff travel	5,422	11,603	150	-	17,175	13,245
Printing costs	9,087	6,641	1,550	-	17,278	16,480
Central premises costs	32,266	19,718	8,067	-	60,051	35,876
Central office costs	13,904	8,497	3,476	-	25,877	34,228
Sundry expenses	10,282	5,013	1,621	-	16,916	23,936
	<u>840,083</u>	<u>308,185</u>	<u>111,293</u>	<u>-</u>	<u>1,259,561</u>	<u>1,216,598</u>
Share of support costs (see note 8)	40,994	40,994	5,124	-	87,112	101,116
Share of governance costs (see note 8)	6,768	3,931	491	-	8,354	5,100
	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>-</u>	<u>1,355,027</u>	<u>1,322,814</u>
Analysis by fund						
Unrestricted funds	221,814	-	-	-	221,814	536,463
Designated funds	212,098	-	-	-	212,098	171,952
Restricted funds	453,933	353,110	116,908	-	921,115	614,399
	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>-</u>	<u>1,355,027</u>	<u>1,322,814</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

7 Charitable activities

(Continued)

For the year ended 31 March 2023

	Education and training £	Support services £	Communication and campaign £	Service development £	Total 2023 £
Staff costs	270,957	176,491	77,088	190,923	715,459
Depreciation and impairment	9,304	-	-	-	9,304
Other staff costs	436	127	465	8,662	9,690
Sessional workers	31,420	-	-	15,806	47,226
External trainers fees	47,142	-	-	123,384	170,526
Training resources	2,423	-	-	10,641	13,064
Room hire	160	19,854	114	2,226	22,354
Hospitality	3,952	2,939	6,076	224	13,191
Evaluation and quality assurance	-	3,000	-	1,000	4,000
Volunteers' travel and expenses	72	13,436	31	51	13,590
Marketing and publicity	5,084	10,060	9,645	3,165	27,954
External consultants fees	22,775	8,567	8,519	6,614	46,475
Staff travel	3,253	9,378	358	256	13,245
Printing costs	3,944	4,642	5,394	2,500	16,480
Central premises costs	11,245	11,780	4,819	8,032	35,876
Central office costs	8,725	14,152	5,119	6,232	34,228
Sundry expenses	9,670	5,389	5,873	3,004	23,936
	<u>430,562</u>	<u>279,815</u>	<u>123,501</u>	<u>382,720</u>	<u>1,216,598</u>
Share of support costs (see note 8)	23,792	47,583	5,948	23,793	101,116
Share of governance costs (see note 8)	1,200	2,400	300	1,200	5,100
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>
Analysis by fund					
Unrestricted funds	172,370	128,332	-	235,761	536,463
Endowment funds - [description]	-	-	-	171,952	171,952
Restricted funds	283,184	201,466	129,749	-	614,399
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

8 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	82,833	-	82,833	82,284	-	82,284
Other staff costs	1,062	-	1,062	1,281	-	1,281
Central premises costs	5,378	-	5,378	3,213	-	3,213
Central office costs	3,194	-	3,194	3,493	-	3,493
Marketing and publicity	98	-	98	1,134	-	1,134
IT Support	1,367	-	1,367	960	-	960
Volunteers' travel and expenses	841	-	841	341	-	341
External consultants fees	1,909	-	1,909	1,667	-	1,667
Room hire	66	-	66	46	-	46
Hospitality	180	-	180	89	-	89
Other general support costs	5,557	-	5,556	24,452	-	24,452
Audit fees	-	6,000	6,000	-	6,000	6,000
Legal and professional	-	3,827	3,828	-	1,680	1,680
	<u>102,485</u>	<u>9,827</u>	<u>112,312</u>	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>
Analysed between						
Fundraising	15,373	1,474	16,847	17,844	2,580	20,424
Charitable activities	87,112	8,354	95,466	101,116	5,100	106,216
	<u>102,485</u>	<u>9,828</u>	<u>112,313</u>	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>

9 Trustees

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

10 Employees

The average monthly number of employees during the year was:

2024	2023
Number	Number
33	32
<u>33</u>	<u>32</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

10 Employees (Continued)

Employment costs	2024 £	2023 £
Wages and salaries	975,139	907,788
Social security costs	84,346	85,512
Other pension costs	29,449	35,978
	<u>1,088,934</u>	<u>1,029,278</u>

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

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Aggregate compensation	<u>260,154</u>	<u>214,172</u>

11 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.

12 Tangible fixed assets

	Fixtures and fittings £	Computers £	Motor vehicles £	Office equipment £	Total £
Cost					
At 1 April 2023	57,606	157,759	1,600	18,472	235,437
Additions	4,015	4,102	-	138	8,255
At 31 March 2024	<u>61,621</u>	<u>161,861</u>	<u>1,600</u>	<u>18,610</u>	<u>243,692</u>
Depreciation and impairment					
At 1 April 2023	52,619	129,954	1,066	18,472	202,111
Depreciation charged in the year	2,444	11,938	534	28	14,944
At 31 March 2024	<u>55,063</u>	<u>141,892</u>	<u>1,600</u>	<u>18,500</u>	<u>217,055</u>
Carrying amount					
At 31 March 2024	<u>6,558</u>	<u>19,969</u>	<u>-</u>	<u>110</u>	<u>26,637</u>
At 31 March 2023	<u>4,987</u>	<u>27,805</u>	<u>534</u>	<u>-</u>	<u>33,326</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

13 Debtors	2024	2023
	£	£
Amounts falling due within one year:		
Other debtors	106,897	85,661
Prepayments and accrued income	6,633	7,781
	<u>113,530</u>	<u>93,442</u>
	<u><u>113,530</u></u>	<u><u>93,442</u></u>
14 Creditors: amounts falling due within one year	2024	2023
	£	£
Other taxation and social security	23,560	22,205
Trade creditors	36,553	18,899
Accruals and deferred income	66,316	16,000
	<u>126,429</u>	<u>57,104</u>
	<u><u>126,429</u></u>	<u><u>57,104</u></u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

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

	As restated	Movement in funds		
	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 31 March 2024
	£	£	£	£
Public Health Agency	13,350	234,372	(247,722)	-
National Lottery Community Fund	7,550	25,060	(32,610)	-
Western Health and Social Care Trust	-	62,515	(62,515)	-
Belfast Health and Social Care Trust	-	35,875	(35,875)	-
Southern Health and Social Care Trust	-	38,834	(38,834)	-
South Eastern Health and Social Care Trust	-	36,707	(36,707)	-
Department of Health	-	14,398	(14,398)	-
Clear Project	-	31,600	(31,600)	-
Trusts and Foundations	-	404,894	(404,894)	-
Other	-	15,960	(15,960)	-
	<u>20,900</u>	<u>900,215</u>	<u>(921,115)</u>	<u>-</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

(Continued)

Nature of restricted funds

Public Health Agency

Funding for the provision of education and training workshops and courses

National Lottery Community Fund

Funding for the provision for education and training workshops and courses in partnership with TinyLife

Western Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Belfast Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Southern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

South Eastern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Department of Health - Core

Funding for the salary of the charity's Chief Executive

Clear Project

Funding for the provision of education and training workshops and courses

Trust and Foundations

Funding received to enable the charity to enhance its educational services and support services.

16 Unrestricted funds

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

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
Redundancy fund	102,271	-	(212,098)	239,669	129,842
Service expansion	-	-	-	304,339	304,339
General fund	732,512	894,869	(576,213)	(544,008)	507,160
	<u>834,783</u>	<u>894,869</u>	<u>788,311</u>	<u>-</u>	<u>941,341</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Unrestricted funds (Continued)

Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
Staff recruitment fund	87,000	-	-	(87,000)	-
Redundancy fund	105,000	-	-	(2,729)	102,271
Service expansion fund	214,110	-	(171,952)	(42,158)	-
General fund	829,817	677,561	(906,753)	131,887	732,512
	<u>1,235,927</u>	<u>677,561</u>	<u>1,078,705</u>	<u>-</u>	<u>834,783</u>

Redundancy fund - as a result of the current factors impacting the charitable section, the Trustees consider it necessary to set aside funds should the charity have to adapt a substantially different operating model to ensure its future sustainability.

Service expansion fund - the Trustees have designated funds for specific purposes to support service expansion for 2024/25. This includes:

- £57,132 for unfunded support groups
- £28,500 for additional programme delivery
- £28,732 for communications activity, including campaigns and Investors in Mental Health
- £9,000 for research and evaluation
- £7,700 on further development of our e-learning products
- £30,000 on infrastructure development (CRM)
- £98,700 for office running costs
- £22,079 for corporate costs
- £22,496 on capital investments

17 Analysis of net assets between funds As restated

	Unrestricted funds	Designated funds	Restricted funds	Total	Total
	2024	2024	2024	2024	2023
	£	£	£	£	£
Fund balances at 31 March 2024 are represented by:					
Tangible assets	26,637	-	-	26,637	33,326
Current assets/(liabilities)	480,523	434,181	-	914,704	822,356
	<u>507,160</u>	<u>434,181</u>	<u>-</u>	<u>941,341</u>	<u>855,682</u>

18 Analysis of changes in net funds

The Charity had no material debt during the year.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19 Cash generated from operations	2024	2023
	£	£
Surplus/(deficit) for the year	85,658	(411,644)
Adjustments for:		
Investment income recognised in statement of financial activities	(2,080)	(254)
Depreciation and impairment of tangible fixed assets	14,944	13,291
Movements in working capital:		
(Increase) in debtors	(20,088)	(33,408)
Increase/(decrease) in creditors	69,326	(10,375)
Cash generated from/(absorbed by) operations	<u>147,760</u>	<u>(442,390)</u>

Aware Defeat Depression

Northern Ireland - Charity number 100561

Annual report

Charity registration number NIC100561

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

AWARE DEFEAT DEPRESSION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Josephine Deehan Ms Marianne Downing Mr Joseph Mahon Mr Bernard McAnaney Ms Helen McDonnell Mr Robert Robinson Ms Alexandra Murdock Ms Sophy McFarlane	(Appointed 27 September 2023) (Appointed 30 April 2024)
Secretary	Mr Joseph Mahon	
Charity number	NIC100561	
Company number	NI030447	
Registered office	2 Crawford Square Derry/Londonderry BT48 7HR	
Auditor	Harbinson Mulholland 6th Floor East Tower Lanyon Plaza 8 Lanyon Place Belfast Co. Antrim Northern Ireland BT1 3LP	
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB	

AWARE DEFEAT DEPRESSION

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AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2024

Reflecting on this year's annual report, I realised this would be my eighth as Chairperson; my first was for the 2016/17 report. A lot has changed since then, and yet some things haven't. Some of our team have moved on, and team AWARE NI has many new faces. There is a new senior management team, an almost new Board and new faces across the charity in Education and Training, Support Services, Community Outreach, Communications, and Income Generation.

What hasn't changed is the need for AWARE NI's services and support for those impacted by mental ill-health. At AWARE NI, we know only too well that the level of depression, bipolar disorder and anxiety has not decreased in our communities. Ironically, as the stigma around mental health rightly decreases, and as AWARE NI continues to play a leading role in that area, the demand for mental health services and support increases. Unfortunately, some might argue shamefully that statutory services are struggling and often failing to meet that demand due to the lack of sufficient funding for mental health services.

Against that background, it is worth remembering where we were in 2016/17. The Education and Training service had just begun the early stages of the Mindfulness programme, and Paws b had yet to be introduced to primary schools. Last year, over 1,500 primary school children participated in Paws b, and 34 teachers and classroom assistants received mindfulness training. In total, our suite of education and wellbeing programmes reached 19,000 people last year, an increase of just over 50% compared to the 2016/17 figure.

Support Services, particularly our mental health peer support groups, were badly affected during Covid. However, last year, there was clear evidence of recovery, with 5,594 people attending support groups. This is a 25% increase compared to 2016/17. The same period saw community outreach events increase from 85 to 197, reaching nearly 21,500 people compared to the 2016/17 total of 4,000 - an incredible fivefold increase.

Something else that hasn't changed is that AWARE NI continues to be the most widely followed local mental health charity in Northern Ireland across our website, Facebook, X (Twitter), Instagram, LinkedIn, YouTube and TikTok, thanks to the creativity of our Communications team. What has changed is the quality of our communication material; it continues to get better year on year.

Of course, none of the above would be possible without funding. In 2016/17, our total income was about £815k, whilst last year, it was nearly £1.8 million. Donations and gifts now represent 42.5% of our income, and when other non-statutory sources are included, that figure rises to 72%, a remarkable turnaround from 2016/17 when funding from the statutory bodies accounted for 53% of our income. It's now only 28%. Thanks in no small measure to our award-winning Fundraising Team.

As important as funding is though, volunteers, many with a lived experience of depression, are AWARE NI's heart and soul. Put simply the charity would not be the same without them.

Finally, another change worth mentioning is the change of address for our Derry office! Having outgrown the old office in Queen Street a good few years ago, we moved to the new Derry base in Crawford Square in September.

So what of the future? I don't possess a crystal ball, but we have AWARE NI's five-year strategic plan. The strategy is themed across four key areas – Connection, Change, Community and Finance and Fundraising. These themes emerged from an inclusive process involving a series of discussions and workshops with our staff, volunteers and many others who took the time to comment online. Collectively, we had a critical look at where we are now, assessed gaps and aspirations in our service provision, and discussed how we would move forward over the next five years. The targets are challenging, but I firmly believe the AWARE NI family will meet them.

The strategy, therefore, reflects an organisation that is not content to rest on its laurels but is determined to remain relevant to those who use our range of services.

As we look with confidence then to the future can I again thank our volunteers, staff, sessional workers and my fellow Trustees for all their support in what was yet another very busy and successful year.

AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT (CONTINUED) ***FOR THE YEAR ENDED 31 MARCH 2024***

.....
Mr Bernard McAnaney
Chairman

Date:

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024.

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

Objectives and activities

Our Vision, Mission and Values

AWARE has been working since 1996 to support all those in Northern Ireland affected by depression, anxiety and bipolar disorder.

Our **Vision** is for a future where everyone can openly discuss their mental health, access services appropriate to their needs, and develop the skills and knowledge to maintain positive mental health.

Our **Mission** is:

- To promote emotional health and wellbeing.
- To help people build resilience and maintain positive mental health at every stage of their life journey.
- To ensure that individuals living with depression, anxiety, and bipolar disorder are aware of and have access to appropriate support.
- To advocate for policies that facilitate access to appropriate support across Northern Ireland.
- To increase public understanding of depression and reduce the stigma surrounding the illness.

Our **Values** are that, above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

- **Dignity, respect and empathy** - We will treat each other and our service users with dignity, respect and empathy.
- **Integrity, professionalism and transparency** - We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.
- **Innovation and Excellence** - We are committed to providing high-quality services and to being innovative for the benefit of people using our services.
- **Equality, diversity and inclusivity** - We are committed to championing equality, diversity and inclusivity in all aspects of our organisation, through an intersectional lens

User-Led

Those who best understand the challenges faced by people affected by depression, anxiety or bipolar disorder are those who have been affected by it themselves. Therefore, we promote a strong user-led, self-help approach, and the organisation's culture is based on the active involvement of its service users, staff, and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous, ongoing and embedded within the organisational culture.

Partnership working

We are committed to working with a wide range of groups, including those based in local communities, those representing a particular community of interest and other sectoral organisations working with people experiencing mental health problems.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate.
- We will lead by example.

As stated in the Memorandum of Association, the charity's objectives are to improve the quality of life of people with, or at risk, of depression and their carers in Northern Ireland. This is to be achieved by

- Relieving conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives.
- Educating the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses.
- Promoting research into the causes, treatment and prevention of depressive illnesses and the dissemination of the valuable results of such research
- Acting as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families.

AWARE NI was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at the time. This user-led ethos remains a key driver of the charity's work.

The charity's work currently includes:

- Mental health peer support groups in most main towns in Northern Ireland
- Online support groups
- Telephone and email support services
- A wide range of free resources and literature on various mental health issues
- Free public talks and other events on mental health and related issues
- Information outreach events in communities across Northern Ireland
- Living Life to the Full, a unique life skills programme based on CBT concepts
- Mood Matters, an education programme delivered in schools, workplaces and community settings
- Mental Health First Aid training programme
- Mindfulness programmes, including Paws b and .breathe, delivered in schools
- My Mind & Me - a newly-developed primary school wellbeing programme based on the 'Take 5 Steps to Wellbeing' principles
- An interactive website offering information and resources

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

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

Education and Training

AWARE NI's Education and Training department plays a vital role in raising awareness of common mental health issues and equipping people with tools to care for their emotional wellbeing. We have had a successful year expanding our programme offerings and reach. We developed our team, which now comprises six Education and Training Officers, one Corporate Outreach Worker and five administrative staff members.

During 2023/24, we achieved the following:

In schools

- Delivered 69 'Paws b' mindfulness programmes to 1,541 pupils in primary schools
- Introduced 49 'My Mind and Me' programmes for primary schools, reaching 1,135 pupils
- Conducted 30 '.breathe' mindfulness programmes for post-primary schools, reaching 464 pupils
- Delivered 473 'Mood Matters Young People' programmes to 9,379 young individuals in schools and other suitable settings
- Trained 29 teachers in an 8-week mindfulness programme
- Provided 'Paws b' training to 5 teachers and classroom assistants, enabling the integration of mindfulness practice into the school culture
- Organised two teacher focus groups to support teachers with 'Paws b' delivery in schools

In the community

- Conducted 63 'Living Life to the Full' programmes for over 642 participants in community settings
- Delivered 42 'Mental Health First Aid' programmes to over 402 participants
- Offered 48 mindfulness programmes to over 405 adults
- Delivered 51 'Mood Matters Adult' programmes for over 589 people in local communities
- Delivered 1 Mindfit programme to 11 participants
- Ran 73 'Mood Matters Parent and Baby' programmes for 446 parents and expectant parents
- Delivered 11 educational talks to 538 people

In workplaces

- Delivered 39 'Mental Health First Aid' programmes to workplaces
- Conducted 111 'Mood Matters in the Workplace' programmes for more than 1,561 employees
- Provided 20 'Supporting Employee Wellbeing' programmes to 218 people

Via e-learning

- We partnered with Strategic Thinking to support their healthcare staff of 500 via iAmAWARE
- We offered iAmAWARE mental health e-learning to our corporate partners, reaching 140 participants
- iAmAWARE Supporting Employee Wellbeing delivered to 2 participants

Our Education and Training programmes reached over 19,000 participants in 2023/24. While we conducted many community and workplace programmes via Zoom, we gradually resumed face-to-face delivery, a trend we anticipate will continue in the upcoming year. We have increased our e-learning offering, as three additional modules were developed for iAmAWARE, bringing the total number of mental health educational modules to four.

We took great pride in introducing new mindfulness programmes for adults, parents, and school pupils. The 'Mindful Parenting' programme for parents of 5–12-year-olds received fantastic feedback. We look forward to delivering more of these in the coming year. Additionally, we successfully provided the 4-week '.breathe' programme for 9-14-year-olds in 30 post-primary schools and secured funding to further expand and deliver this programme in 2024/25.

The team has been developing a new 'Feeling Good' programme, incorporating mindfulness practices and '5 Ways to Wellbeing' concepts. This single-session programme is for 11-14-year-olds. We look forward to finishing the programmes in the new financial year.

After last year's pilot delivery, we re-developed 'My Mind & Me', a programme designed for P3-P7 pupils, enhanced with engaging activities to help this age group understand concepts around mental health and emotional wellbeing. We delivered this to 49 schools.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

We successfully concluded the third year of The Community Foundation Mental Health Support project to provide our 'Back to Life, Back to Normality' programme, which consists of six weeks of 'Living Life to the Full' and six weeks of mindfulness. This project supports the five mental health leads in GP Federations across NI. Referrals are made by GP practices in these federations to help provide a service for those people on the current waiting list for services. We have built strong relationships with the GP Federation mental health leads and their respective teams, regularly meeting and sharing findings with them.

In collaboration with the Public Health Agency, we led the development of Northern Ireland's Mental Health First Aid Refresher programme and will be completing the development in the new financial year. AWARE NI will be involved in training up to 60 new Mental Health First Aid Refresher trainers. This increased capacity positions us well for future MHFA delivery and improves our portfolio of programmes.

Throughout the year, partnership work remained a prominent feature of our work. We collaborated with organisations such as ParentingNI, Tynylife, Diabetes UK, Macmillan Cancer, WRDA (Women's Resource Development Agency), and MAS (Maternal Advocacy Support) to develop and adapt our programmes and cater to their client groups. We continued to advocate for expectant and new parents by participating in steering and implementation groups focused on infant and maternal mental health. We guided health professionals supporting new and expectant parents through the specialist perinatal section of our website. Our perinatal mental health resource is in high demand and distributed in antenatal units and Sure Starts.

We trained 18 Tynylife staff and AWARE NI staff in Chris Williams' Enjoy your Baby CBT based programme. Our 'Supporting Employee Wellbeing' train the trainer took place in quarter 3, and delivery is proving popular. We also trained staff and sessional workers in our primary school programme 'My Mind & Me'.

The team worked hard this year to develop our workplace mental health training programme portfolio. We finalised the new half-day manager's programme, 'Supporting Employee Wellbeing', to educate managers and team leaders on supporting their employees during challenging and stressful times. We piloted the programme and reviewed and adapted it based on feedback.

Our suite of workplace programmes has evolved to meet the needs of the new hybrid way of working, offering face-to-face, online, and e-learning options. We believe this adaptability will enable businesses across Northern Ireland to invest in their staff's mental health and wellbeing.

In addition to our fundraising activities, the sales of our programmes, primarily to the business community, contribute significantly to AWARE NI's income. The Education and Training team plays a vital role in establishing connections with workplaces, cultivating relationships, and delivering training programmes. They work closely with our fundraising team to engage the business community and attract sponsorship, Charity of the Year initiatives, and general fundraising efforts. These endeavours raise awareness of mental health and the importance of mental wellbeing in the workplace. Notably, post-Covid-19, there has been a significant increase in interest and attention to mental health within workplaces, leading to higher programme sales and improved understanding of mental wellbeing.

In the 2023/24 period, AWARE NI generated £148,858.50 through programme sales, with the Mental Health First Aid and Mood Matters Workplace programmes contributing significantly to this income. These funds are used to expand and sustain our support groups and outreach services.

Support Services and Community Outreach

AWARE NI's Support Services department remains committed to providing essential and unique support to individuals affected by low mood, depression, anxiety, and bipolar disorder. This year, the support team welcomed a new staff member, Sam Pirone, who joined as an administrative assistant for the team. This has been an enormous asset to the team, and Sam's wealth of knowledge and 'can do' attitude has made a substantial impact in a short period of time.

We have continued to maintain and support our existing support groups throughout NI, focusing on those in more rural areas that need more promotion and input. We are delighted with the growing numbers attending and the feedback we receive on the difference this is making in people's lives. This year, we have noticed an increase in the complex needs of individuals attending our groups and the difference peer support has made in their mental health journey and recovery.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

We have been developing a Youth Strategy for AWARE NI by linking with other youth organisations for guidance and advice and holding focus groups with our younger service users to gather their feedback and views. We have merged our YA support groups with our established support groups to provide peer support to all individuals 18 plus. As a result of our active campaigns and following the recommendations from our younger members, we have noticed an increase in younger membership regionally. We have also been involved in a pilot project in Derry, providing our AWARE 'Mood Matters Young People' programme to young people in their own communities, followed by a peer support session on how to support each other during difficult times. This has been hugely successful, with extremely positive feedback and a wealth of learning for us to take forward as part of our Youth Strategy over the next 5-year plan.

As part of AWARE NI's support to the Maternal Mental Health Alliance with Everyone's Business Campaign for NI, we are delighted to advise that we have been continuing to campaign for a Mother and Baby Unit for NI with positive feedback and movement towards funding being secured for the build and revenue for this much-needed unit. We have also continued to campaign for the best perinatal care for our local mums, babies and families with priorities according to the voices of women with lived experience and feedback from our Everyone's Business Campaign members.

We commenced an additional service this year for our support group members, with two Independent Therapists being able to provide one-to-one support as appropriate. Whilst this is a limited service and for our known service users, it has been hugely valued and beneficial for our support group members who are struggling to access such one-to-one support locally.

This year has been the second year of our Ulster University Support Group Research Project, which has been progressing extremely well with very positive feedback from those attending. We are looking forward to findings and recommendations and how we can best take these forward into practice and publicise for our profile and future funding opportunities.

Our Volunteers remain at the heart of all we do in Support Services. We have supported over 70 volunteer facilitators this year as they provide life-changing support in our peer-led mental health support groups throughout NI. As the needs of our service users increase, we have introduced new supervision and support systems this year for our volunteer facilitators, with monthly online peer supervision sessions that also include an element of training. We have been delighted to welcome many new volunteers to our team this year and an increase in younger people keen to volunteer.

Our Outreach team continued to be extremely busy with events and promoting our services. This year, we saw increased demand to attend events and speak at team meetings with various organisations, from statutory organisations to those within the voluntary and community sector. Our outreach workers have been working closely with our volunteers to help us raise awareness, reduce stigma, and reach out to local people within their communities. We have delivered 197 information events and presentations, reaching a minimum of 21,424 participants and disseminating at least 40,000 information leaflets and factsheets.

The Support Services department's unwavering dedication and hard work have allowed us to continue providing crucial support, raising awareness, and fostering a supportive environment for those affected by mental health challenges. We remain committed to promoting wellbeing and improving the lives of individuals in Northern Ireland.

- We have 23 mental health peer support groups, including two online
- We held 1,001 support group meetings during this year
- We recorded 5,595 attendances at the support groups
- We responded to 1,659 support emails
- We answered 1,315 Support calls this year
- We delivered 197 Information Outreach events and presentations with an approximate reach of 21,424 participants, disseminating over 40,000 information leaflets and factsheets
- Our Community outreach workers provided one-to-one support to 43 members of the public when hosting an information stand
- We held four public talks throughout the year in Derry, Belfast, Enniskillen and Lurgan in partnership with The Royal College of Psychiatry. These events had different topics such as 'Mental Health and Living with Cancer', 'Mental Health and Early Intervention', 'Mental Health and ADHD', and 'Let's Talk About Bipolar'. We were supported by partner agencies such as Macmillan Cancer, Action for Children, ADD NI, and Bipolar UK. These public talks were well-attended, with highly encouraging feedback.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

- We held our annual Volunteer Celebration Event in the Omagh Folk Park with a tour followed by a lovely celebration lunch. This was attended by our volunteers from all over NI and a lovely opportunity to get together to recognise and thank all they do for us throughout the year. We also enjoyed some Christmas fun and celebrations with our volunteers at Christmas with events in both our Derry and Belfast offices.

Communications

Throughout the year, the Communications Team has been crucial in promoting AWARE NI's services and raising awareness about mental health, as our online platforms act as an extension of our support services and mental health education. As a result, AWARE NI has experienced significant growth in public profile and brand recognition. This progress is reflected in the charity's increased website traffic, social media engagement, and press coverage. These accomplishments further solidify AWARE NI's status as an industry leader as we continue to be the most widely-followed mental health charity in Northern Ireland.

The Communications Team's dedication and hard work have been pivotal in supporting AWARE NI's mission to promote mental health and wellbeing and reduce the stigma surrounding mental illness.

We have undertaken various successful campaigns throughout the year to generate awareness. During Blue Monday of this year, we launched our 'I Am Found' short film, which represented a new way to advertise our mental health support groups. As a mental health charity, it is challenging to portray the personal impact of our services whilst protecting the identity of those accessing them. Through this short film, we wanted to communicate creatively and symbolically real-life testimonials of how our support groups have changed lives. This video has now been watched almost 45,000 times, which is incredible. We are so thankful to our sea swim fundraisers who helped make this video a reality.

The Communications Team also launched our Courage, Dear Heart merchandise line to reach more people about our services. The message behind the line is one of hope and recovery. At AWARE NI, we believe that it is not the absence of mental illness that makes someone 'strong'; instead, it takes incredible strength to live with mental illness, seek support and embark on a road to recovery. All profits from this line go directly to our support services.

During Maternal Mental Health, we launched a campaign highlighting our Mood Matters Parent and Baby programme. We created a video highlighting the importance of looking after your mental health as a parent, with figures highlighting the prevalence of antenatal and postnatal depression for both mums and dads, alongside some educational tips on how to maintain positive mental health. This video was shared with all antenatal units, with positive feedback from Health Trusts, highlighting its helpful and informative nature. Additionally, we redesigned our 'Mood Matters Parent and Baby' training programme to have fresh, updated visuals in line with our current branding with greater inclusion of content relating to Dads. We also redesigned our 'Looking After the Mental Health of You and Baby' booklet and created and designed a booklet in collaboration with Tiny Life titled 'Caring for the Mental Health of You and Your Premature Baby'. These efforts aimed to highlight the importance of perinatal mental health for parents and their children and create free and accessible educational resources.

We worked with Vinny Hurrell, one of our brand ambassadors, as part of the BBC Charity Broadcast Appeal to highlight our services. We have also launched newly designed billboards which have been appearing across Northern Ireland. Both campaigns are ways for AWARE NI to reach new audiences, increase brand awareness, and advertise our services across Northern Ireland.

Overall, during 2023-24:

- Our website had 258,101 page views and 69,080 users
- Our network of Facebook followers has reached 27,491
- We now have 9,649 followers on Twitter
- Our Instagram community reached 6,995 followers
- Our YouTube channel was viewed 9,483 times
- AWARE appeared in 500 online & press articles
- We were featured in 5 radio & TV interviews
- Our LinkedIn following has reached 3,168 follows, with 1,532 Newsletter subscribers
- AWARE NI is growing steadily on TikTok with 650 followers and 1,353 likes

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Income Generation

In 2023/24 AWARE NI's fundraising efforts reached new heights, raising £751,000. This impressive achievement marks an increase of £213,450 (40%) from the previous year, underscoring the success and impact of our dedicated fundraising strategies and the generous support of the local community.

We experienced substantial participation and enthusiasm for our AWARE NI challenge events. Our calendar was packed with a variety of activities, each contributing uniquely to our overall fundraising success. The Giant Steps coastal walk doubled in size, with over 400 walkers trekking routes of 26, 13, and 7 miles, and they collectively raised a phenomenal £65,000. Our first Santa Abseil at the Europa Hotel was a festive and daring event that captured the Christmas spirit. Participants abseiled down the iconic hotel, attracting considerable attention and support from spectators and donors alike. This event added a fun and seasonal twist to our fundraising efforts which resulted in fundraising of £50,000. We held a number of other events, including a Viking Boat Race and Sea Splashes in Benone and Ballyholme. Events were attended by both employees from our corporate partners as well as individuals and groups of friends and families.

Corporate partnerships played a pivotal role in our fundraising success in 2023/24. We extend our deepest gratitude to all our partners for their unwavering dedication and commitment to promoting positive mental health in their workplaces. We continued our existing partnerships with Danske Bank, Maxol, FinTrU, MacBlair, Hastings Hotels and Rutledge Group, amongst others. Unfortunately, it was the final year of our partnerships with both Maxol and Danske Bank who have been an asset to AWARE NI for the past 3 years. We were delighted to work with a number of new corporate partners including Todd's Insurance, KPMG, Wilson Nesbitt, Urban HQ, Fleet Financial and Lava Group. The total income generated through corporate fundraising was £236,213.

We witnessed an extraordinary outpouring of passion and effort from individuals, groups, and schools across Northern Ireland, culminating in an impressive Community Fundraising total of £296,095. We were delighted to roll out our new school fundraising campaign, 'Shine Bright, Glow Yellow', encouraging participation in fundraising activity to mark Mental Health Awareness Day in October. Students, teachers, and parents came together to host various fundraising activities, ranging from bake sales and fun runs to non-uniform days. Overall fundraising from schools totalled £21,000. Fundraising from individual supporters was truly amazing. It was heartwarming to see so many people set themselves personal challenges in the name of mental health awareness and support. We saw many people participate in marathons, cold water dips, cycle challenges, skydives, mountain treks and more!

We are deeply grateful for the ongoing support we receive from schools, universities, churches, various community organisations, and sports clubs across Northern Ireland. Their fundraising efforts and generous donations are invaluable to our cause. We also extend our heartfelt thanks to those who faithfully support us through monthly donations, those who donate in memory of a loved one, and those who graciously include AWARE NI in their Will, thus helping safeguard future generations' mental health.

Our income from Trusts and Foundations in 2023/24 totalling £404,894. This includes income from:

- Enkalon Foundation
- Ulster Garden Villages
- Community Foundation
- Sir Jules Thorn Charitable Trust
- St James Place
- Garfield Weston
- Inner City Trust
- B&Q
- Clanmill Housing
- Radius Housing
- D'Oyly Carte Foundation

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

We are deeply grateful for our donors' unwavering support and incredible efforts. Their passion, creativity, and hard work are the lifeblood of our organisation, enabling us to continue providing essential local mental health support services.

Looking to the future, we aim to further enhance our fundraising initiatives and aim to encourage even more individual and group efforts. Together, we can build on this year's success and continue to make a significant impact.

Thank you to every supporter, participant, and volunteer who has contributed to our fundraising efforts in 2023/24. Your dedication makes a real difference in the lives of many, and we look forward to achieving even greater heights together and continuing to positively impact mental wellbeing in Northern Ireland.

Financial review

Total Income – £1,795,084

Comprising:

- Donations & Gifts – £762,124
- Grant Funding – £495,321
- Trusts & Foundations – £404,894, Workshops & Courses – £130,665
- Investments - £2,080

Total Expenditure – £1,709,426

Comprising:

- Charitable Activities – £1,355,027
- Raising Funds – £354,399

The spend on charitable activities was 79.62% of the total spend.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Reserves

At 31st March 2024 AWARE NI holds total reserves of £941,341. During 2023/24 we made use of reserves to the value of £270,182. This was spent on the development of the following key areas as planned:

- £42,488 for additional programme delivery staffing costs and £27,354 on additional administration support.
- £10,185 for the additional delivery of community-based mental health awareness programmes, which include our 'Mood Matters' and 'Living Life to the Full' Programmes for schools, communities and workplaces.
- £67,450 to provide support groups which had no statutory funding stream.
- £24,705 for the development of the Salesforce CRM system.
- £11,000 for communications activity to support promotion and access to services, campaigning, and positive mental health messaging.
- £30,000 on the installation of disability access and set-up costs associated with the move to a new facility in Derry/ Londonderry.
- £57,000 to support our office running costs.

The use of reserves was replenished in year, and we ended the year with a surplus of £85,658.

This surplus has been designated within the 2024/25 budget to produce a balanced budget position for the year alongside challenging fundraising targets.

The Trustees consider it prudent to hold monies in reserve if unforeseen circumstances lead to financial difficulties that might jeopardise the future of its employment capacity, users' wellbeing and general charitable work.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. The Trustees define free reserves as unrestricted income funds freely available for use as the charity determines and excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

Based on 2024/25 budgeted expenditure (excluding depreciation) and the Board update to our reserves policy, the target level of unrestricted reserves is £469,453 to £938,907.

Of our current reserves of £941,341 this includes £129,842 of redundancy contingency and £304,339 other designated reserves. Designated reserves have been allocated to enable the following:

- £57,132 for unfunded support groups
- £28,500 for additional programme delivery
- £28,732 for communications activity including campaigns and Investors in Mental Health
- £9,000 for research and evaluation
- £7,700 on further development of our e learning products
- £30,000 on infrastructure development (CRM)
- £98,700 for office running costs
- £22,079 for corporate costs
- £22,496 on capital investments

We have designated reserves totalling £434,181 leaving free reserves of £507,160.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

Plans for future periods

We have just developed and approved our new strategic plan for 2024-2029. We have identified key themes as follows:

1. Connection
2. Change
3. Community
4. Finance & Fundraising

We have identified several priorities for this year within this for the year:

- Strengthening further our Support Group network and outreach services
- Exploring opportunities for digital development
- Embedding our workplace services and opportunities for practice sharing
- Giving greater attention to diversity and inclusion in all aspects of our work
- Focusing on our engagement with volunteers

We will maintain our focus structurally on

1. Investing in our staff and volunteers: regularly reviewing our staffing structure, capacity and needs in order to deliver on our strategic and operational plans
2. Developing further our CRM to support with stakeholder engagement and communications, programme monitoring and review and finance/ fundraising management
3. Diversifying further our income generation to drive fundraising to meet the needs of our service users.

Structure, governance and management

Aware Defeat Depression (trading as AWARE) is a company limited by guarantee and accepted as charitable by HMRC under reference XR 11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association, which established the objects and powers of the company and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

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

Mr Owen Crilly (Resigned 12 September 2024)

Dr Josephine Deehan

Ms Marianne Downing

Dr Maria Kee

(Resigned 30 April 2024)

Mr Joseph Mahon

Mr Bernard McAnaney

Ms Helen McDonnell

Dr Patrick McKeon

(Resigned 12 September 2024)

Ms Nicola Naughton

(Resigned 17 October 2023)

Mr Malachai O'Hara

(Resigned 27 September 2023)

Mr Robert Robinson

Ms Alexandra Murdock

(Appointed 27 September 2023)

Ms Sophy McFarlane

(Appointed 30 April 2024)

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

The Trustees meet every 2 months as a full Board. We have subcommittees for Clinical Governance and Finance. These subcommittees meet quarterly. The terms of reference and chair of these groups are reviewed periodically.

Recruitment and Appointment of the Trustees

The charity Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of 9 years.

Corporate and Clinical Governance

The Board ensures the organisation complies with the relevant legislation and good practice. The Board supports a clinical governance and finance support group to support this. The Board also engages service users directly through our Locality Planning structures. The Locality Planning groups meet regularly to review activities in local areas and with the staff team to suggest and explore development opportunities. The Board has a schedule for the regular review of all programmes of work, policies and procedures, including an ethical policy regarding our fundraising initiatives and partnerships. We have a schedule of all organisational policies reviewed on a 3-yearly cycle.

Organisational Structure

The Board of Trustees is responsible for the administration of the charity and meets on a bi-monthly basis. The Board has appointed a Chief Executive to manage the charity's day-to-day operations. Within the terms of delegated approval, the Chief Executive has delegated authority for operational matters, including employment, project delivery and budgetary management.

Directors' Induction and Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic Plan
- Descriptions of the role of Directors and/or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered additional training in, for example, committee skills, finance management, child protection, data protection, strategic planning and other relevant areas. During 2023/24 we delivered specific training for the Board on Keeping Children & Adults Safe, Understanding Charity Finances and Understanding our Governing document. The Board also led on the process for development of a new Strategic Plan 2024-2029.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and procedure and regularly completes risk assessments in relevant areas. A Corporate Risk Register has been drawn to prioritise the risks requiring action. The Risk Register is reviewed and updated bi-annually by the Board and quarterly within the senior management team or as soon as a potential threat is identified. Analysis for each risk is detailed in the Risk Register, with the controls currently in place to mitigate the risk and the further actions required to minimise the risk. We have a streamlined Risk Action Plan, which the SMT reviews monthly to ensure action on priority tasks. This year, we have specifically updated the policy and training on Lone Working.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Aware Defeat Depression for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

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

Auditor

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

Disclosure of information to the auditor

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

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

Mr Bernard McAnaney
Trustee

18 December 2024

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Opinion

We have audited the financial statements of Aware Defeat Depression (the 'Charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the statement of financial position, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Responsibilities of Trustees

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

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2008 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and/or senior management, and from our commercial knowledge and experience of the sector;

We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including Companies Act 2006, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation

- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 2 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions;

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC and the company's legal advisors;

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

**Angela Craigan (Senior Statutory Auditor)
for and on behalf of Harbinson Mulholland**

**Chartered Accountants
Statutory Auditor**

18 December 2024
6th Floor East Tower
Lanyon Plaza
Belfast
Co. Antrim
Northern Ireland
BT1 3LP

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds	Designated funds	Restricted funds	Total	Total
	Notes	2024 £	2024 £	2024 £	2024 £	2023 £
Income from:						
Donations and legacies	3	762,124	-	419,292	1,181,416	728,121
Charitable activities	4	130,665	-	480,923	611,588	553,085
Investments	5	2,080	-	-	2,080	254
Total income		<u>894,869</u>	<u>-</u>	<u>900,215</u>	<u>1,795,084</u>	<u>1,281,460</u>
Expenditure on:						
Raising funds	6	354,399	-	-	354,399	370,290
Charitable activities	7	221,814	212,098	921,115	1,355,027	1,322,814
Total expenditure		<u>576,213</u>	<u>212,098</u>	<u>921,115</u>	<u>1,709,426</u>	<u>1,693,104</u>
Net income/(expenditure)		318,656	(212,098)	(20,900)	85,658	(411,644)
Transfers between funds		(544,008)	544,008	-	-	-
Net movement in funds		<u>(225,352)</u>	<u>331,910</u>	<u>(20,900)</u>	<u>85,658</u>	<u>(411,644)</u>
Reconciliation of funds:						
Fund balances at 1 April 2023		732,512	102,271	20,900	855,683	1,267,327
Fund balances at 31 March 2024		<u>507,160</u>	<u>434,181</u>	<u>-</u>	<u>941,341</u>	<u>855,683</u>

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

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		26,637		33,326
Current assets					
Debtors	13	113,530		93,442	
Cash at bank and in hand		927,603		786,019	
		1,041,133		879,461	
Creditors: amounts falling due within one year	14	(126,429)		(57,104)	
Net current assets			914,704		822,357
Total assets less current liabilities			941,341		855,683
The funds of the Charity					
Designated funds			434,181		102,271
Restricted income funds	15		-		20,900
Unrestricted funds			507,160		732,512
			941,341		855,683

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024, although an audit has been carried out under section 65 of the Charities Act (NI) 2008 .

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 18 December 2024

Mr Joseph Mahon
Trustee

Mr Bernard McAnaney
Trustee

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	19		147,760		(442,388)
Investing activities					
Purchase of tangible fixed assets		(8,255)		(16,366)	
Investment income received		2,080		254	
Net cash used in investing activities			(6,175)		(16,112)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			141,585		(458,500)
Cash and cash equivalents at beginning of year			786,018		1,244,518
Cash and cash equivalents at end of year			927,603		786,018

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Aware Defeat Depression is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Crawford Square, Derry/Londonderry, BT48 7HR.

1.1 Accounting convention

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

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

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

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

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

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

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

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

1.6 Tangible fixed assets

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

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

Fixtures and fittings	20% straight line
Computers	20% straight line
Motor vehicles	33.33% straight line
Office equipment	20% straight line

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

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 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.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

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.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	762,124	-	762,124	537,550	-	537,550
Grants for core activities	-	14,398	14,398	-	28,794	28,794
Trusts and Foundations	-	404,894	404,894	-	161,777	161,777
	<u>762,124</u>	<u>419,292</u>	<u>1,181,416</u>	<u>537,550</u>	<u>190,571</u>	<u>728,121</u>
Donations and gifts						
Donations	17,000	-	17,000	37,365	-	37,365
Events	469,712	-	469,712	321,293	-	321,293
Corporate	253,407	-	253,407	178,694	-	178,694
Schools	500	-	500	198	-	198
Legacies	21,505	-	21,505	-	-	-
	<u>762,124</u>	<u>-</u>	<u>762,124</u>	<u>537,550</u>	<u>-</u>	<u>537,550</u>
Grants for core activities						
Department of Health	-	14,398	14,398	-	28,794	28,794
	<u>-</u>	<u>14,398</u>	<u>14,398</u>	<u>-</u>	<u>28,794</u>	<u>28,794</u>
Trusts and Foundations						
Community Foundation	-	62,394	62,394	-	47,433	47,433
Inner City Trust	-	5,000	5,000	-	5,000	5,000
Belfast City Council	-	-	-	-	640	640
AW Harvey Charitable Trust	-	-	-	-	3,000	3,000
Victoria Homes	-	-	-	-	2,500	2,500
Groundwork UK	-	-	-	-	5,000	5,000
B&Q	-	10,000	10,000	-	-	-
Garfield Weston	-	20,000	20,000	-	-	-
Ulster Garden Villages	-	14,000	14,000	-	-	-
Housing Associations	-	4,000	4,000	-	-	-
Other	-	289,500	289,500	-	98,204	98,204
	<u>-</u>	<u>404,894</u>	<u>404,894</u>	<u>-</u>	<u>161,777</u>	<u>161,777</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4 Charitable activities

	Education and training 2024 £	Support services 2024 £	Total 2024 £	Education and training 2023 £	Support services 2023 £	Total 2023 £
Workshops and courses	130,665	-	130,665	139,757	-	139,757
Performance related grants	371,184	109,739	480,923	309,526	103,802	413,328
	<u>501,849</u>	<u>109,739</u>	<u>611,588</u>	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>
Analysis by fund						
Unrestricted funds	130,665	-	130,665	139,757	-	139,757
Restricted funds	371,184	109,739	480,923	309,526	103,802	413,328
	<u>501,849</u>	<u>109,739</u>	<u>611,588</u>	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>
Performance related grants						
Public Health Agency	234,372	-	234,372	206,569	-	206,569
National Lottery Community Fund	25,060	-	25,060	29,470	-	29,470
Maternal Mental Health Alliance	4,130	-	4,130	4,130	-	4,130
Western Health and Social Care Trust	27,704	34,811	62,515	18,522	33,706	52,228
Belfast Health and Social Care Trust	15,083	20,792	35,875	19,514	23,379	42,893
Southern Health and Social Care Trust	12,530	26,304	38,834	2,016	25,187	27,203
South Eastern Health and Social Care Trust	2,200	27,832	30,032	12,655	21,530	34,185
Clear Project	31,600	-	31,600	10,600	-	10,600
Other	11,830	-	11,830	6,050	-	6,050
	<u>371,184</u>	<u>109,739</u>	<u>480,923</u>	<u>309,526</u>	<u>103,802</u>	<u>413,328</u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>2,080</u>	<u>254</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Staging fundraising events and seeking donations, grants and legacies	65,585	73,201
Fundraising central premises costs	24,200	14,458
Fundraising central office costs	15,182	17,849
Other fundraising staff costs	8,583	6,313
Advertising	440	5,103
Staff costs	220,553	231,535
Depreciation and impairment	4,483	3,987
Support costs	15,373	17,844
	<u>354,399</u>	<u>370,290</u>

Costs allocated to raising funds represents salaries and wages to staff involved in staging fundraising events and seeking donations, grants and legacies and other associated costs.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

7 Charitable activities

	Education and training 2024 £	Support services 2024 £	Communication and campaign 2024 £	Service development 2024 £	Total 2024 £	Total 2023 £
Staff costs	510,606	196,387	78,555	-	785,548	715,459
Depreciation and impairment	10,460	-	-	-	10,460	9,304
Other staff costs	4,968	300	240	-	5,508	9,690
Sessional workers	47,341	-	-	-	47,341	47,226
External trainers fees	143,820	1,440	-	-	145,260	170,526
Training resources	21,697	-	-	-	21,697	13,064
Room hire	1,612	22,528	99	-	24,239	22,354
Hospitality	1,932	4,843	270	-	7,045	13,191
Evaluation and quality assurance	13,314	9,000	-	-	22,314	4,000
Volunteers' travel and expenses	-	13,283	76	-	13,359	13,590
Marketing and publicity	1,915	1,931	14,325	-	18,171	27,954
External consultants fees	11,457	7,001	2,864	-	21,322	46,475
Staff travel	5,422	11,603	150	-	17,175	13,245
Printing costs	9,087	6,641	1,550	-	17,278	16,480
Central premises costs	32,266	19,718	8,067	-	60,051	35,876
Central office costs	13,904	8,497	3,476	-	25,877	34,228
Sundry expenses	10,282	5,013	1,621	-	16,916	23,936
	<u>840,083</u>	<u>308,185</u>	<u>111,293</u>	<u>-</u>	<u>1,259,561</u>	<u>1,216,598</u>
Share of support costs (see note 8)	40,994	40,994	5,124	-	87,112	101,116
Share of governance costs (see note 8)	6,768	3,931	491	-	8,354	5,100
	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>-</u>	<u>1,355,027</u>	<u>1,322,814</u>
Analysis by fund						
Unrestricted funds	221,814	-	-	-	221,814	536,463
Designated funds	212,098	-	-	-	212,098	171,952
Restricted funds	453,933	353,110	116,908	-	921,115	614,399
	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>-</u>	<u>1,355,027</u>	<u>1,322,814</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

7 Charitable activities

(Continued)

For the year ended 31 March 2023

	Education and training £	Support services £	Communication and campaign £	Service development £	Total 2023 £
Staff costs	270,957	176,491	77,088	190,923	715,459
Depreciation and impairment	9,304	-	-	-	9,304
Other staff costs	436	127	465	8,662	9,690
Sessional workers	31,420	-	-	15,806	47,226
External trainers fees	47,142	-	-	123,384	170,526
Training resources	2,423	-	-	10,641	13,064
Room hire	160	19,854	114	2,226	22,354
Hospitality	3,952	2,939	6,076	224	13,191
Evaluation and quality assurance	-	3,000	-	1,000	4,000
Volunteers' travel and expenses	72	13,436	31	51	13,590
Marketing and publicity	5,084	10,060	9,645	3,165	27,954
External consultants fees	22,775	8,567	8,519	6,614	46,475
Staff travel	3,253	9,378	358	256	13,245
Printing costs	3,944	4,642	5,394	2,500	16,480
Central premises costs	11,245	11,780	4,819	8,032	35,876
Central office costs	8,725	14,152	5,119	6,232	34,228
Sundry expenses	9,670	5,389	5,873	3,004	23,936
	<u>430,562</u>	<u>279,815</u>	<u>123,501</u>	<u>382,720</u>	<u>1,216,598</u>
Share of support costs (see note 8)	23,792	47,583	5,948	23,793	101,116
Share of governance costs (see note 8)	1,200	2,400	300	1,200	5,100
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>
Analysis by fund					
Unrestricted funds	172,370	128,332	-	235,761	536,463
Endowment funds - [description]	-	-	-	171,952	171,952
Restricted funds	283,184	201,466	129,749	-	614,399
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

8 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	82,833	-	82,833	82,284	-	82,284
Other staff costs	1,062	-	1,062	1,281	-	1,281
Central premises costs	5,378	-	5,378	3,213	-	3,213
Central office costs	3,194	-	3,194	3,493	-	3,493
Marketing and publicity	98	-	98	1,134	-	1,134
IT Support	1,367	-	1,367	960	-	960
Volunteers' travel and expenses	841	-	841	341	-	341
External consultants fees	1,909	-	1,909	1,667	-	1,667
Room hire	66	-	66	46	-	46
Hospitality	180	-	180	89	-	89
Other general support costs	5,557	-	5,556	24,452	-	24,452
Audit fees	-	6,000	6,000	-	6,000	6,000
Legal and professional	-	3,827	3,828	-	1,680	1,680
	<u>102,485</u>	<u>9,827</u>	<u>112,312</u>	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>
Analysed between						
Fundraising	15,373	1,474	16,847	17,844	2,580	20,424
Charitable activities	87,112	8,354	95,466	101,116	5,100	106,216
	<u>102,485</u>	<u>9,828</u>	<u>112,313</u>	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>

9 Trustees

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

10 Employees

The average monthly number of employees during the year was:

2024	2023
Number	Number
33	32
<u>33</u>	<u>32</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

10 Employees (Continued)

Employment costs	2024 £	2023 £
Wages and salaries	975,139	907,788
Social security costs	84,346	85,512
Other pension costs	29,449	35,978
	<u>1,088,934</u>	<u>1,029,278</u>

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

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Aggregate compensation	<u>260,154</u>	<u>214,172</u>

11 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.

12 Tangible fixed assets

	Fixtures and fittings £	Computers £	Motor vehicles £	Office equipment £	Total £
Cost					
At 1 April 2023	57,606	157,759	1,600	18,472	235,437
Additions	4,015	4,102	-	138	8,255
At 31 March 2024	<u>61,621</u>	<u>161,861</u>	<u>1,600</u>	<u>18,610</u>	<u>243,692</u>
Depreciation and impairment					
At 1 April 2023	52,619	129,954	1,066	18,472	202,111
Depreciation charged in the year	2,444	11,938	534	28	14,944
At 31 March 2024	<u>55,063</u>	<u>141,892</u>	<u>1,600</u>	<u>18,500</u>	<u>217,055</u>
Carrying amount					
At 31 March 2024	<u>6,558</u>	<u>19,969</u>	<u>-</u>	<u>110</u>	<u>26,637</u>
At 31 March 2023	<u>4,987</u>	<u>27,805</u>	<u>534</u>	<u>-</u>	<u>33,326</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

13 Debtors	2024	2023
	£	£
Amounts falling due within one year:		
Other debtors	106,897	85,661
Prepayments and accrued income	6,633	7,781
	<u>113,530</u>	<u>93,442</u>
	<u><u>113,530</u></u>	<u><u>93,442</u></u>
14 Creditors: amounts falling due within one year	2024	2023
	£	£
Other taxation and social security	23,560	22,205
Trade creditors	36,553	18,899
Accruals and deferred income	66,316	16,000
	<u>126,429</u>	<u>57,104</u>
	<u><u>126,429</u></u>	<u><u>57,104</u></u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

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

	As restated	Movement in funds		
	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 31 March 2024
	£	£	£	£
Public Health Agency	13,350	234,372	(247,722)	-
National Lottery Community Fund	7,550	25,060	(32,610)	-
Western Health and Social Care Trust	-	62,515	(62,515)	-
Belfast Health and Social Care Trust	-	35,875	(35,875)	-
Southern Health and Social Care Trust	-	38,834	(38,834)	-
South Eastern Health and Social Care Trust	-	36,707	(36,707)	-
Department of Health	-	14,398	(14,398)	-
Clear Project	-	31,600	(31,600)	-
Trusts and Foundations	-	404,894	(404,894)	-
Other	-	15,960	(15,960)	-
	<u>20,900</u>	<u>900,215</u>	<u>(921,115)</u>	<u>-</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

(Continued)

Nature of restricted funds

Public Health Agency

Funding for the provision of education and training workshops and courses

National Lottery Community Fund

Funding for the provision for education and training workshops and courses in partnership with TinyLife

Western Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Belfast Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Southern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

South Eastern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Department of Health - Core

Funding for the salary of the charity's Chief Executive

Clear Project

Funding for the provision of education and training workshops and courses

Trust and Foundations

Funding received to enable the charity to enhance its educational services and support services.

16 Unrestricted funds

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

	At 1 April 2023 £	Incoming resources £	Resources expended £	Transfers £	At 31 March 2024 £
Redundancy fund	102,271	-	(212,098)	239,669	129,842
Service expansion	-	-	-	304,339	304,339
General fund	732,512	894,869	(576,213)	(544,008)	507,160
	<u>834,783</u>	<u>894,869</u>	<u>788,311</u>	<u>-</u>	<u>941,341</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Unrestricted funds (Continued)

Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
Staff recruitment fund	87,000	-	-	(87,000)	-
Redundancy fund	105,000	-	-	(2,729)	102,271
Service expansion fund	214,110	-	(171,952)	(42,158)	-
General fund	829,817	677,561	(906,753)	131,887	732,512
	<u>1,235,927</u>	<u>677,561</u>	<u>1,078,705</u>	<u>-</u>	<u>834,783</u>

Redundancy fund - as a result of the current factors impacting the charitable section, the Trustees consider it necessary to set aside funds should the charity have to adapt a substantially different operating model to ensure its future sustainability.

Service expansion fund - the Trustees have designated funds for specific purposes to support service expansion for 2024/25. This includes:

- £57,132 for unfunded support groups
- £28,500 for additional programme delivery
- £28,732 for communications activity, including campaigns and Investors in Mental Health
- £9,000 for research and evaluation
- £7,700 on further development of our e-learning products
- £30,000 on infrastructure development (CRM)
- £98,700 for office running costs
- £22,079 for corporate costs
- £22,496 on capital investments

17 Analysis of net assets between funds As restated

	Unrestricted funds	Designated funds	Restricted funds	Total	Total
	2024	2024	2024	2024	2023
	£	£	£	£	£
Fund balances at 31 March 2024 are represented by:					
Tangible assets	26,637	-	-	26,637	33,326
Current assets/(liabilities)	480,523	434,181	-	914,704	822,356
	<u>507,160</u>	<u>434,181</u>	<u>-</u>	<u>941,341</u>	<u>855,682</u>

18 Analysis of changes in net funds

The Charity had no material debt during the year.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19 Cash generated from operations	2024	2023
	£	£
Surplus/(deficit) for the year	85,658	(411,644)
Adjustments for:		
Investment income recognised in statement of financial activities	(2,080)	(254)
Depreciation and impairment of tangible fixed assets	14,944	13,291
Movements in working capital:		
(Increase) in debtors	(20,088)	(33,408)
Increase/(decrease) in creditors	69,326	(10,375)
Cash generated from/(absorbed by) operations	<u>147,760</u>	<u>(442,390)</u>

Aware Defeat Depression

Northern Ireland - Charity number 100561

Annual return

Charity registration number NIC100561

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

AWARE DEFEAT DEPRESSION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Dr Josephine Deehan Ms Marianne Downing Mr Joseph Mahon Mr Bernard McAnaney Ms Helen McDonnell Mr Robert Robinson Ms Alexandra Murdock Ms Sophy McFarlane	(Appointed 27 September 2023) (Appointed 30 April 2024)
Secretary	Mr Joseph Mahon	
Charity number	NIC100561	
Company number	NI030447	
Registered office	2 Crawford Square Derry/Londonderry BT48 7HR	
Auditor	Harbinson Mulholland 6th Floor East Tower Lanyon Plaza 8 Lanyon Place Belfast Co. Antrim Northern Ireland BT1 3LP	
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB	

AWARE DEFEAT DEPRESSION

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AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2024

Reflecting on this year's annual report, I realised this would be my eighth as Chairperson; my first was for the 2016/17 report. A lot has changed since then, and yet some things haven't. Some of our team have moved on, and team AWARE NI has many new faces. There is a new senior management team, an almost new Board and new faces across the charity in Education and Training, Support Services, Community Outreach, Communications, and Income Generation.

What hasn't changed is the need for AWARE NI's services and support for those impacted by mental ill-health. At AWARE NI, we know only too well that the level of depression, bipolar disorder and anxiety has not decreased in our communities. Ironically, as the stigma around mental health rightly decreases, and as AWARE NI continues to play a leading role in that area, the demand for mental health services and support increases. Unfortunately, some might argue shamefully that statutory services are struggling and often failing to meet that demand due to the lack of sufficient funding for mental health services.

Against that background, it is worth remembering where we were in 2016/17. The Education and Training service had just begun the early stages of the Mindfulness programme, and Paws b had yet to be introduced to primary schools. Last year, over 1,500 primary school children participated in Paws b, and 34 teachers and classroom assistants received mindfulness training. In total, our suite of education and wellbeing programmes reached 19,000 people last year, an increase of just over 50% compared to the 2016/17 figure.

Support Services, particularly our mental health peer support groups, were badly affected during Covid. However, last year, there was clear evidence of recovery, with 5,594 people attending support groups. This is a 25% increase compared to 2016/17. The same period saw community outreach events increase from 85 to 197, reaching nearly 21,500 people compared to the 2016/17 total of 4,000 - an incredible fivefold increase.

Something else that hasn't changed is that AWARE NI continues to be the most widely followed local mental health charity in Northern Ireland across our website, Facebook, X (Twitter), Instagram, LinkedIn, YouTube and TikTok, thanks to the creativity of our Communications team. What has changed is the quality of our communication material; it continues to get better year on year.

Of course, none of the above would be possible without funding. In 2016/17, our total income was about £815k, whilst last year, it was nearly £1.8 million. Donations and gifts now represent 42.5% of our income, and when other non-statutory sources are included, that figure rises to 72%, a remarkable turnaround from 2016/17 when funding from the statutory bodies accounted for 53% of our income. It's now only 28%. Thanks in no small measure to our award-winning Fundraising Team.

As important as funding is though, volunteers, many with a lived experience of depression, are AWARE NI's heart and soul. Put simply the charity would not be the same without them.

Finally, another change worth mentioning is the change of address for our Derry office! Having outgrown the old office in Queen Street a good few years ago, we moved to the new Derry base in Crawford Square in September.

So what of the future? I don't possess a crystal ball, but we have AWARE NI's five-year strategic plan. The strategy is themed across four key areas – Connection, Change, Community and Finance and Fundraising. These themes emerged from an inclusive process involving a series of discussions and workshops with our staff, volunteers and many others who took the time to comment online. Collectively, we had a critical look at where we are now, assessed gaps and aspirations in our service provision, and discussed how we would move forward over the next five years. The targets are challenging, but I firmly believe the AWARE NI family will meet them.

The strategy, therefore, reflects an organisation that is not content to rest on its laurels but is determined to remain relevant to those who use our range of services.

As we look with confidence then to the future can I again thank our volunteers, staff, sessional workers and my fellow Trustees for all their support in what was yet another very busy and successful year.

AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT (CONTINUED) ***FOR THE YEAR ENDED 31 MARCH 2024***

.....
Mr Bernard McAnaney
Chairman

Date:

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) FOR THE YEAR ENDED 31 MARCH 2024

The Trustees present their annual report and financial statements for the year ended 31 March 2024.

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

Objectives and activities

Our Vision, Mission and Values

AWARE has been working since 1996 to support all those in Northern Ireland affected by depression, anxiety and bipolar disorder.

Our **Vision** is for a future where everyone can openly discuss their mental health, access services appropriate to their needs, and develop the skills and knowledge to maintain positive mental health.

Our **Mission** is:

- To promote emotional health and wellbeing.
- To help people build resilience and maintain positive mental health at every stage of their life journey.
- To ensure that individuals living with depression, anxiety, and bipolar disorder are aware of and have access to appropriate support.
- To advocate for policies that facilitate access to appropriate support across Northern Ireland.
- To increase public understanding of depression and reduce the stigma surrounding the illness.

Our **Values** are that, above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

- **Dignity, respect and empathy** - We will treat each other and our service users with dignity, respect and empathy.
- **Integrity, professionalism and transparency** - We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.
- **Innovation and Excellence** - We are committed to providing high-quality services and to being innovative for the benefit of people using our services.
- **Equality, diversity and inclusivity** - We are committed to championing equality, diversity and inclusivity in all aspects of our organisation, through an intersectional lens

User-Led

Those who best understand the challenges faced by people affected by depression, anxiety or bipolar disorder are those who have been affected by it themselves. Therefore, we promote a strong user-led, self-help approach, and the organisation's culture is based on the active involvement of its service users, staff, and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous, ongoing and embedded within the organisational culture.

Partnership working

We are committed to working with a wide range of groups, including those based in local communities, those representing a particular community of interest and other sectoral organisations working with people experiencing mental health problems.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate.
- We will lead by example.

As stated in the Memorandum of Association, the charity's objectives are to improve the quality of life of people with, or at risk, of depression and their carers in Northern Ireland. This is to be achieved by

- Relieving conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives.
- Educating the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses.
- Promoting research into the causes, treatment and prevention of depressive illnesses and the dissemination of the valuable results of such research
- Acting as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families.

AWARE NI was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at the time. This user-led ethos remains a key driver of the charity's work.

The charity's work currently includes:

- Mental health peer support groups in most main towns in Northern Ireland
- Online support groups
- Telephone and email support services
- A wide range of free resources and literature on various mental health issues
- Free public talks and other events on mental health and related issues
- Information outreach events in communities across Northern Ireland
- Living Life to the Full, a unique life skills programme based on CBT concepts
- Mood Matters, an education programme delivered in schools, workplaces and community settings
- Mental Health First Aid training programme
- Mindfulness programmes, including Paws b and .breathe, delivered in schools
- My Mind & Me - a newly-developed primary school wellbeing programme based on the 'Take 5 Steps to Wellbeing' principles
- An interactive website offering information and resources

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

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Achievements and performance

Education and Training

AWARE NI's Education and Training department plays a vital role in raising awareness of common mental health issues and equipping people with tools to care for their emotional wellbeing. We have had a successful year expanding our programme offerings and reach. We developed our team, which now comprises six Education and Training Officers, one Corporate Outreach Worker and five administrative staff members.

During 2023/24, we achieved the following:

In schools

- Delivered 69 'Paws b' mindfulness programmes to 1,541 pupils in primary schools
- Introduced 49 'My Mind and Me' programmes for primary schools, reaching 1,135 pupils
- Conducted 30 '.breathe' mindfulness programmes for post-primary schools, reaching 464 pupils
- Delivered 473 'Mood Matters Young People' programmes to 9,379 young individuals in schools and other suitable settings
- Trained 29 teachers in an 8-week mindfulness programme
- Provided 'Paws b' training to 5 teachers and classroom assistants, enabling the integration of mindfulness practice into the school culture
- Organised two teacher focus groups to support teachers with 'Paws b' delivery in schools

In the community

- Conducted 63 'Living Life to the Full' programmes for over 642 participants in community settings
- Delivered 42 'Mental Health First Aid' programmes to over 402 participants
- Offered 48 mindfulness programmes to over 405 adults
- Delivered 51 'Mood Matters Adult' programmes for over 589 people in local communities
- Delivered 1 Mindfit programme to 11 participants
- Ran 73 'Mood Matters Parent and Baby' programmes for 446 parents and expectant parents
- Delivered 11 educational talks to 538 people

In workplaces

- Delivered 39 'Mental Health First Aid' programmes to workplaces
- Conducted 111 'Mood Matters in the Workplace' programmes for more than 1,561 employees
- Provided 20 'Supporting Employee Wellbeing' programmes to 218 people

Via e-learning

- We partnered with Strategic Thinking to support their healthcare staff of 500 via iAmAWARE
- We offered iAmAWARE mental health e-learning to our corporate partners, reaching 140 participants
- iAmAWARE Supporting Employee Wellbeing delivered to 2 participants

Our Education and Training programmes reached over 19,000 participants in 2023/24. While we conducted many community and workplace programmes via Zoom, we gradually resumed face-to-face delivery, a trend we anticipate will continue in the upcoming year. We have increased our e-learning offering, as three additional modules were developed for iAmAWARE, bringing the total number of mental health educational modules to four.

We took great pride in introducing new mindfulness programmes for adults, parents, and school pupils. The 'Mindful Parenting' programme for parents of 5–12-year-olds received fantastic feedback. We look forward to delivering more of these in the coming year. Additionally, we successfully provided the 4-week '.breathe' programme for 9-14-year-olds in 30 post-primary schools and secured funding to further expand and deliver this programme in 2024/25.

The team has been developing a new 'Feeling Good' programme, incorporating mindfulness practices and '5 Ways to Wellbeing' concepts. This single-session programme is for 11-14-year-olds. We look forward to finishing the programmes in the new financial year.

After last year's pilot delivery, we re-developed 'My Mind & Me', a programme designed for P3-P7 pupils, enhanced with engaging activities to help this age group understand concepts around mental health and emotional wellbeing. We delivered this to 49 schools.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

We successfully concluded the third year of The Community Foundation Mental Health Support project to provide our 'Back to Life, Back to Normality' programme, which consists of six weeks of 'Living Life to the Full' and six weeks of mindfulness. This project supports the five mental health leads in GP Federations across NI. Referrals are made by GP practices in these federations to help provide a service for those people on the current waiting list for services. We have built strong relationships with the GP Federation mental health leads and their respective teams, regularly meeting and sharing findings with them.

In collaboration with the Public Health Agency, we led the development of Northern Ireland's Mental Health First Aid Refresher programme and will be completing the development in the new financial year. AWARE NI will be involved in training up to 60 new Mental Health First Aid Refresher trainers. This increased capacity positions us well for future MHFA delivery and improves our portfolio of programmes.

Throughout the year, partnership work remained a prominent feature of our work. We collaborated with organisations such as ParentingNI, Tynylife, Diabetes UK, Macmillan Cancer, WRDA (Women's Resource Development Agency), and MAS (Maternal Advocacy Support) to develop and adapt our programmes and cater to their client groups. We continued to advocate for expectant and new parents by participating in steering and implementation groups focused on infant and maternal mental health. We guided health professionals supporting new and expectant parents through the specialist perinatal section of our website. Our perinatal mental health resource is in high demand and distributed in antenatal units and Sure Starts.

We trained 18 Tynylife staff and AWARE NI staff in Chris Williams' Enjoy your Baby CBT based programme. Our 'Supporting Employee Wellbeing' train the trainer took place in quarter 3, and delivery is proving popular. We also trained staff and sessional workers in our primary school programme 'My Mind & Me'.

The team worked hard this year to develop our workplace mental health training programme portfolio. We finalised the new half-day manager's programme, 'Supporting Employee Wellbeing', to educate managers and team leaders on supporting their employees during challenging and stressful times. We piloted the programme and reviewed and adapted it based on feedback.

Our suite of workplace programmes has evolved to meet the needs of the new hybrid way of working, offering face-to-face, online, and e-learning options. We believe this adaptability will enable businesses across Northern Ireland to invest in their staff's mental health and wellbeing.

In addition to our fundraising activities, the sales of our programmes, primarily to the business community, contribute significantly to AWARE NI's income. The Education and Training team plays a vital role in establishing connections with workplaces, cultivating relationships, and delivering training programmes. They work closely with our fundraising team to engage the business community and attract sponsorship, Charity of the Year initiatives, and general fundraising efforts. These endeavours raise awareness of mental health and the importance of mental wellbeing in the workplace. Notably, post-Covid-19, there has been a significant increase in interest and attention to mental health within workplaces, leading to higher programme sales and improved understanding of mental wellbeing.

In the 2023/24 period, AWARE NI generated £148,858.50 through programme sales, with the Mental Health First Aid and Mood Matters Workplace programmes contributing significantly to this income. These funds are used to expand and sustain our support groups and outreach services.

Support Services and Community Outreach

AWARE NI's Support Services department remains committed to providing essential and unique support to individuals affected by low mood, depression, anxiety, and bipolar disorder. This year, the support team welcomed a new staff member, Sam Pirone, who joined as an administrative assistant for the team. This has been an enormous asset to the team, and Sam's wealth of knowledge and 'can do' attitude has made a substantial impact in a short period of time.

We have continued to maintain and support our existing support groups throughout NI, focusing on those in more rural areas that need more promotion and input. We are delighted with the growing numbers attending and the feedback we receive on the difference this is making in people's lives. This year, we have noticed an increase in the complex needs of individuals attending our groups and the difference peer support has made in their mental health journey and recovery.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

We have been developing a Youth Strategy for AWARE NI by linking with other youth organisations for guidance and advice and holding focus groups with our younger service users to gather their feedback and views. We have merged our YA support groups with our established support groups to provide peer support to all individuals 18 plus. As a result of our active campaigns and following the recommendations from our younger members, we have noticed an increase in younger membership regionally. We have also been involved in a pilot project in Derry, providing our AWARE 'Mood Matters Young People' programme to young people in their own communities, followed by a peer support session on how to support each other during difficult times. This has been hugely successful, with extremely positive feedback and a wealth of learning for us to take forward as part of our Youth Strategy over the next 5-year plan.

As part of AWARE NI's support to the Maternal Mental Health Alliance with Everyone's Business Campaign for NI, we are delighted to advise that we have been continuing to campaign for a Mother and Baby Unit for NI with positive feedback and movement towards funding being secured for the build and revenue for this much-needed unit. We have also continued to campaign for the best perinatal care for our local mums, babies and families with priorities according to the voices of women with lived experience and feedback from our Everyone's Business Campaign members.

We commenced an additional service this year for our support group members, with two Independent Therapists being able to provide one-to-one support as appropriate. Whilst this is a limited service and for our known service users, it has been hugely valued and beneficial for our support group members who are struggling to access such one-to-one support locally.

This year has been the second year of our Ulster University Support Group Research Project, which has been progressing extremely well with very positive feedback from those attending. We are looking forward to findings and recommendations and how we can best take these forward into practice and publicise for our profile and future funding opportunities.

Our Volunteers remain at the heart of all we do in Support Services. We have supported over 70 volunteer facilitators this year as they provide life-changing support in our peer-led mental health support groups throughout NI. As the needs of our service users increase, we have introduced new supervision and support systems this year for our volunteer facilitators, with monthly online peer supervision sessions that also include an element of training. We have been delighted to welcome many new volunteers to our team this year and an increase in younger people keen to volunteer.

Our Outreach team continued to be extremely busy with events and promoting our services. This year, we saw increased demand to attend events and speak at team meetings with various organisations, from statutory organisations to those within the voluntary and community sector. Our outreach workers have been working closely with our volunteers to help us raise awareness, reduce stigma, and reach out to local people within their communities. We have delivered 197 information events and presentations, reaching a minimum of 21,424 participants and disseminating at least 40,000 information leaflets and factsheets.

The Support Services department's unwavering dedication and hard work have allowed us to continue providing crucial support, raising awareness, and fostering a supportive environment for those affected by mental health challenges. We remain committed to promoting wellbeing and improving the lives of individuals in Northern Ireland.

- We have 23 mental health peer support groups, including two online
- We held 1,001 support group meetings during this year
- We recorded 5,595 attendances at the support groups
- We responded to 1,659 support emails
- We answered 1,315 Support calls this year
- We delivered 197 Information Outreach events and presentations with an approximate reach of 21,424 participants, disseminating over 40,000 information leaflets and factsheets
- Our Community outreach workers provided one-to-one support to 43 members of the public when hosting an information stand
- We held four public talks throughout the year in Derry, Belfast, Enniskillen and Lurgan in partnership with The Royal College of Psychiatry. These events had different topics such as 'Mental Health and Living with Cancer', 'Mental Health and Early Intervention', 'Mental Health and ADHD', and 'Let's Talk About Bipolar'. We were supported by partner agencies such as Macmillan Cancer, Action for Children, ADD NI, and Bipolar UK. These public talks were well-attended, with highly encouraging feedback.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

- We held our annual Volunteer Celebration Event in the Omagh Folk Park with a tour followed by a lovely celebration lunch. This was attended by our volunteers from all over NI and a lovely opportunity to get together to recognise and thank all they do for us throughout the year. We also enjoyed some Christmas fun and celebrations with our volunteers at Christmas with events in both our Derry and Belfast offices.

Communications

Throughout the year, the Communications Team has been crucial in promoting AWARE NI's services and raising awareness about mental health, as our online platforms act as an extension of our support services and mental health education. As a result, AWARE NI has experienced significant growth in public profile and brand recognition. This progress is reflected in the charity's increased website traffic, social media engagement, and press coverage. These accomplishments further solidify AWARE NI's status as an industry leader as we continue to be the most widely-followed mental health charity in Northern Ireland.

The Communications Team's dedication and hard work have been pivotal in supporting AWARE NI's mission to promote mental health and wellbeing and reduce the stigma surrounding mental illness.

We have undertaken various successful campaigns throughout the year to generate awareness. During Blue Monday of this year, we launched our 'I Am Found' short film, which represented a new way to advertise our mental health support groups. As a mental health charity, it is challenging to portray the personal impact of our services whilst protecting the identity of those accessing them. Through this short film, we wanted to communicate creatively and symbolically real-life testimonials of how our support groups have changed lives. This video has now been watched almost 45,000 times, which is incredible. We are so thankful to our sea swim fundraisers who helped make this video a reality.

The Communications Team also launched our Courage, Dear Heart merchandise line to reach more people about our services. The message behind the line is one of hope and recovery. At AWARE NI, we believe that it is not the absence of mental illness that makes someone 'strong'; instead, it takes incredible strength to live with mental illness, seek support and embark on a road to recovery. All profits from this line go directly to our support services.

During Maternal Mental Health, we launched a campaign highlighting our Mood Matters Parent and Baby programme. We created a video highlighting the importance of looking after your mental health as a parent, with figures highlighting the prevalence of antenatal and postnatal depression for both mums and dads, alongside some educational tips on how to maintain positive mental health. This video was shared with all antenatal units, with positive feedback from Health Trusts, highlighting its helpful and informative nature. Additionally, we redesigned our 'Mood Matters Parent and Baby' training programme to have fresh, updated visuals in line with our current branding with greater inclusion of content relating to Dads. We also redesigned our 'Looking After the Mental Health of You and Baby' booklet and created and designed a booklet in collaboration with Tiny Life titled 'Caring for the Mental Health of You and Your Premature Baby'. These efforts aimed to highlight the importance of perinatal mental health for parents and their children and create free and accessible educational resources.

We worked with Vinny Hurrell, one of our brand ambassadors, as part of the BBC Charity Broadcast Appeal to highlight our services. We have also launched newly designed billboards which have been appearing across Northern Ireland. Both campaigns are ways for AWARE NI to reach new audiences, increase brand awareness, and advertise our services across Northern Ireland.

Overall, during 2023-24:

- Our website had 258,101 page views and 69,080 users
- Our network of Facebook followers has reached 27,491
- We now have 9,649 followers on Twitter
- Our Instagram community reached 6,995 followers
- Our YouTube channel was viewed 9,483 times
- AWARE appeared in 500 online & press articles
- We were featured in 5 radio & TV interviews
- Our LinkedIn following has reached 3,168 follows, with 1,532 Newsletter subscribers
- AWARE NI is growing steadily on TikTok with 650 followers and 1,353 likes

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Income Generation

In 2023/24 AWARE NI's fundraising efforts reached new heights, raising £751,000. This impressive achievement marks an increase of £213,450 (40%) from the previous year, underscoring the success and impact of our dedicated fundraising strategies and the generous support of the local community.

We experienced substantial participation and enthusiasm for our AWARE NI challenge events. Our calendar was packed with a variety of activities, each contributing uniquely to our overall fundraising success. The Giant Steps coastal walk doubled in size, with over 400 walkers trekking routes of 26, 13, and 7 miles, and they collectively raised a phenomenal £65,000. Our first Santa Abseil at the Europa Hotel was a festive and daring event that captured the Christmas spirit. Participants abseiled down the iconic hotel, attracting considerable attention and support from spectators and donors alike. This event added a fun and seasonal twist to our fundraising efforts which resulted in fundraising of £50,000. We held a number of other events, including a Viking Boat Race and Sea Splashes in Benone and Ballyholme. Events were attended by both employees from our corporate partners as well as individuals and groups of friends and families.

Corporate partnerships played a pivotal role in our fundraising success in 2023/24. We extend our deepest gratitude to all our partners for their unwavering dedication and commitment to promoting positive mental health in their workplaces. We continued our existing partnerships with Danske Bank, Maxol, FinTrU, MacBlair, Hastings Hotels and Rutledge Group, amongst others. Unfortunately, it was the final year of our partnerships with both Maxol and Danske Bank who have been an asset to AWARE NI for the past 3 years. We were delighted to work with a number of new corporate partners including Todd's Insurance, KPMG, Wilson Nesbitt, Urban HQ, Fleet Financial and Lava Group. The total income generated through corporate fundraising was £236,213.

We witnessed an extraordinary outpouring of passion and effort from individuals, groups, and schools across Northern Ireland, culminating in an impressive Community Fundraising total of £296,095. We were delighted to roll out our new school fundraising campaign, 'Shine Bright, Glow Yellow', encouraging participation in fundraising activity to mark Mental Health Awareness Day in October. Students, teachers, and parents came together to host various fundraising activities, ranging from bake sales and fun runs to non-uniform days. Overall fundraising from schools totalled £21,000. Fundraising from individual supporters was truly amazing. It was heartwarming to see so many people set themselves personal challenges in the name of mental health awareness and support. We saw many people participate in marathons, cold water dips, cycle challenges, skydives, mountain treks and more!

We are deeply grateful for the ongoing support we receive from schools, universities, churches, various community organisations, and sports clubs across Northern Ireland. Their fundraising efforts and generous donations are invaluable to our cause. We also extend our heartfelt thanks to those who faithfully support us through monthly donations, those who donate in memory of a loved one, and those who graciously include AWARE NI in their Will, thus helping safeguard future generations' mental health.

Our income from Trusts and Foundations in 2023/24 totalling £404,894. This includes income from:

- Enkalon Foundation
- Ulster Garden Villages
- Community Foundation
- Sir Jules Thorn Charitable Trust
- St James Place
- Garfield Weston
- Inner City Trust
- B&Q
- Clanmill Housing
- Radius Housing
- D'Oyly Carte Foundation

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) ***FOR THE YEAR ENDED 31 MARCH 2024***

We are deeply grateful for our donors' unwavering support and incredible efforts. Their passion, creativity, and hard work are the lifeblood of our organisation, enabling us to continue providing essential local mental health support services.

Looking to the future, we aim to further enhance our fundraising initiatives and aim to encourage even more individual and group efforts. Together, we can build on this year's success and continue to make a significant impact.

Thank you to every supporter, participant, and volunteer who has contributed to our fundraising efforts in 2023/24. Your dedication makes a real difference in the lives of many, and we look forward to achieving even greater heights together and continuing to positively impact mental wellbeing in Northern Ireland.

Financial review

Total Income – £1,795,084

Comprising:

- Donations & Gifts – £762,124
- Grant Funding – £495,321
- Trusts & Foundations – £404,894, Workshops & Courses – £130,665
- Investments - £2,080

Total Expenditure – £1,709,426

Comprising:

- Charitable Activities – £1,355,027
- Raising Funds – £354,399

The spend on charitable activities was 79.62% of the total spend.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Reserves

At 31st March 2024 AWARE NI holds total reserves of £941,341. During 2023/24 we made use of reserves to the value of £270,182. This was spent on the development of the following key areas as planned:

- £42,488 for additional programme delivery staffing costs and £27,354 on additional administration support.
- £10,185 for the additional delivery of community-based mental health awareness programmes, which include our 'Mood Matters' and 'Living Life to the Full' Programmes for schools, communities and workplaces.
- £67,450 to provide support groups which had no statutory funding stream.
- £24,705 for the development of the Salesforce CRM system.
- £11,000 for communications activity to support promotion and access to services, campaigning, and positive mental health messaging.
- £30,000 on the installation of disability access and set-up costs associated with the move to a new facility in Derry/ Londonderry.
- £57,000 to support our office running costs.

The use of reserves was replenished in year, and we ended the year with a surplus of £85,658.

This surplus has been designated within the 2024/25 budget to produce a balanced budget position for the year alongside challenging fundraising targets.

The Trustees consider it prudent to hold monies in reserve if unforeseen circumstances lead to financial difficulties that might jeopardise the future of its employment capacity, users' wellbeing and general charitable work.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. The Trustees define free reserves as unrestricted income funds freely available for use as the charity determines and excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

Based on 2024/25 budgeted expenditure (excluding depreciation) and the Board update to our reserves policy, the target level of unrestricted reserves is £469,453 to £938,907.

Of our current reserves of £941,341 this includes £129,842 of redundancy contingency and £304,339 other designated reserves. Designated reserves have been allocated to enable the following:

- £57,132 for unfunded support groups
- £28,500 for additional programme delivery
- £28,732 for communications activity including campaigns and Investors in Mental Health
- £9,000 for research and evaluation
- £7,700 on further development of our e learning products
- £30,000 on infrastructure development (CRM)
- £98,700 for office running costs
- £22,079 for corporate costs
- £22,496 on capital investments

We have designated reserves totalling £434,181 leaving free reserves of £507,160.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Plans for future periods

We have just developed and approved our new strategic plan for 2024-2029. We have identified key themes as follows:

1. Connection
2. Change
3. Community
4. Finance & Fundraising

We have identified several priorities for this year within this for the year:

- Strengthening further our Support Group network and outreach services
- Exploring opportunities for digital development
- Embedding our workplace services and opportunities for practice sharing
- Giving greater attention to diversity and inclusion in all aspects of our work
- Focusing on our engagement with volunteers

We will maintain our focus structurally on

1. Investing in our staff and volunteers: regularly reviewing our staffing structure, capacity and needs in order to deliver on our strategic and operational plans
2. Developing further our CRM to support with stakeholder engagement and communications, programme monitoring and review and finance/ fundraising management
3. Diversifying further our income generation to drive fundraising to meet the needs of our service users.

Structure, governance and management

Aware Defeat Depression (trading as AWARE) is a company limited by guarantee and accepted as charitable by HMRC under reference XR 11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association, which established the objects and powers of the company and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

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

Mr Owen Crilly (Resigned 12 September 2024)

Dr Josephine Deehan

Ms Marianne Downing

Dr Maria Kee

(Resigned 30 April 2024)

Mr Joseph Mahon

Mr Bernard McAnaney

Ms Helen McDonnell

Dr Patrick McKeon

(Resigned 12 September 2024)

Ms Nicola Naughton

(Resigned 17 October 2023)

Mr Malachai O'Hara

(Resigned 27 September 2023)

Mr Robert Robinson

Ms Alexandra Murdock

(Appointed 27 September 2023)

Ms Sophy McFarlane

(Appointed 30 April 2024)

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) **FOR THE YEAR ENDED 31 MARCH 2024**

The Trustees meet every 2 months as a full Board. We have subcommittees for Clinical Governance and Finance. These subcommittees meet quarterly. The terms of reference and chair of these groups are reviewed periodically.

Recruitment and Appointment of the Trustees

The charity Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of 9 years.

Corporate and Clinical Governance

The Board ensures the organisation complies with the relevant legislation and good practice. The Board supports a clinical governance and finance support group to support this. The Board also engages service users directly through our Locality Planning structures. The Locality Planning groups meet regularly to review activities in local areas and with the staff team to suggest and explore development opportunities. The Board has a schedule for the regular review of all programmes of work, policies and procedures, including an ethical policy regarding our fundraising initiatives and partnerships. We have a schedule of all organisational policies reviewed on a 3-yearly cycle.

Organisational Structure

The Board of Trustees is responsible for the administration of the charity and meets on a bi-monthly basis. The Board has appointed a Chief Executive to manage the charity's day-to-day operations. Within the terms of delegated approval, the Chief Executive has delegated authority for operational matters, including employment, project delivery and budgetary management.

Directors' Induction and Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic Plan
- Descriptions of the role of Directors and/or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered additional training in, for example, committee skills, finance management, child protection, data protection, strategic planning and other relevant areas. During 2023/24 we delivered specific training for the Board on Keeping Children & Adults Safe, Understanding Charity Finances and Understanding our Governing document. The Board also led on the process for development of a new Strategic Plan 2024-2029.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and procedure and regularly completes risk assessments in relevant areas. A Corporate Risk Register has been drawn to prioritise the risks requiring action. The Risk Register is reviewed and updated bi-annually by the Board and quarterly within the senior management team or as soon as a potential threat is identified. Analysis for each risk is detailed in the Risk Register, with the controls currently in place to mitigate the risk and the further actions required to minimise the risk. We have a streamlined Risk Action Plan, which the SMT reviews monthly to ensure action on priority tasks. This year, we have specifically updated the policy and training on Lone Working.

AWARE DEFEAT DEPRESSION

TRUSTEES' REPORT (INCLUDING DIRECTOR'S REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

Statement of Trustees' responsibilities

The Trustees, who are also the directors of Aware Defeat Depression for the purpose of company law, are responsible for preparing the Trustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

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

Auditor

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

Disclosure of information to the auditor

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

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

Mr Bernard McAnaney
Trustee

18 December 2024

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Opinion

We have audited the financial statements of Aware Defeat Depression (the 'Charity') for the year ended 31 March 2024 which comprise the statement of financial activities, the statement of financial position, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Responsibilities of Trustees

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

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2008 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and/or senior management, and from our commercial knowledge and experience of the sector;

We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including Companies Act 2006, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation

- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 2 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions;

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC and the company's legal advisors;

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

**Angela Craigan (Senior Statutory Auditor)
for and on behalf of Harbinson Mulholland**

**Chartered Accountants
Statutory Auditor**

18 December 2024
6th Floor East Tower
Lanyon Plaza
Belfast
Co. Antrim
Northern Ireland
BT1 3LP

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2024

		Unrestricted funds	Designated funds	Restricted funds	Total	Total
	Notes	2024 £	2024 £	2024 £	2024 £	2023 £
Income from:						
Donations and legacies	3	762,124	-	419,292	1,181,416	728,121
Charitable activities	4	130,665	-	480,923	611,588	553,085
Investments	5	2,080	-	-	2,080	254
Total income		<u>894,869</u>	<u>-</u>	<u>900,215</u>	<u>1,795,084</u>	<u>1,281,460</u>
Expenditure on:						
Raising funds	6	354,399	-	-	354,399	370,290
Charitable activities	7	221,814	212,098	921,115	1,355,027	1,322,814
Total expenditure		<u>576,213</u>	<u>212,098</u>	<u>921,115</u>	<u>1,709,426</u>	<u>1,693,104</u>
Net income/(expenditure)		318,656	(212,098)	(20,900)	85,658	(411,644)
Transfers between funds		(544,008)	544,008	-	-	-
Net movement in funds		<u>(225,352)</u>	<u>331,910</u>	<u>(20,900)</u>	<u>85,658</u>	<u>(411,644)</u>
Reconciliation of funds:						
Fund balances at 1 April 2023		732,512	102,271	20,900	855,683	1,267,327
Fund balances at 31 March 2024		<u>507,160</u>	<u>434,181</u>	<u>-</u>	<u>941,341</u>	<u>855,683</u>

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

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
Fixed assets					
Tangible assets	12		26,637		33,326
Current assets					
Debtors	13	113,530		93,442	
Cash at bank and in hand		927,603		786,019	
		1,041,133		879,461	
Creditors: amounts falling due within one year	14	(126,429)		(57,104)	
Net current assets			914,704		822,357
Total assets less current liabilities			941,341		855,683
The funds of the Charity					
Designated funds			434,181		102,271
Restricted income funds	15		-		20,900
Unrestricted funds			507,160		732,512
			941,341		855,683

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2024, although an audit has been carried out under section 65 of the Charities Act (NI) 2008 .

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 18 December 2024

Mr Joseph Mahon
Trustee

Mr Bernard McAnaney
Trustee

Company registration number NI030447 (Northern Ireland)

AWARE DEFEAT DEPRESSION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2024

	Notes	2024 £	£	2023 £	£
Cash flows from operating activities					
Cash generated from/(absorbed by) operations	19		147,760		(442,388)
Investing activities					
Purchase of tangible fixed assets		(8,255)		(16,366)	
Investment income received		2,080		254	
Net cash used in investing activities			(6,175)		(16,112)
Net cash used in financing activities			-		-
Net increase/(decrease) in cash and cash equivalents			141,585		(458,500)
Cash and cash equivalents at beginning of year			786,018		1,244,518
Cash and cash equivalents at end of year			927,603		786,018

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Charity information

Aware Defeat Depression is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Crawford Square, Derry/Londonderry, BT48 7HR.

1.1 Accounting convention

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

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

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

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

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

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

1.5 Expenditure

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

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

1.6 Tangible fixed assets

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

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

Fixtures and fittings	20% straight line
Computers	20% straight line
Motor vehicles	33.33% straight line
Office equipment	20% straight line

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

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 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.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

(Continued)

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.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

3 Income from donations and legacies

	Unrestricted funds 2024 £	Restricted funds 2024 £	Total 2024 £	Unrestricted funds 2023 £	Restricted funds 2023 £	Total 2023 £
Donations and gifts	762,124	-	762,124	537,550	-	537,550
Grants for core activities	-	14,398	14,398	-	28,794	28,794
Trusts and Foundations	-	404,894	404,894	-	161,777	161,777
	<u>762,124</u>	<u>419,292</u>	<u>1,181,416</u>	<u>537,550</u>	<u>190,571</u>	<u>728,121</u>
Donations and gifts						
Donations	17,000	-	17,000	37,365	-	37,365
Events	469,712	-	469,712	321,293	-	321,293
Corporate	253,407	-	253,407	178,694	-	178,694
Schools	500	-	500	198	-	198
Legacies	21,505	-	21,505	-	-	-
	<u>762,124</u>	<u>-</u>	<u>762,124</u>	<u>537,550</u>	<u>-</u>	<u>537,550</u>
Grants for core activities						
Department of Health	-	14,398	14,398	-	28,794	28,794
	<u>-</u>	<u>14,398</u>	<u>14,398</u>	<u>-</u>	<u>28,794</u>	<u>28,794</u>
Trusts and Foundations						
Community Foundation	-	62,394	62,394	-	47,433	47,433
Inner City Trust	-	5,000	5,000	-	5,000	5,000
Belfast City Council	-	-	-	-	640	640
AW Harvey Charitable Trust	-	-	-	-	3,000	3,000
Victoria Homes	-	-	-	-	2,500	2,500
Groundwork UK	-	-	-	-	5,000	5,000
B&Q	-	10,000	10,000	-	-	-
Garfield Weston	-	20,000	20,000	-	-	-
Ulster Garden Villages	-	14,000	14,000	-	-	-
Housing Associations	-	4,000	4,000	-	-	-
Other	-	289,500	289,500	-	98,204	98,204
	<u>-</u>	<u>404,894</u>	<u>404,894</u>	<u>-</u>	<u>161,777</u>	<u>161,777</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

4 Charitable activities

	Education and training 2024 £	Support services 2024 £	Total 2024 £	Education and training 2023 £	Support services 2023 £	Total 2023 £
Workshops and courses	130,665	-	130,665	139,757	-	139,757
Performance related grants	371,184	109,739	480,923	309,526	103,802	413,328
	<u>501,849</u>	<u>109,739</u>	<u>611,588</u>	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>
Analysis by fund						
Unrestricted funds	130,665	-	130,665	139,757	-	139,757
Restricted funds	371,184	109,739	480,923	309,526	103,802	413,328
	<u>501,849</u>	<u>109,739</u>	<u>611,588</u>	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>
Performance related grants						
Public Health Agency	234,372	-	234,372	206,569	-	206,569
National Lottery Community Fund	25,060	-	25,060	29,470	-	29,470
Maternal Mental Health Alliance	4,130	-	4,130	4,130	-	4,130
Western Health and Social Care Trust	27,704	34,811	62,515	18,522	33,706	52,228
Belfast Health and Social Care Trust	15,083	20,792	35,875	19,514	23,379	42,893
Southern Health and Social Care Trust	12,530	26,304	38,834	2,016	25,187	27,203
South Eastern Health and Social Care Trust	2,200	27,832	30,032	12,655	21,530	34,185
Clear Project	31,600	-	31,600	10,600	-	10,600
Other	11,830	-	11,830	6,050	-	6,050
	<u>371,184</u>	<u>109,739</u>	<u>480,923</u>	<u>309,526</u>	<u>103,802</u>	<u>413,328</u>

5 Income from investments

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Interest receivable	<u>2,080</u>	<u>254</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

6 Expenditure on raising funds

	Unrestricted funds 2024 £	Unrestricted funds 2023 £
Fundraising and publicity		
Staging fundraising events and seeking donations, grants and legacies	65,585	73,201
Fundraising central premises costs	24,200	14,458
Fundraising central office costs	15,182	17,849
Other fundraising staff costs	8,583	6,313
Advertising	440	5,103
Staff costs	220,553	231,535
Depreciation and impairment	4,483	3,987
Support costs	15,373	17,844
	<u>354,399</u>	<u>370,290</u>

Costs allocated to raising funds represents salaries and wages to staff involved in staging fundraising events and seeking donations, grants and legacies and other associated costs.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

7 Charitable activities

	Education and training 2024 £	Support services 2024 £	Communication and campaign 2024 £	Service development 2024 £	Total 2024 £	Total 2023 £
Staff costs	510,606	196,387	78,555	-	785,548	715,459
Depreciation and impairment	10,460	-	-	-	10,460	9,304
Other staff costs	4,968	300	240	-	5,508	9,690
Sessional workers	47,341	-	-	-	47,341	47,226
External trainers fees	143,820	1,440	-	-	145,260	170,526
Training resources	21,697	-	-	-	21,697	13,064
Room hire	1,612	22,528	99	-	24,239	22,354
Hospitality	1,932	4,843	270	-	7,045	13,191
Evaluation and quality assurance	13,314	9,000	-	-	22,314	4,000
Volunteers' travel and expenses	-	13,283	76	-	13,359	13,590
Marketing and publicity	1,915	1,931	14,325	-	18,171	27,954
External consultants fees	11,457	7,001	2,864	-	21,322	46,475
Staff travel	5,422	11,603	150	-	17,175	13,245
Printing costs	9,087	6,641	1,550	-	17,278	16,480
Central premises costs	32,266	19,718	8,067	-	60,051	35,876
Central office costs	13,904	8,497	3,476	-	25,877	34,228
Sundry expenses	10,282	5,013	1,621	-	16,916	23,936
	<u>840,083</u>	<u>308,185</u>	<u>111,293</u>	<u>-</u>	<u>1,259,561</u>	<u>1,216,598</u>
Share of support costs (see note 8)	40,994	40,994	5,124	-	87,112	101,116
Share of governance costs (see note 8)	6,768	3,931	491	-	8,354	5,100
	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>-</u>	<u>1,355,027</u>	<u>1,322,814</u>
Analysis by fund						
Unrestricted funds	221,814	-	-	-	221,814	536,463
Designated funds	212,098	-	-	-	212,098	171,952
Restricted funds	453,933	353,110	116,908	-	921,115	614,399
	<u>887,845</u>	<u>353,110</u>	<u>116,908</u>	<u>-</u>	<u>1,355,027</u>	<u>1,322,814</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

7 Charitable activities

(Continued)

For the year ended 31 March 2023

	Education and training £	Support services £	Communication and campaign £	Service development £	Total 2023 £
Staff costs	270,957	176,491	77,088	190,923	715,459
Depreciation and impairment	9,304	-	-	-	9,304
Other staff costs	436	127	465	8,662	9,690
Sessional workers	31,420	-	-	15,806	47,226
External trainers fees	47,142	-	-	123,384	170,526
Training resources	2,423	-	-	10,641	13,064
Room hire	160	19,854	114	2,226	22,354
Hospitality	3,952	2,939	6,076	224	13,191
Evaluation and quality assurance	-	3,000	-	1,000	4,000
Volunteers' travel and expenses	72	13,436	31	51	13,590
Marketing and publicity	5,084	10,060	9,645	3,165	27,954
External consultants fees	22,775	8,567	8,519	6,614	46,475
Staff travel	3,253	9,378	358	256	13,245
Printing costs	3,944	4,642	5,394	2,500	16,480
Central premises costs	11,245	11,780	4,819	8,032	35,876
Central office costs	8,725	14,152	5,119	6,232	34,228
Sundry expenses	9,670	5,389	5,873	3,004	23,936
	<u>430,562</u>	<u>279,815</u>	<u>123,501</u>	<u>382,720</u>	<u>1,216,598</u>
Share of support costs (see note 8)	23,792	47,583	5,948	23,793	101,116
Share of governance costs (see note 8)	1,200	2,400	300	1,200	5,100
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>
Analysis by fund					
Unrestricted funds	172,370	128,332	-	235,761	536,463
Endowment funds - [description]	-	-	-	171,952	171,952
Restricted funds	283,184	201,466	129,749	-	614,399
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

8 Support costs

	Support costs	Governance costs	2024	Support costs	Governance costs	2023
	£	£	£	£	£	£
Staff costs	82,833	-	82,833	82,284	-	82,284
Other staff costs	1,062	-	1,062	1,281	-	1,281
Central premises costs	5,378	-	5,378	3,213	-	3,213
Central office costs	3,194	-	3,194	3,493	-	3,493
Marketing and publicity	98	-	98	1,134	-	1,134
IT Support	1,367	-	1,367	960	-	960
Volunteers' travel and expenses	841	-	841	341	-	341
External consultants fees	1,909	-	1,909	1,667	-	1,667
Room hire	66	-	66	46	-	46
Hospitality	180	-	180	89	-	89
Other general support costs	5,557	-	5,556	24,452	-	24,452
Audit fees	-	6,000	6,000	-	6,000	6,000
Legal and professional	-	3,827	3,828	-	1,680	1,680
	<u>102,485</u>	<u>9,827</u>	<u>112,312</u>	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>
Analysed between						
Fundraising	15,373	1,474	16,847	17,844	2,580	20,424
Charitable activities	87,112	8,354	95,466	101,116	5,100	106,216
	<u>102,485</u>	<u>9,828</u>	<u>112,313</u>	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>

9 Trustees

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

10 Employees

The average monthly number of employees during the year was:

2024	2023
Number	Number
33	32
<u>33</u>	<u>32</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

10 Employees (Continued)

Employment costs	2024 £	2023 £
Wages and salaries	975,139	907,788
Social security costs	84,346	85,512
Other pension costs	29,449	35,978
	<u>1,088,934</u>	<u>1,029,278</u>

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

Remuneration of key management personnel

The remuneration of key management personnel was as follows:

	2024 £	2023 £
Aggregate compensation	<u>260,154</u>	<u>214,172</u>

11 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.

12 Tangible fixed assets

	Fixtures and fittings £	Computers £	Motor vehicles £	Office equipment £	Total £
Cost					
At 1 April 2023	57,606	157,759	1,600	18,472	235,437
Additions	4,015	4,102	-	138	8,255
At 31 March 2024	<u>61,621</u>	<u>161,861</u>	<u>1,600</u>	<u>18,610</u>	<u>243,692</u>
Depreciation and impairment					
At 1 April 2023	52,619	129,954	1,066	18,472	202,111
Depreciation charged in the year	2,444	11,938	534	28	14,944
At 31 March 2024	<u>55,063</u>	<u>141,892</u>	<u>1,600</u>	<u>18,500</u>	<u>217,055</u>
Carrying amount					
At 31 March 2024	<u>6,558</u>	<u>19,969</u>	<u>-</u>	<u>110</u>	<u>26,637</u>
At 31 March 2023	<u>4,987</u>	<u>27,805</u>	<u>534</u>	<u>-</u>	<u>33,326</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

13 Debtors	2024	2023
	£	£
Amounts falling due within one year:		
Other debtors	106,897	85,661
Prepayments and accrued income	6,633	7,781
	<u>113,530</u>	<u>93,442</u>
	<u><u>113,530</u></u>	<u><u>93,442</u></u>
14 Creditors: amounts falling due within one year	2024	2023
	£	£
Other taxation and social security	23,560	22,205
Trade creditors	36,553	18,899
Accruals and deferred income	66,316	16,000
	<u>126,429</u>	<u>57,104</u>
	<u><u>126,429</u></u>	<u><u>57,104</u></u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

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

	As restated	Movement in funds		
	Balance at 1 April 2023	Incoming resources	Resources expended	Balance at 31 March 2024
	£	£	£	£
Public Health Agency	13,350	234,372	(247,722)	-
National Lottery Community Fund	7,550	25,060	(32,610)	-
Western Health and Social Care Trust	-	62,515	(62,515)	-
Belfast Health and Social Care Trust	-	35,875	(35,875)	-
Southern Health and Social Care Trust	-	38,834	(38,834)	-
South Eastern Health and Social Care Trust	-	36,707	(36,707)	-
Department of Health	-	14,398	(14,398)	-
Clear Project	-	31,600	(31,600)	-
Trusts and Foundations	-	404,894	(404,894)	-
Other	-	15,960	(15,960)	-
	<u>20,900</u>	<u>900,215</u>	<u>(921,115)</u>	<u>-</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2024

15 Restricted funds

(Continued)

Nature of restricted funds

Public Health Agency

Funding for the provision of education and training workshops and courses

National Lottery Community Fund

Funding for the provision for education and training workshops and courses in partnership with TinyLife

Western Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Belfast Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Southern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

South Eastern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Department of Health - Core

Funding for the salary of the charity's Chief Executive

Clear Project

Funding for the provision of education and training workshops and courses

Trust and Foundations

Funding received to enable the charity to enhance its educational services and support services.

16 Unrestricted funds

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

	At 1 April 2023	Incoming resources	Resources expended	Transfers	At 31 March 2024
	£	£	£	£	£
Redundancy fund	102,271	-	(212,098)	239,669	129,842
Service expansion	-	-	-	304,339	304,339
General fund	732,512	894,869	(576,213)	(544,008)	507,160
	<u>834,783</u>	<u>894,869</u>	<u>788,311</u>	<u>-</u>	<u>941,341</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

16 Unrestricted funds (Continued)

Previous year:	At 1 April 2022	Incoming resources	Resources expended	Transfers	At 31 March 2023
	£	£	£	£	£
Staff recruitment fund	87,000	-	-	(87,000)	-
Redundancy fund	105,000	-	-	(2,729)	102,271
Service expansion fund	214,110	-	(171,952)	(42,158)	-
General fund	829,817	677,561	(906,753)	131,887	732,512
	<u>1,235,927</u>	<u>677,561</u>	<u>1,078,705</u>	<u>-</u>	<u>834,783</u>

Redundancy fund - as a result of the current factors impacting the charitable section, the Trustees consider it necessary to set aside funds should the charity have to adapt a substantially different operating model to ensure its future sustainability.

Service expansion fund - the Trustees have designated funds for specific purposes to support service expansion for 2024/25. This includes:

- £57,132 for unfunded support groups
- £28,500 for additional programme delivery
- £28,732 for communications activity, including campaigns and Investors in Mental Health
- £9,000 for research and evaluation
- £7,700 on further development of our e-learning products
- £30,000 on infrastructure development (CRM)
- £98,700 for office running costs
- £22,079 for corporate costs
- £22,496 on capital investments

17 Analysis of net assets between funds As restated

	Unrestricted funds 2024	Designated funds 2024	Restricted funds 2024	Total 2024	Total 2023
	£	£	£	£	£
Fund balances at 31 March 2024 are represented by:					
Tangible assets	26,637	-	-	26,637	33,326
Current assets/(liabilities)	480,523	434,181	-	914,704	822,356
	<u>507,160</u>	<u>434,181</u>	<u>-</u>	<u>941,341</u>	<u>855,682</u>

18 Analysis of changes in net funds

The Charity had no material debt during the year.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2024

19 Cash generated from operations	2024	2023
	£	£
Surplus/(deficit) for the year	85,658	(411,644)
Adjustments for:		
Investment income recognised in statement of financial activities	(2,080)	(254)
Depreciation and impairment of tangible fixed assets	14,944	13,291
Movements in working capital:		
(Increase) in debtors	(20,088)	(33,408)
Increase/(decrease) in creditors	69,326	(10,375)
Cash generated from/(absorbed by) operations	<u>147,760</u>	<u>(442,390)</u>

Aware Defeat Depression

Northern Ireland - Charity number 100561

Accounts

Charity registration number NIC100561

Company registration number NI030447 (Northern Ireland)

**AWARE DEFEAT DEPRESSION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

AWARE DEFEAT DEPRESSION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Owen Crilly Dr Josephine Deehan Ms Marianne Downing Dr Maria Kee Mr Joseph Mahon Mr Bernard McAnaney Ms Helen McDonnell Dr Patrick McKeon Mr Robert Robinson Ms Alexandra Murdock	(Appointed 9 February 2023) (Appointed 9 February 2023) (Appointed 27 September 2023)
Secretary	Mr Joseph Mahon	
Charity number	NIC100561	
Company number	NI030447	
Registered office	2 Crawford Square Derry/Londonderry BT48 7HR	
Auditor	Harbinson Mulholland Centrepoint 24 Ormeau Avenue Belfast Co. Antrim Northern Ireland BT2 8HS	
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB	

AWARE DEFEAT DEPRESSION

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AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2023

As we reflect on the past year, it becomes evident why AWARE has been busier than ever. Mental health issues have constantly been in the headlines, whether it's a well-known personality speaking out about their struggles or the alarming lack of resources to meet the ever-growing demand for support services.

In April 2022, the Mental Health Foundation published a report indicating that 70% of our adult population had experienced a mental health problem in the last 12 months. Additionally, a joint report with the London School of Economics and Political Science revealed that diagnosable mental health problems cost the Northern Irish economy £3.4 billion annually, while the Northern Ireland Mental Health Strategy 2021-2031 called for a £1.2 billion investment over 10 years. Unfortunately, the lack of an Executive and the funding deficit in Northern Ireland's public services put the strategy at risk, not just currently, but for the next decade as well.

More than ever, the support and services provided by our volunteers and staff continue to make a positive difference to our communities recovering from the Covid pandemic and now struggling with the cost of living hikes. As detailed in this report, all our departments were exceptionally busy.

The Education and Training team reached over 17,000 participants during the year, and it was encouraging to see the reintroduction of face-to-face service delivery. The growth of our programmes for schools and young people has been remarkable, with over 10,000 young individuals participating in the 'Mood Matters Young People' programme alone. Notably, the 'Back to Life, Back to Normality' project has been instrumental in handling the heavy caseloads of GP mental health cases.

Despite the challenges faced during Covid, our Support Groups managed to stay active, thanks to the dedication of the Support Services team and our volunteer group facilitators. Encouraging young adults to engage with our Support Groups has been a challenge, but we plan to build on the success of the Newtownards Young Adult (18-30yrs) group, redesigning the model based on valuable feedback from focus groups. Recognising the importance of our peer-led support groups, we have initiated a research project in partnership with the University of Ulster to study their benefits.

You'll find us everywhere! AWARE's reach has expanded significantly, thanks to our Communications team. We are the most widely followed mental health charity in Northern Ireland, with a presence on platforms like our website, Facebook, Twitter, YouTube, Instagram, Billboards, and now even TikTok. One of the highlights of the year was the Investors in Mental Health Awards, where we celebrated the contributions of schools, businesses, and fundraisers to promoting good mental health with 200 guests.

The award-winning Fundraising team has been successful in attracting generous corporate sponsors and creating exciting events like Giant Steps along the Causeway Coast. However, the community's capacity for giving has been affected by the cost of living crisis, resulting in lower-than-predicted funds raised. Going forward, AWARE's spending plans will need to consider the challenges faced by fundraisers in the current financial environment.

All of the accomplishments mentioned above come at a cost. In 2022/23, our total income was £1.28 million, while our total expenditure was £1.69 million, resulting in a deficit of approximately £400,000. Although the charity's reserves covered this overspend, it's clear that such levels of deficit cannot be sustained in the future. The incoming year will bring significant financial challenges for staff, senior management, and the Board.

This year, we bid farewell to some long-standing contributors to AWARE. Tom McEaney retired after 26 years of loyal service. Through his legendary networking skills and knowledge of the third sector, he made a lasting contribution to the development of the charity. Brendan Armstrong, a trustee for many years, significantly shaped our programmes with his experience as a Cognitive Behaviour Therapist and teacher. Jarlath McCreanor, who openly shared his own mental health journey, provided invaluable contributions during the Covid pandemic and remains an esteemed member of the AWARE team.

AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

On a positive note, we welcomed three new trustees, Nicola Foy, Marianne Downey, and Alan Robinson, whose diverse skill sets will enhance the effectiveness of the Board.

Lastly, I want to extend heartfelt thanks and gratitude, on behalf of our staff, sessional workers, and fellow trustees, to the AWARE army of volunteers who tirelessly run support groups and raise funds year in and year out. Without your dedication, there would be no AWARE, so please continue to make a difference.



.....
Mr Bernard McAnaney
Chairman

Date: 28/09/2023
.....

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report and financial statements for the year ended 31 March 2023.

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

Objectives and activities

Our Vision, Mission and Values

AWARE has been working since 1996 to support all those in Northern Ireland affected by depression, anxiety and bipolar disorder.

Our **Vision** is for a future where everyone can openly discuss their mental health, access services appropriate to their needs, and develop the skills and knowledge to maintain positive mental health.

Our **Mission** is to:

- Promote emotional health and wellbeing
- Help people build resilience and maintain positive mental health
- Ensure people with depression, anxiety, and bipolar disorder are aware of and can access appropriate support
- Increase public understanding of depression and reduce the stigma surrounding the illness

Our **Values** are that, above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

- **Dignity, respect and empathy** - We will treat each other and our service users with dignity, respect and empathy.
- **Integrity, professionalism and transparency** - We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.
- **Innovation and Excellence** - We are committed to providing high-quality services and to being innovative for the benefit of people using our services.

User-Led

Those who best understand the challenges faced by people affected by depression, anxiety or bipolar disorder are those who have been affected by it themselves. Therefore, we promote a strong user-led, self-help approach, and the organisation's culture is based on the active involvement of its service users, staff, and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous, ongoing and embedded within the organisational culture.

Partnership working

We are committed to working with a wide range of groups, including those based in local communities, those representing a particular community of interest and other sectoral organisations working with people experiencing mental health problems.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate.

As stated in the Memorandum of Association, the charity's objectives are to improve the quality of life of people with, or at risk, of depression and their carers in Northern Ireland. This is to be achieved by

- Relieving conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives
- Educating the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses
- Promoting research into the causes, treatment and prevention of depressive illnesses and the dissemination of the valuable results of such research
- Acting as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families

AWARE was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at the time. This user-led ethos remains a key driver of the charity's work.

The charity's work currently includes:

- Mental health peer support groups in most main towns in Northern Ireland
- Online support groups
- Email support services
- A wide range of free resources and literature on various mental health issues
- Free public talks and other events on depression and related issues
- Information outreach events in communities across Northern Ireland
- Living Life to the Full, a unique life skills programme based on CBT concepts
- Mood Matters, an education programme delivered in schools, workplaces and community settings
- Mental Health First Aid training programme
- Mindfit, a programme provided to sporting organisations
- Mindfulness programmes, including Paws b, delivered in primary schools
- My Mind & Me - a newly-developed primary school wellbeing programme based on the 'Take 5 Steps to Wellbeing' principles
- An interactive website offering information and resources

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

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

Education and Training

AWARE's Education and Training department plays a vital role in raising awareness of common mental health issues and equipping people with tools to look after their emotional wellbeing. We have had a successful year, expanding our programme offerings and reach. As we approached the retirement of our esteemed Head of Education and Training, Pat Lynch, in May, we adapted the leadership structure of our team to adopt a regional approach to delivering services. We warmly welcomed Stephen McCrudden as our new Head of Education & Training (West), working out of our Derry/Londonderry office. Stephen works alongside Marina McCully, who manages the Education and Training team in the East from our Belfast office. We expanded our team further and now comprises seven training officers and five administrative staff members. Additionally, we recruited and trained 18 talented sessional trainers to deliver our programmes.

During 2022/23, we achieved the following:

In schools

- Delivered 75 'Paws b' mindfulness programmes to 1,500 pupils in primary schools.
- Introduced 2 'My Mind and Me' programmes for primary schools.
- Conducted 22 '.breathe' mindfulness programmes for post-primary schools, reaching 550 pupils.
- Delivered 540 'Mood Matters Young People' programmes to over 10,000 young individuals in schools and other suitable settings
- Trained 29 teachers in an 8-week mindfulness programme.
- Provided 'Paws b' training to 5 teachers and classroom assistants, enabling the integration of mindfulness practice into the school culture.
- Organised two teacher focus groups to support teachers with 'Paws b' delivery in schools.

In the community

- Conducted 73 'Living Life to the Full' programmes for over 565 participants in community settings.
- Delivered 90 'Mental Health First Aid' programmes to over 950 participants.
- Delivered two 'Mindfit' programmes.
- Offered 117 mindfulness programmes to over 790 adults.
- Delivered 96 'Mood Matters Adult' programmes for over 800 people in local communities.
- Ran 83 'Mood Matters Parent and Baby' programmes for over 400 parents and expectant parents.
- Delivered 15 educational talks to 340 people.

In workplaces

- Delivered 42 'Mental Health First Aid' programmes to workplaces.
- Conducted 108 'Mood Matters in the Workplace' programmes for more than 1,600 employees.
- Provided 6 'Supporting Employee Wellbeing' programmes to 168 people.

Overall, we reached over 17,000 participants with our Education & Training programmes during 2022/23. While we conducted many community and workplace programmes via Zoom, we gradually resumed face-to-face delivery, a trend we anticipate will continue in the upcoming year.

We took great pride in introducing new mindfulness programmes for adults, parents, and school pupils. The 'Mindful Parenting' programme for parents of 5-12 year-olds received fantastic feedback. We look forward to delivering more of these in the coming year. Additionally, we successfully provided the 4-week '.breathe' programme for 9-14 year-olds in 20 post-primary schools and secured funding to further expand this programme in 2023/24.

The team developed a new 'Feel Good' programme, incorporating mindfulness practices and '5 Ways to Wellbeing' concepts. This is a follow-on for parents, adults, and primary school children. Under the Positive Minds for Premature Parents project, we plan to roll out more of these in 2023/24.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

We also developed 'My Mind & Me', a programme designed for P3-P7 pupils, enhanced with engaging activities to help this age group understand concepts around mental health and emotional wellbeing. Thanks to the generous support of our partner Belfast City Airport, we could pilot this in seven primary schools this year.

We successfully delivered the second year of The Community Foundation Mental Health Support project to provide our 'Back to Life, Back to Normality' programme, which consists of six weeks of Living Life to the Full and six weeks of mindfulness. This project supports five GP Federations across NI that have Mental Health Leads. Referrals are made by GP practices in these federations to help people on the current waiting list for services. We built strong relationships with the GP Federation mental health leads and their respective teams, regularly meeting and sharing findings with them.

In collaboration with the Public Health Agency, we completed the review of Northern Ireland's Mental Health First Aid programme and successfully delivered the revised version. AWARE was also involved in training 37 new Mental Health First Aid trainers, 10 of whom are affiliated with AWARE as staff or sessional trainers. This increased capacity positions us well for future MHFA delivery.

Throughout the year, partnership work remained a prominent feature of our work. We collaborated with organisations such as Tynylife, Diabetes UK, Macmillan Cancer, WRDA (Women's Resource Development Agency), and MAS (Maternal Advocacy Support) to develop and adapt our programmes and cater to their client groups. We continued to advocate for expectant and new parents by participating in steering and implementation groups focused on infant and maternal mental health. We guided health professionals supporting new and expectant parents through the specialist perinatal section of our website. Our perinatal mental health resource is in high demand and distributed in antenatal units and Sure Starts.

The team worked hard this year to develop our workplace mental health training programme portfolio. We developed a new half-day manager's programme, 'Supporting Employee Wellbeing', to educate managers and team leaders on supporting their employees during challenging and stressful times. We piloted the programme, reviewed and adapted it based on feedback. We also rolled out an introductory module for our e-Learning platform, iAmAWARE, to 236 participants. This comprehensive suite of workplace programmes suits the new hybrid way of working, and we hope it will help businesses across Northern Ireland invest in their staff's mental health and wellbeing.

In addition to our fundraising activities, the sales of our programmes, primarily to the business community, contribute significantly to AWARE's income. The Education & Training team plays a vital role in establishing connections with workplaces, cultivating relationships, and delivering training programmes. They work closely with our fundraising team to engage the business community and attract sponsorship, Charity of the Year initiatives, and general fundraising efforts. These endeavours raise awareness of mental health and the importance of mental wellbeing in the workplace. Notably, post-Covid-19, there has been a significant increase in interest and attention to mental health within workplaces, leading to higher programme sales and improved understanding of mental wellbeing.

In the 2022/23 period, AWARE generated £142,860 through programme sales, with the Mental Health First Aid and Mood Matters Workplace programmes contributing significantly to this income. These funds are used to expand and sustain our support groups and outreach services.

Support Services and Community Outreach

AWARE's Support Services department remains committed to providing essential and unique support to individuals affected by depression, anxiety, and bipolar disorder. This year, the team experienced a transition in leadership as Rhonda Murphy took over as the new Head of Department following the retirement of Tom McEaney in September 2022. Rhonda's strong community background has already proven invaluable to the team, and we eagerly anticipate the positive impact she will bring in the years to come.

We are pleased to announce the reopening of two support groups in Cookstown and Enniskillen. These groups offer a safe and supportive space for individuals with mental health challenges to connect with others who share similar experiences, allowing them to discuss their feelings and exchange coping strategies.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

A primary focus this year has been developing our support group model for young adults, building on the success of our flagship 18-30s group in Newtownards. Through a series of focus groups with young support group members and external youth organisations, we have gathered valuable insights to redesign our support group model, ensuring it meets the specific needs of young people. We are excited to continue this work to provide meaningful support to even more young individuals.

Volunteers play a crucial role in our services, and we were thrilled to welcome new volunteer facilitators for our support groups this year. Their dedication and commitment significantly contribute to the success and effectiveness of our services.

In collaboration with UU (Ulster University) and QUB (Queen's University Belfast), we continue to offer placements to postgraduate students in PWP (Psychological Wellbeing Practitioner) and CBT (Cognitive Behavioural Therapy) courses. Additionally, we initiated an academic research project with UU, which examines the benefits of peer group support. We eagerly await the findings and recommendations that will further enhance our services.

To better understand the experiences and perspectives of our support group members, we conducted a Support Group Survey, gathering valuable feedback on the benefits of attending support groups. The feedback was incredibly positive, and this information allows us to implement suggestions and share the findings to continually improve our services.

To ensure effective planning and tailored service delivery, we established Locality Planning Meetings in each Trust Area, fostering connection and collaboration among facilitators. These meetings have facilitated valuable discussions and actionable steps for service planning and implementation.

As active advocates within the Maternal Mental Health Alliance, we have been dedicated to promoting the mental health needs of local women and babies, particularly in our campaigning and lobbying efforts for a Mother and Baby Unit (MBU) in Northern Ireland.

Our Community Outreach team has been incredibly busy throughout the year, engaging with various statutory, community, and public sectors. With a strong presence in all Trust areas, we have successfully promoted our services, raised awareness, reduced stigma, and offered advice and support. In total, we delivered 116 Information Outreach events, reaching approximately 78,000 participants and significantly impacting our community.

The Support Services department's unwavering dedication and hard work have allowed us to continue providing crucial support, raising awareness, and fostering a supportive environment for those affected by mental health challenges. We remain committed to promoting wellbeing and improving the lives of individuals in Northern Ireland.

- We have 25 support groups, including two online and one young adult group (18 -30 years)
- We held 1,243 support group meetings during this year
- We recorded 6,555 attendances at the support groups
- We responded to 2,008 support emails
- We answered 1,299 Support calls this year
- We delivered 116 Information Outreach events, some via Zoom or through the provision of literature, with an approximate reach of 78,000 participants.
- We held five public talks throughout the year in Derry, Belfast, Coleraine, Strabane and Newry in partnership with The Royal College of Psychiatry. These events had different topics such as Young People and Mental Health, Addictions and Mental Health and Menopause and Mental Health, and we were supported by partner agencies such as PIPS, ARC Recovery and Causeway Coast GP Federation. These public talks were well-attended, with highly encouraging feedback.
- We developed two AWARE-affiliated groups in Larne and Kesh, which continue to provide vital support within local communities.
- We held our annual Volunteer Celebration Event in the Ulster Museum in Belfast, which was a wonderful opportunity in a beautiful setting to acknowledge the enormous contribution our highly-committed volunteers make to delivering our services.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Communications

Throughout the year, the Communications Team has played a vital role in promoting AWARE's services and raising awareness of mental health issues within the community. Consequently, AWARE has seen noticeable growth in our public profile and increased brand recognition. This progress is evident in the charity's rising website traffic, social media engagement, and press coverage. These achievements further reinforce AWARE's position as an industry leader and the most widely-followed mental health charity in Northern Ireland.

The dedication and hard work of the Communications Team have been pivotal in supporting AWARE NI's mission to advocate for mental health and provide essential services to those in need.

We have undertaken various successful campaigns throughout the year to generate awareness. During Mental Health Awareness Week 2022, we launched a digital video series entitled 'My Journey with Depression.' This impactful campaign featured young AWARE support group attendees and volunteers who bravely shared their personal experiences with mental ill-health and their paths to recovery. The campaign received significant engagement and positive feedback, inspiring more young people to reach out and seek help through our support groups.

Additionally, during Volunteers Week, the team ran a campaign highlighting the stories of volunteers from various departments within AWARE. These heartfelt narratives shed light on why these individuals choose to dedicate their time and energy to volunteer with AWARE, showcasing the immense impact of their contributions.

AWARE's Communications Team also collaborated with Dad's Voice, AWARE's affiliate support group in Ballymena, for a men's mental health campaign. The campaign focused on stories of fatherhood and mental health, providing a platform for fathers to share their experiences and challenges. By sharing these stories, we aimed to destigmatise men's mental health issues and encourage open conversations within the community.

During Children's Mental Health Week, we launched a campaign highlighting the impressive evaluation report for AWARE's Paws b primary school mindfulness programme. Additionally, we shared valuable content for parents and teachers, offering guidance on initiating conversations about mental health with children. These efforts aimed to create a supportive environment for young minds to understand and address their mental wellbeing.

The team worked with Holy Cross College to create a promotional video for AWARE's Mood Matters for Young People programme. This video featured staff and pupils, effectively conveying the programme's benefits and the importance of supporting young people in developing awareness of their mental health and emotional wellbeing.

In addition to these campaigns, the team successfully executed a rebranding initiative for AWARE's Mood Matters logo and visuals, creating a fresh and engaging look that aligns with the charity's current branding.

Furthermore, we established a TikTok channel, which has proven highly successful in attracting followers and delivering engaging video content. This strategic move has enabled AWARE to reach a broader audience, particularly among younger demographics. It has provided a platform to share valuable mental health information and resources in an accessible and entertaining format.

In October 2022, AWARE held its second Investors in Mental Health Awards at the Europa Hotel in Belfast. The event celebrated the contributions and support of businesses, schools, and community fundraisers, emphasising the significance of investing in mental health. The Communications Team eagerly anticipates the next Investors in Mental Health event in 2024, further enhancing meaningful collaborations and raising vital awareness.

Overall, during 2022-23

- Our website had 274,086 page views and 75,369 users
- Our network of Facebook followers has reached 26,668
- We now have 9,537 followers on Twitter
- Our Instagram community reached 6,181 followers
- Our YouTube channel was viewed 10,670 times
- AWARE appeared in 529 online & press articles
- We were featured in 18 radio & TV interviews
- Our LinkedIn following has reached 2,404, with 885 newsletter subscribers
- AWARE is now on TikTok! Our channel is steadily growing in followers and views.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Income Generation

Following the impact of the COVID-19 pandemic, AWARE experienced a surge in community engagement and financial support, leading to a highly successful fundraising year in 2021/22. However, the ongoing cost of living crisis has significantly affected organisational fundraising in 2022/23, resulting in lower-than-expected income. This decrease in fundraising income poses challenges for the charity's service delivery in 2023/24.

During 2022/23, fundraising generated £537,550 from the general public, AWARE fundraising events and our corporate partners. Although this is still a substantial amount raised, highlighting the generosity of the public and support for mental health, it represents a 20% decrease in fundraising income from 2021/22. The impact of the challenges faced over the past three years and how this affects charitable giving is evident.

Despite these financial challenges, AWARE remains deeply grateful for the overwhelming support from the general public, corporate partners, and volunteers. We have consistently adopted an innovative and creative approach, always prioritising the wellbeing of our beneficiaries and ensuring that we demonstrate the impact of the support from our donors.

AWARE's events continue to be a popular and engaging part of our fundraising strategy. Throughout the year, we organised ten events that saw the participation of 659 individuals. These events included exciting activities such as abseiling off Belfast Castle, sea splashing in Benone Strand and Ballyholme Beach, the Fermanagh Colour Run, a Sunset Climb in Cavehill, racing up the Lagan in Viking Boats, trekking to Cambodia, and walking 13 miles along the picturesque Causeway Coast in our inaugural Giant Steps event. Collectively, these events raised over £62,000. Although this figure represents a decrease in event income compared to the previous year, despite hosting more events with larger participant numbers, the cost of living crisis has impacted event sponsorship as individuals have less disposable income. Nonetheless, bringing people together, fostering connections, having fun, and raising vital funds for our services was heartening.

We are proud to have established several new partnerships this year, including MacBlair, Trouw Nutrition, Glanbia Cheese, Rutledge Group, AC Hotel, Davidson McDonnell, OneSource Virtual, and FinTrU. Danske Bank has also extended their partnership for a final year throughout 2023. Maxol, a dedicated and passionate supporter of AWARE, donated £17,000 to our cause through their 2022 Christmas Coffee Cup campaign. We continue to enjoy mutually beneficial corporate partnerships and extend our deepest gratitude to all of our partners for their unwavering dedication and commitment to promoting positive mental health in their workplaces and the wider community. Their support, engagement in workplace fundraising, and participation in AWARE events have generated substantial amounts of income.

Our income from Trusts and Foundations was also significantly reduced in 2022/23 totalling just £161,777. This includes income from

- Ground Works UK
- AE Harvey Charitable Trust
- Inner City Trust
- Victoria Homes Trust
- The Community Foundation for Northern Ireland

Our Community Fundraisers continue to astound us with their remarkable creativity, determination, and unwavering passion. Throughout the year 2022/23, our dedicated supporters went above and beyond, raising vital funds through a wide range of personal challenges and events. These included ladies' nights, vibrant colour runs, arduous marathons, thrilling treks in the Mourne, golf days, heartfelt wedding favours, and even all-night sleep-outs. We are profoundly grateful for the ongoing support we receive from schools, universities, churches, various community organisations, and sports clubs across Northern Ireland. Their fundraising efforts and generous donations contribute significantly to our cause. Additionally, we extend our gratitude to those who faithfully support us through monthly donations, those who donate in memory of a loved one, and those who graciously include AWARE in their Will, thus helping safeguard future generations' mental health.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

In February 2023, we were delighted to launch a partnership with the Belfast Northstars, a team competing in the Baseball Ireland adult league. We eagerly anticipate this collaboration's growth, which will raise awareness of mental health and contribute to fundraising efforts.

During 2022/23, we embarked on our first-ever Direct Mail campaign, focusing on developing AWARE's support groups for young adults and seeking small donations. Unfortunately, the campaign fell right amid the cost of living crisis. The campaign raised just under £1,200, which was lower than anticipated. Nonetheless, it provided a valuable opportunity to engage with our previous donors, supporters, and beneficiaries while highlighting the pressing need and future plans for expanding AWARE's services.

Lastly, we cannot express enough gratitude to our invaluable partners, supporters, event participants, and donors. Their passion, commitment, and dedication are a constant source of inspiration and humility. Without their continued support, we could not fulfil our mission. Now more than ever, we rely on their unwavering support as we strive to make a difference in the realm of mental health. The financial landscape may present challenges, but AWARE remains resolute in its mission to support individuals affected by mental health challenges. With the continued support and generosity of the community, we are determined to overcome these obstacles and continue making a positive impact on mental wellbeing in Northern Ireland.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Financial review

Total Income – £1,281,460

Comprising - Donations & Gifts – £537,550, Grant Funding – £442,122, Trusts & Foundations – £161,777, Workshops & Courses – £139,757, Investments - £254

Total Expenditure – £1,693,104

Comprising - Charitable Activities – £1,322,814, Raising Funds – £370,290

The spend on charitable activities was 78.13% of the total spend

Reserves

At 31st March 2023 AWARE holds total reserves of £855,683. During 2022/23, due to the lower income generated, we made use of reserves to the value of £411,644. This was spent on the development of the following key areas as planned:

- £12,000 for the further development of our eLearning platform.
- £32,000 for additional programme delivery staffing costs and £37,000 on additional administration support
- £48,110 for the delivery of community-based mental health awareness programmes, which include our Mood Matters and Living Life to the Full Programmes for schools, communities and workplaces.
- £15,500 to continue three support groups which had no statutory funding stream.
- £15,585 for the development of the Salesforce CRM system
- £4,238 for communications activity to support promotion and access to services, campaigning, and positive mental health messaging

Given the reduced fundraising income there was an updated plan for the use of reserves. We utilised and additional £247,211 of our reserves to subsidise core services as fundraising and sales income was lower than projected.

The Trustees were made aware of this position throughout the year in monthly management accounts and noted that this was an appropriate use of reserves within the context. However, they noted that a balanced budget was required for 2023/24, and continued use of reserves at this level would place the organisation in a precarious financial position.

The Trustees consider it prudent to hold monies in reserve if unforeseen circumstances lead to financial difficulties that might jeopardise the future of its employment capacity, users' wellbeing and general charitable work.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. The Trustees define free reserves as unrestricted income funds freely available for use as the charity determines and excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

Based on 2023/24 budgeted expenditure (excluding depreciation) and the Board update to our reserves policy, the target level of reserves is £557,674 to £836,511.

Within our current reserves, the charity holds total reserves to the value of £855,683 which includes £102,271 of redundancy contingency and £20,900 restricted reserves leaving free reserves of £732,512.

The total income for the year was £1,281,460 of which £442,122 was generated from contracts and grants, £139,757 from the sales of workshops and courses and £699,327 from donations, trusts and foundations, legacies and fundraising activities and £254 from investments. Total expenditure was £1,693,104 of which £1,322,814 was expended on direct charitable activities and £370,290 on raising funds.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Plans for future periods

As we enter the final year of our '2019-2024 Strategic Plan,' which outlines key themes and an ambitious programme to enhance our services, we have identified several priorities for this year:

- Securing funding to ensure the sustainability of our community-based mental health awareness services.
- Expanding our offerings to workplaces, reaching more individuals in professional settings.
- Extending our e-Learning platform to provide accessible mental health resources.
- Piloting our young adult support group model, tailoring our services to better serve this demographic.
- Introducing new programmes targeting primary schools and 11-14-year-olds, promoting early intervention and prevention.
- Raising awareness of mental health in NI through our Investors in Mental Health conference and campaign.
- Evaluating our services and identifying areas for improvement.

Our team plays a crucial role in the success of our organisation. We have fully staffed our team and will focus on their development and wellbeing, investing in their growth and satisfaction.

Continuing to invest in our infrastructure, we have achieved milestones such as deploying an enhanced VOIP phone network and updating our server environment during 2022/23.

We are dedicated to developing and implementing a new CRM system, which will enhance our programme management, promotion, and overall awareness-raising efforts.

Engaging with our stakeholders to shape the strategic plan for 2024-2029 will be a key priority for us this year, ensuring we align with their needs and expectations.

Cost of Living Crisis

Mindful of the cost of living crisis and its impact on household finances, AWARE took a conservative approach to estimate our fundraising income for 2022/23. However, even with these cautious projections, our income fell short of expectations. As we enter 2023/24, we have made even more conservative projections and will focus on delivering services only where income has already been secured. To mitigate these challenges, we are actively diversifying our income sources, particularly through Trusts & Foundations, and continue to value and rely on the support of our corporate partners.

Structure, governance and management

Aware Defeat Depression (trading as AWARE) is a company limited by guarantee and accepted as charitable by HMRC under reference XR 11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

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

Mr Owen Crilly

Dr Josephine Deehan

Ms Marianne Downing

(Appointed 9 February 2023)

Dr Maria Kee

Mr Joseph Mahon

Mr Bernard McAnaney

Ms Helen McDonnell

Dr Patrick McKeon

Ms Nicola Naughton

(Appointed 9 February 2023 and resigned 17 October 2023)

Mr Malachai O'Hara

(Resigned 27 September 2023)

Mr Robert Robinson

(Appointed 9 February 2023)

Mr Jarleth McCreanor

(Resigned 21 February 2023)

Ms Linda Megahey

(Resigned 13 August 2022)

Ms Alexandra Murdock

(Appointed 27 September 2023)

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees meet every 2 months as a full Board. We have sub committees for Clinical Governance and Finance. These sub committees meet quarterly. The terms of reference and chair of these groups are reviewed periodically.

Recruitment and Appointment of the Trustees

The charity Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of 9 years.

Corporate and Clinical Governance

The Board ensures the organisation complies with the relevant legislation and good practice. The Board supports a clinical governance and finance support group to support this. The Board also engages service users directly through our Advisory Council and Locality Planning structures. This council meets quarterly to reflect on the organisation's activities and provide input to the Board on the effectiveness and potential improvement of these services. Similarly, the Locality Planning groups meet regularly to review activities in local areas and with the staff team to suggest and explore development opportunities. The Board has a schedule for the regular review of all programmes of work, policies and procedures, including an ethical policy regarding our fundraising initiatives and partnerships. We have a schedule of all organisational policies reviewed on a 3-yearly cycle.

Organisational Structure

The Board of Trustees is responsible for the administration of the charity and meets on a bi-monthly basis. The Board has appointed a Chief Executive to manage the charity's day-to-day operations. Within the terms of delegated approval, the Chief Executive has delegated authority for operational matters, including employment, project delivery and budgetary management.

Directors' Induction and Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic Plan
- Descriptions of the role of Directors and/or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered additional training in, for example, committee skills, finance management, child protection, data protection, strategic planning and other relevant areas. During 2023/24 we plan to deliver specific training for the Board on Keeping Children & Adults Safe, Understanding Charity Finances and Understanding our Governing document.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and procedure and regularly completes risk assessments in relevant areas. A Corporate Risk Register has been drawn to prioritise the risks requiring action. The Risk Register is reviewed and updated bi-annually by the Board and quarterly within the Senior management team or as soon as a potential threat is identified. Analysis for each risk is detailed in the Risk Register, with the controls currently in place to mitigate the risk and the further actions required to minimise the risk. We have a streamlined Risk Action Plan, which the SMT reviews monthly to ensure action on priority tasks. This year we have specifically updated the policy and training on Lone Working.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Statement of Ttrustees' responsibilities

The Trustees, who are also the directors of Aware Defeat Depression for the purpose of company law, are responsible for preparing the Ttrustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

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


Auditor

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

Disclosure of information to the auditor

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

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



Mr Bernard McAnaney
Trustee

Date: 28/9/23

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Opinion

We have audited the financial statements of Aware Defeat Depression (the 'Charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the statement of financial position, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Responsibilities of Trustees

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

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2008 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and/or senior management, and from our commercial knowledge and experience of the sector;

We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including Companies Act 2006, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation

- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 2 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions;

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC and the company's legal advisors;

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Angela Craigan

**Angela Craigan (Senior Statutory Auditor)
for and on behalf of Harbinson Mulholland**

**Chartered Accountants
Statutory Auditor**

28/09/2023

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Centrepoint
24 Ormeau Avenue
Belfast
Co. Antrim
Northern Ireland
BT2 8HS

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Designated funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total As restated 2022 £
Income from:						
Donations and legacies	3	537,550	-	190,571	728,121	830,644
Charitable activities	4	139,757	-	413,328	553,085	544,984
Investments	5	254	-	-	254	76
Total income		677,561	-	603,899	1,281,460	1,375,704
Expenditure on:						
Raising funds	6	370,290	-	-	370,290	331,799
Charitable activities	7	536,463	171,952	614,399	1,322,814	1,052,221
Total expenditure		906,753	171,952	614,399	1,693,104	1,384,020
Net outgoing resources before transfers		(229,192)	(171,952)	(10,500)	(411,644)	(8,316)
Gross transfers between funds		131,887	(131,887)	-	-	-
Net expenditure for the year/ Net movement in funds		(97,305)	(303,839)	(10,500)	(411,644)	(8,316)
Fund balances at 1 April 2022 as restated		829,817	406,110	31,400	1,267,327	1,275,643
Fund balances at 31 March 2023		732,512	102,271	20,900	855,683	1,267,327

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

All income and expenditure derive from continuing activities.

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

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2023

	Notes	2023		2022 as restated	
		£	£	£	£
Fixed assets					
Tangible assets	12		33,326		30,252
Current assets					
Debtors	13	93,442		60,032	
Cash at bank and in hand		786,019		1,244,520	
			879,461		1,304,552
Creditors: amounts falling due within one year					
	14	(57,104)		(67,477)	
Net current assets			822,357		1,237,075
Total assets less current liabilities			855,683		1,267,327
Income funds					
Restricted funds	16		20,900		31,400
<u>Unrestricted funds</u>					
Designated funds	17	102,271		406,110	
General unrestricted funds		732,512		829,817	
			732,512		829,817
			855,683		1,267,327


The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023, although an audit has been carried out under section 65 of the Charities Act (NI) 2008 .

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 28/09/2023


 Mr Joseph Mahon
 Trustee


 Mr Bernard McAnaney
 Trustee

Company registration number NI030447

AWARE DEFEAT DEPRESSION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash absorbed by operations	20		(442,390)		(98,270)
Investing activities					
Purchase of tangible fixed assets		(16,366)		(18,571)	
Investment income received		255		76	
Net cash used in investing activities			(16,111)		(18,495)
Net cash used in financing activities			-		-
Net decrease in cash and cash equivalents			(458,501)		(116,765)
Cash and cash equivalents at beginning of year			1,244,520		1,361,285
Cash and cash equivalents at end of year			<u>786,019</u>		<u>1,244,520</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Aware Defeat Depression is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Crawford Square, Derry/Londonderry, BT48 7HR.

1.1 Accounting convention

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

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

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

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

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

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

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

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

1.6 Tangible fixed assets

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

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

Fixtures and fittings	20% straight line
Computers	20% straight line
Motor vehicles	33.33% straight line
Office equipment	20% straight line

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

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 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.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

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.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	537,550	-	537,550	666,587	-	666,587
Grants for core activities	-	28,794	28,794	-	28,794	28,794
Trusts and Foundations	-	161,777	161,777	-	135,263	135,263
	<u>537,550</u>	<u>190,571</u>	<u>728,121</u>	<u>666,587</u>	<u>164,057</u>	<u>830,644</u>
Donations and gifts						
Donations	37,365	-	37,365	25,126	-	25,126
Events	321,293	-	321,293	382,789	-	382,789
Corporate	178,694	-	178,694	220,567	-	220,567
Schools	198	-	198	2,937	-	2,937
Legacies	-	-	-	33,568	-	33,568
Other	-	-	-	1,600	-	1,600
	<u>537,550</u>	<u>-</u>	<u>537,550</u>	<u>666,587</u>	<u>-</u>	<u>666,587</u>
Grants for core activities						
DHSSPS	-	28,794	28,794	-	28,794	28,794
	<u>-</u>	<u>28,794</u>	<u>28,794</u>	<u>-</u>	<u>28,794</u>	<u>28,794</u>
Trusts and Foundations						
Community Foundation	-	47,433	47,433	-	35,575	35,575
Inner City Trust	-	5,000	5,000	-	4,000	4,000
Belfast City Council	-	640	640	-	688	688
AE Harvey Charitable Trust	-	3,000	3,000	-	-	-
Victoria Homes	-	2,500	2,500	-	-	-
Groundwork UK	-	5,000	5,000	-	-	-
Other	-	98,204	98,204	-	95,000	95,000
	<u>-</u>	<u>161,777</u>	<u>161,777</u>	<u>-</u>	<u>135,263</u>	<u>135,263</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	Education and training 2023 £	Support services 2023 £	Total 2023 £	Education and training 2022 £	Support services 2022 £	Total 2022 £
Workshops and courses	139,757	-	139,757	131,526	-	131,526
Performance related grants	309,526	103,802	413,328	306,608	106,850	413,458
	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>	<u>438,134</u>	<u>106,850</u>	<u>544,984</u>
Analysis by fund						
Unrestricted funds	139,757	-	139,757	131,526	-	131,526
Restricted funds	309,526	103,802	413,328	306,608	106,850	413,458
	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>	<u>438,134</u>	<u>106,850</u>	<u>544,984</u>
Performance related grants						
Public Health Agency	206,569	-	206,569	176,900	-	176,900
Big Lottery	29,470	-	29,470	29,120	-	29,120
Perinatal Mental Health	4,130	-	4,130	4,048	-	4,048
Western Health and Social Care Trust	18,522	33,706	52,228	17,943	32,515	50,458
Belfast Health and Social Care Trust	19,514	23,379	42,893	19,018	23,980	42,998
Southern Health and Social Care Trust	2,016	25,187	27,203	6,090	20,880	26,970
South Eastern Health and Social Care Trust	12,655	21,530	34,185	9,939	25,475	35,414
Clear - Small Grants	-	-	-	10,000	-	10,000
Clear Project	10,600	-	10,600	11,200	-	11,200
Other	6,050	-	6,050	22,350	4,000	26,350
	<u>309,526</u>	<u>103,802</u>	<u>413,328</u>	<u>306,608</u>	<u>106,850</u>	<u>413,458</u>

5 Investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest receivable	<u>254</u>	<u>76</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
<u>Fundraising and publicity</u>		
Staging fundraising events and seeking donations, grants and legacies	73,201	74,222
Fundraising central premises costs	14,458	14,942
Fundraising central office costs	17,849	9,526
Other fundraising staff costs	6,313	5,826
Advertising	5,103	2,561
Staff costs	231,535	207,483
Depreciation and impairment	3,987	3,515
Support costs	17,844	13,724
	<u>370,290</u>	<u>331,799</u>
Fundraising and publicity	<u>370,290</u>	<u>331,799</u>

Costs allocated to raising funds represents salaries and wages to staff involved in staging fundraising events and seeking donations, grants and legacies and other associated costs.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

	Education and training 2023 £	Support services 2023 £	Communication and campaign 2023 £	Service development 2023 £	Total 2023 £	Total 2022 £
Staff costs	270,957	176,491	77,088	190,923	715,459	527,529
Depreciation and impairment	9,304	-	-	-	9,304	6,957
Other staff costs	436	127	465	8,662	9,690	9,440
Sessional workers	31,420	-	-	15,806	47,226	27,987
External trainers fees	47,142	-	-	123,384	170,526	164,642
Training resources	2,423	-	-	10,641	13,064	15,120
Room hire	160	19,854	114	2,226	22,354	13,107
Hospitality	3,952	2,939	6,076	224	13,191	1,225
Evaluation and quality assurance	-	3,000	-	1,000	4,000	7,000
Volunteers' travel and expenses	72	13,436	31	51	13,590	10,267
Marketing and publicity	5,084	10,060	9,645	3,165	27,954	20,691
External consultants fees	22,775	8,567	8,519	6,614	46,475	32,893
Staff travel	3,253	9,378	358	256	13,245	6,599
Printing costs	3,944	4,642	5,394	2,500	16,480	14,375
Central premises costs	11,245	11,780	4,819	8,032	35,876	37,231
Central office costs	8,725	14,152	5,119	6,232	34,228	28,370
Sundry expenses	9,670	5,389	5,873	3,004	23,936	33,832
	<u>430,562</u>	<u>279,815</u>	<u>123,501</u>	<u>382,720</u>	<u>1,216,598</u>	<u>957,265</u>
Share of support costs (see note 8)	23,792	47,583	5,948	23,793	101,116	77,772
Share of governance costs (see note 8)	1,200	2,400	300	1,200	5,100	17,184
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>	<u>1,052,221</u>
Analysis by fund						
Unrestricted funds	172,370	128,332	-	235,761	536,463	317,281
Endowment funds - designated	-	-	-	171,952	171,952	156,120
Restricted funds	<u>283,184</u>	<u>201,466</u>	<u>129,749</u>	<u>-</u>	<u>614,399</u>	<u>578,820</u>
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>	<u>1,052,221</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

(Continued)

For the year ended 31 March 2022

	Education and training £	Support services £	Communication and campaign £	Service development £	Total 2022 £
Staff costs	199,355	133,767	58,110	136,297	527,529
Depreciation and impairment	6,957	-	-	-	6,957
Other staff costs	498	1,249	95	7,598	9,440
Sessional workers	19,268	-	-	8,719	27,987
External trainers fees	53,708	-	-	110,934	164,642
Training resources	-	-	-	15,120	15,120
Room hire	133	12,808	33	133	13,107
Hospitality	130	933	32	130	1,225
Evaluation and quality assurance	-	-	-	7,000	7,000
Volunteers' travel and expenses	76	10,146	9	36	10,267
Marketing and publicity	1,493	3,698	14,729	771	20,691
External consultants fees	13,530	7,394	8,400	3,569	32,893
Staff travel	858	5,138	363	240	6,599
Printing costs	2,144	6,046	3,262	2,923	14,375
Central premises costs	11,622	12,271	5,037	8,301	37,231
Central office costs	7,098	13,102	3,111	5,059	28,370
Sundry expenses	9,412	3,395	18,705	2,320	33,832
	<u>326,282</u>	<u>209,947</u>	<u>111,886</u>	<u>309,150</u>	<u>957,265</u>
Share of support costs (see note 8)	18,300	36,600	4,572	18,300	77,772
Share of governance costs (see note 8)	4,043	8,087	1,011	4,043	17,184
	<u>348,625</u>	<u>254,634</u>	<u>117,469</u>	<u>331,493</u>	<u>1,052,221</u>
Analysis by fund					
Unrestricted funds	94,545	-	-	222,736	317,281
Endowment funds - designated	47,363	-	-	108,757	156,120
Restricted funds	206,717	254,634	117,469	-	578,820
	<u>348,625</u>	<u>254,634</u>	<u>117,469</u>	<u>331,493</u>	<u>1,052,221</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

8 Support costs

	Support costs £	Governance costs £	2023 £	Support costs £	Governance costs £	2022 £
Staff costs	82,284	-	82,284	76,515	-	76,515
Other staff costs	1,281	-	1,281	2,446	-	2,446
Central premises costs	3,213	-	3,213	3,320	-	3,320
Central office costs	3,493	-	3,493	2,117	-	2,117
Marketing and publicity	1,134	-	1,134	308	-	308
IT Support	960	-	960	488	-	488
Volunteers' travel and expenses	341	-	341	182	-	182
External consultants fees	1,667	-	1,667	1,427	-	1,427
Room hire	46	-	46	-	-	-
Hospitality	89	-	89	650	-	650
Other general support costs	24,452	-	24,452	4,043	-	4,043
Audit fees	-	6,000	6,000	-	5,700	5,700
Legal and professional	-	1,680	1,680	-	14,516	14,516
	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>	<u>91,496</u>	<u>20,216</u>	<u>111,712</u>
Analysed between						
Fundraising	17,844	2,580	20,424	13,724	3,032	16,756
Charitable activities	101,116	5,100	106,216	77,772	17,184	94,956
	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>	<u>91,496</u>	<u>20,216</u>	<u>111,712</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year (2022: One was reimbursed £4,237).

10 Employees

The average monthly number of employees during the year was:

2023 Number	2022 Number
<u>32</u>	<u>28</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

10 Employees (Continued)

Employment costs	2023 £	2022 £
Wages and salaries	907,788	728,250
Social security costs	85,512	66,848
Other pension costs	35,978	16,429
	<u>1,029,278</u>	<u>811,527</u>

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

11 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.

12 Tangible fixed assets

	Fixtures and fittings £	Computers £	Motor vehicles £	Office equipment £	Total £
Cost					
At 1 April 2022	53,864	145,135	1,600	18,472	219,071
Additions	3,742	12,624	-	-	16,366
At 31 March 2023	<u>57,606</u>	<u>157,759</u>	<u>1,600</u>	<u>18,472</u>	<u>235,437</u>
Depreciation and impairment					
At 1 April 2022	50,978	118,836	533	18,472	188,819
Depreciation charged in the year	1,641	11,118	533	-	13,292
At 31 March 2023	<u>52,619</u>	<u>129,954</u>	<u>1,066</u>	<u>18,472</u>	<u>202,111</u>
Carrying amount					
At 31 March 2023	<u>4,987</u>	<u>27,805</u>	<u>534</u>	<u>-</u>	<u>33,326</u>
At 31 March 2022	<u>2,886</u>	<u>26,299</u>	<u>1,067</u>	<u>-</u>	<u>30,252</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Debtors

	2023	2022
		As restated
Amounts falling due within one year:	£	£
Other debtors	85,661	52,925
Prepayments and accrued income	7,781	7,107
	<u>93,442</u>	<u>60,032</u>

14 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	22,205	21,561
Trade creditors	18,899	40,211
Accruals and deferred income	16,000	5,705
	<u>57,104</u>	<u>67,477</u>

15 Retirement benefit schemes

Defined contribution schemes

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

The charge to profit or loss in respect of defined contribution schemes was £35,978 (2022 - £16,429).

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 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:

	As restated	Movement in funds		Balance at 31 March 2023 £
	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	
Public Health Agency	-	206,569	(193,219)	13,350
Big Lottery	-	29,470	(21,920)	7,550
Western Health and Social Care Trust	21,000	52,228	(73,228)	-
Belfast Health and Social Care Trust	-	42,893	(42,893)	-
Southern Health and Social Care Trust	-	27,203	(27,203)	-
South Eastern Health and Social Care Trust	-	34,185	(34,185)	-
DHSS&PS - Core	-	28,794	(28,794)	-
Clear Project	-	10,600	(10,600)	-
Perinatal Mental Health	-	4,130	(4,130)	-
Trusts and Foundations	10,400	161,777	(172,177)	-
Other	-	6,050	(6,050)	-
	<u>31,400</u>	<u>603,899</u>	<u>(614,399)</u>	<u>20,900</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Restricted funds

(Continued)

Nature of restricted funds

Public Health Agency

Funding for the provision of education and training workshops and courses

Big Lottery

Funding for the provision for education and training workshops and courses in partnership with TinyLife

Western Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Belfast Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Southern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

South Eastern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

DHSS&PS - Core

Funding for the salary of the charity's Chief Executive

Clear Project

Funding for the provision of education and training workshops and courses

Perinatal Mental Health

Action on Postpartum Psychosis funding re Maternal/Paternal Mental Health Alliance - Everyone's Business Campaign

Trust and Foundations

Funding received to enable the charity to enhance its educational services and support services.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

17 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2022	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£
Staff recruitment fund	87,000	-	(87,000)	-
Redundancy fund	105,000	-	(2,729)	102,271
Service expansion fund	214,110	(171,952)	(42,158)	-
	<u>406,110</u>	<u>(171,952)</u>	<u>(131,887)</u>	<u>102,271</u>

Redundancy fund - as a result of the current factors impacting the charitable section, the Trustees consider it necessary to set aside funds should the charity have to adapt a substantially different operating model to ensure its future sustainability.

18 Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total	As restated Total
	2023	2023	2023	2023	2022
	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:					
Tangible assets	33,326	-	-	33,326	30,252
Current assets/(liabilities)	699,186	102,271	20,900	822,357	1,237,075
	<u>732,512</u>	<u>102,271</u>	<u>20,900</u>	<u>855,683</u>	<u>1,267,327</u>

19 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023	2022
	£	£
Aggregate compensation	<u>214,172</u>	<u>218,677</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20	Cash generated from operations	2023	2022
		£	£
	Deficit for the year	(411,644)	(8,316)
	Adjustments for:		
	Investment income recognised in statement of financial activities	(254)	(76)
	Depreciation and impairment of tangible fixed assets	13,291	10,471
	Movements in working capital:		
	(Increase) in debtors	(33,408)	(130,938)
	(Decrease)/increase in creditors	(10,375)	30,589
	Cash absorbed by operations	(442,390)	(98,270)

21 Analysis of changes in net funds
The Charity had no debt during the year.

22 Prior period adjustment

Changes to the statement of financial position

	At 31 March 2022		
	As previously reported	Adjustment	As restated
	£	£	£
Current assets			
Debtors due within one year	155,032	(95,000)	60,032
Capital funds			
Income funds			
Restricted funds	126,400	(95,000)	31,400
Designated funds	406,110	-	406,110
Unrestricted funds	829,817	-	829,817
Total equity	1,362,327	(95,000)	1,267,327

The prior year financial statements have been adjusted to reflect the correct debtor and fund balance as at 31 March 2022.

Aware Defeat Depression

Northern Ireland - Charity number 100561

Annual report

Charity registration number NIC100561

Company registration number NI030447 (Northern Ireland)

**AWARE DEFEAT DEPRESSION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

AWARE DEFEAT DEPRESSION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Owen Crilly Dr Josephine Deehan Ms Marianne Downing Dr Maria Kee Mr Joseph Mahon Mr Bernard McAnaney Ms Helen McDonnell Dr Patrick McKeon Mr Robert Robinson Ms Alexandra Murdock	(Appointed 9 February 2023) (Appointed 9 February 2023) (Appointed 27 September 2023)
Secretary	Mr Joseph Mahon	
Charity number	NIC100561	
Company number	NI030447	
Registered office	2 Crawford Square Derry/Londonderry BT48 7HR	
Auditor	Harbinson Mulholland Centrepoint 24 Ormeau Avenue Belfast Co. Antrim Northern Ireland BT2 8HS	
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB	

AWARE DEFEAT DEPRESSION

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AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2023

As we reflect on the past year, it becomes evident why AWARE has been busier than ever. Mental health issues have constantly been in the headlines, whether it's a well-known personality speaking out about their struggles or the alarming lack of resources to meet the ever-growing demand for support services.

In April 2022, the Mental Health Foundation published a report indicating that 70% of our adult population had experienced a mental health problem in the last 12 months. Additionally, a joint report with the London School of Economics and Political Science revealed that diagnosable mental health problems cost the Northern Irish economy £3.4 billion annually, while the Northern Ireland Mental Health Strategy 2021-2031 called for a £1.2 billion investment over 10 years. Unfortunately, the lack of an Executive and the funding deficit in Northern Ireland's public services put the strategy at risk, not just currently, but for the next decade as well.

More than ever, the support and services provided by our volunteers and staff continue to make a positive difference to our communities recovering from the Covid pandemic and now struggling with the cost of living hikes. As detailed in this report, all our departments were exceptionally busy.

The Education and Training team reached over 17,000 participants during the year, and it was encouraging to see the reintroduction of face-to-face service delivery. The growth of our programmes for schools and young people has been remarkable, with over 10,000 young individuals participating in the 'Mood Matters Young People' programme alone. Notably, the 'Back to Life, Back to Normality' project has been instrumental in handling the heavy caseloads of GP mental health cases.

Despite the challenges faced during Covid, our Support Groups managed to stay active, thanks to the dedication of the Support Services team and our volunteer group facilitators. Encouraging young adults to engage with our Support Groups has been a challenge, but we plan to build on the success of the Newtownards Young Adult (18-30yrs) group, redesigning the model based on valuable feedback from focus groups. Recognising the importance of our peer-led support groups, we have initiated a research project in partnership with the University of Ulster to study their benefits.

You'll find us everywhere! AWARE's reach has expanded significantly, thanks to our Communications team. We are the most widely followed mental health charity in Northern Ireland, with a presence on platforms like our website, Facebook, Twitter, YouTube, Instagram, Billboards, and now even TikTok. One of the highlights of the year was the Investors in Mental Health Awards, where we celebrated the contributions of schools, businesses, and fundraisers to promoting good mental health with 200 guests.

The award-winning Fundraising team has been successful in attracting generous corporate sponsors and creating exciting events like Giant Steps along the Causeway Coast. However, the community's capacity for giving has been affected by the cost of living crisis, resulting in lower-than-predicted funds raised. Going forward, AWARE's spending plans will need to consider the challenges faced by fundraisers in the current financial environment.

All of the accomplishments mentioned above come at a cost. In 2022/23, our total income was £1.28 million, while our total expenditure was £1.69 million, resulting in a deficit of approximately £400,000. Although the charity's reserves covered this overspend, it's clear that such levels of deficit cannot be sustained in the future. The incoming year will bring significant financial challenges for staff, senior management, and the Board.

This year, we bid farewell to some long-standing contributors to AWARE. Tom McEaney retired after 26 years of loyal service. Through his legendary networking skills and knowledge of the third sector, he made a lasting contribution to the development of the charity. Brendan Armstrong, a trustee for many years, significantly shaped our programmes with his experience as a Cognitive Behaviour Therapist and teacher. Jarlath McCreanor, who openly shared his own mental health journey, provided invaluable contributions during the Covid pandemic and remains an esteemed member of the AWARE team.

AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

On a positive note, we welcomed three new trustees, Nicola Foy, Marianne Downey, and Alan Robinson, whose diverse skill sets will enhance the effectiveness of the Board.

Lastly, I want to extend heartfelt thanks and gratitude, on behalf of our staff, sessional workers, and fellow trustees, to the AWARE army of volunteers who tirelessly run support groups and raise funds year in and year out. Without your dedication, there would be no AWARE, so please continue to make a difference.



.....
Mr Bernard McAnaney
Chairman

Date: 28/09/2023
.....

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report and financial statements for the year ended 31 March 2023.

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

Objectives and activities

Our Vision, Mission and Values

AWARE has been working since 1996 to support all those in Northern Ireland affected by depression, anxiety and bipolar disorder.

Our **Vision** is for a future where everyone can openly discuss their mental health, access services appropriate to their needs, and develop the skills and knowledge to maintain positive mental health.

Our **Mission** is to:

- Promote emotional health and wellbeing
- Help people build resilience and maintain positive mental health
- Ensure people with depression, anxiety, and bipolar disorder are aware of and can access appropriate support
- Increase public understanding of depression and reduce the stigma surrounding the illness

Our **Values** are that, above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

- **Dignity, respect and empathy** - We will treat each other and our service users with dignity, respect and empathy.
- **Integrity, professionalism and transparency** - We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.
- **Innovation and Excellence** - We are committed to providing high-quality services and to being innovative for the benefit of people using our services.

User-Led

Those who best understand the challenges faced by people affected by depression, anxiety or bipolar disorder are those who have been affected by it themselves. Therefore, we promote a strong user-led, self-help approach, and the organisation's culture is based on the active involvement of its service users, staff, and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous, ongoing and embedded within the organisational culture.

Partnership working

We are committed to working with a wide range of groups, including those based in local communities, those representing a particular community of interest and other sectoral organisations working with people experiencing mental health problems.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate.

As stated in the Memorandum of Association, the charity's objectives are to improve the quality of life of people with, or at risk, of depression and their carers in Northern Ireland. This is to be achieved by

- Relieving conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives
- Educating the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses
- Promoting research into the causes, treatment and prevention of depressive illnesses and the dissemination of the valuable results of such research
- Acting as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families

AWARE was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at the time. This user-led ethos remains a key driver of the charity's work.

The charity's work currently includes:

- Mental health peer support groups in most main towns in Northern Ireland
- Online support groups
- Email support services
- A wide range of free resources and literature on various mental health issues
- Free public talks and other events on depression and related issues
- Information outreach events in communities across Northern Ireland
- Living Life to the Full, a unique life skills programme based on CBT concepts
- Mood Matters, an education programme delivered in schools, workplaces and community settings
- Mental Health First Aid training programme
- Mindfit, a programme provided to sporting organisations
- Mindfulness programmes, including Paws b, delivered in primary schools
- My Mind & Me - a newly-developed primary school wellbeing programme based on the 'Take 5 Steps to Wellbeing' principles
- An interactive website offering information and resources

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

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

Education and Training

AWARE's Education and Training department plays a vital role in raising awareness of common mental health issues and equipping people with tools to look after their emotional wellbeing. We have had a successful year, expanding our programme offerings and reach. As we approached the retirement of our esteemed Head of Education and Training, Pat Lynch, in May, we adapted the leadership structure of our team to adopt a regional approach to delivering services. We warmly welcomed Stephen McCrudden as our new Head of Education & Training (West), working out of our Derry/Londonderry office. Stephen works alongside Marina McCully, who manages the Education and Training team in the East from our Belfast office. We expanded our team further and now comprises seven training officers and five administrative staff members. Additionally, we recruited and trained 18 talented sessional trainers to deliver our programmes.

During 2022/23, we achieved the following:

In schools

- Delivered 75 'Paws b' mindfulness programmes to 1,500 pupils in primary schools.
- Introduced 2 'My Mind and Me' programmes for primary schools.
- Conducted 22 '.breathe' mindfulness programmes for post-primary schools, reaching 550 pupils.
- Delivered 540 'Mood Matters Young People' programmes to over 10,000 young individuals in schools and other suitable settings
- Trained 29 teachers in an 8-week mindfulness programme.
- Provided 'Paws b' training to 5 teachers and classroom assistants, enabling the integration of mindfulness practice into the school culture.
- Organised two teacher focus groups to support teachers with 'Paws b' delivery in schools.

In the community

- Conducted 73 'Living Life to the Full' programmes for over 565 participants in community settings.
- Delivered 90 'Mental Health First Aid' programmes to over 950 participants.
- Delivered two 'Mindfit' programmes.
- Offered 117 mindfulness programmes to over 790 adults.
- Delivered 96 'Mood Matters Adult' programmes for over 800 people in local communities.
- Ran 83 'Mood Matters Parent and Baby' programmes for over 400 parents and expectant parents.
- Delivered 15 educational talks to 340 people.

In workplaces

- Delivered 42 'Mental Health First Aid' programmes to workplaces.
- Conducted 108 'Mood Matters in the Workplace' programmes for more than 1,600 employees.
- Provided 6 'Supporting Employee Wellbeing' programmes to 168 people.

Overall, we reached over 17,000 participants with our Education & Training programmes during 2022/23. While we conducted many community and workplace programmes via Zoom, we gradually resumed face-to-face delivery, a trend we anticipate will continue in the upcoming year.

We took great pride in introducing new mindfulness programmes for adults, parents, and school pupils. The 'Mindful Parenting' programme for parents of 5-12 year-olds received fantastic feedback. We look forward to delivering more of these in the coming year. Additionally, we successfully provided the 4-week '.breathe' programme for 9-14 year-olds in 20 post-primary schools and secured funding to further expand this programme in 2023/24.

The team developed a new 'Feel Good' programme, incorporating mindfulness practices and '5 Ways to Wellbeing' concepts. This is a follow-on for parents, adults, and primary school children. Under the Positive Minds for Premature Parents project, we plan to roll out more of these in 2023/24.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

We also developed 'My Mind & Me', a programme designed for P3-P7 pupils, enhanced with engaging activities to help this age group understand concepts around mental health and emotional wellbeing. Thanks to the generous support of our partner Belfast City Airport, we could pilot this in seven primary schools this year.

We successfully delivered the second year of The Community Foundation Mental Health Support project to provide our 'Back to Life, Back to Normality' programme, which consists of six weeks of Living Life to the Full and six weeks of mindfulness. This project supports five GP Federations across NI that have Mental Health Leads. Referrals are made by GP practices in these federations to help people on the current waiting list for services. We built strong relationships with the GP Federation mental health leads and their respective teams, regularly meeting and sharing findings with them.

In collaboration with the Public Health Agency, we completed the review of Northern Ireland's Mental Health First Aid programme and successfully delivered the revised version. AWARE was also involved in training 37 new Mental Health First Aid trainers, 10 of whom are affiliated with AWARE as staff or sessional trainers. This increased capacity positions us well for future MHFA delivery.

Throughout the year, partnership work remained a prominent feature of our work. We collaborated with organisations such as Tynylife, Diabetes UK, Macmillan Cancer, WRDA (Women's Resource Development Agency), and MAS (Maternal Advocacy Support) to develop and adapt our programmes and cater to their client groups. We continued to advocate for expectant and new parents by participating in steering and implementation groups focused on infant and maternal mental health. We guided health professionals supporting new and expectant parents through the specialist perinatal section of our website. Our perinatal mental health resource is in high demand and distributed in antenatal units and Sure Starts.

The team worked hard this year to develop our workplace mental health training programme portfolio. We developed a new half-day manager's programme, 'Supporting Employee Wellbeing', to educate managers and team leaders on supporting their employees during challenging and stressful times. We piloted the programme, reviewed and adapted it based on feedback. We also rolled out an introductory module for our e-Learning platform, iAmAWARE, to 236 participants. This comprehensive suite of workplace programmes suits the new hybrid way of working, and we hope it will help businesses across Northern Ireland invest in their staff's mental health and wellbeing.

In addition to our fundraising activities, the sales of our programmes, primarily to the business community, contribute significantly to AWARE's income. The Education & Training team plays a vital role in establishing connections with workplaces, cultivating relationships, and delivering training programmes. They work closely with our fundraising team to engage the business community and attract sponsorship, Charity of the Year initiatives, and general fundraising efforts. These endeavours raise awareness of mental health and the importance of mental wellbeing in the workplace. Notably, post-Covid-19, there has been a significant increase in interest and attention to mental health within workplaces, leading to higher programme sales and improved understanding of mental wellbeing.

In the 2022/23 period, AWARE generated £142,860 through programme sales, with the Mental Health First Aid and Mood Matters Workplace programmes contributing significantly to this income. These funds are used to expand and sustain our support groups and outreach services.

Support Services and Community Outreach

AWARE's Support Services department remains committed to providing essential and unique support to individuals affected by depression, anxiety, and bipolar disorder. This year, the team experienced a transition in leadership as Rhonda Murphy took over as the new Head of Department following the retirement of Tom McEaney in September 2022. Rhonda's strong community background has already proven invaluable to the team, and we eagerly anticipate the positive impact she will bring in the years to come.

We are pleased to announce the reopening of two support groups in Cookstown and Enniskillen. These groups offer a safe and supportive space for individuals with mental health challenges to connect with others who share similar experiences, allowing them to discuss their feelings and exchange coping strategies.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

A primary focus this year has been developing our support group model for young adults, building on the success of our flagship 18-30s group in Newtownards. Through a series of focus groups with young support group members and external youth organisations, we have gathered valuable insights to redesign our support group model, ensuring it meets the specific needs of young people. We are excited to continue this work to provide meaningful support to even more young individuals.

Volunteers play a crucial role in our services, and we were thrilled to welcome new volunteer facilitators for our support groups this year. Their dedication and commitment significantly contribute to the success and effectiveness of our services.

In collaboration with UU (Ulster University) and QUB (Queen's University Belfast), we continue to offer placements to postgraduate students in PWP (Psychological Wellbeing Practitioner) and CBT (Cognitive Behavioural Therapy) courses. Additionally, we initiated an academic research project with UU, which examines the benefits of peer group support. We eagerly await the findings and recommendations that will further enhance our services.

To better understand the experiences and perspectives of our support group members, we conducted a Support Group Survey, gathering valuable feedback on the benefits of attending support groups. The feedback was incredibly positive, and this information allows us to implement suggestions and share the findings to continually improve our services.

To ensure effective planning and tailored service delivery, we established Locality Planning Meetings in each Trust Area, fostering connection and collaboration among facilitators. These meetings have facilitated valuable discussions and actionable steps for service planning and implementation.

As active advocates within the Maternal Mental Health Alliance, we have been dedicated to promoting the mental health needs of local women and babies, particularly in our campaigning and lobbying efforts for a Mother and Baby Unit (MBU) in Northern Ireland.

Our Community Outreach team has been incredibly busy throughout the year, engaging with various statutory, community, and public sectors. With a strong presence in all Trust areas, we have successfully promoted our services, raised awareness, reduced stigma, and offered advice and support. In total, we delivered 116 Information Outreach events, reaching approximately 78,000 participants and significantly impacting our community.

The Support Services department's unwavering dedication and hard work have allowed us to continue providing crucial support, raising awareness, and fostering a supportive environment for those affected by mental health challenges. We remain committed to promoting wellbeing and improving the lives of individuals in Northern Ireland.

- We have 25 support groups, including two online and one young adult group (18 -30 years)
- We held 1,243 support group meetings during this year
- We recorded 6,555 attendances at the support groups
- We responded to 2,008 support emails
- We answered 1,299 Support calls this year
- We delivered 116 Information Outreach events, some via Zoom or through the provision of literature, with an approximate reach of 78,000 participants.
- We held five public talks throughout the year in Derry, Belfast, Coleraine, Strabane and Newry in partnership with The Royal College of Psychiatry. These events had different topics such as Young People and Mental Health, Addictions and Mental Health and Menopause and Mental Health, and we were supported by partner agencies such as PIPS, ARC Recovery and Causeway Coast GP Federation. These public talks were well-attended, with highly encouraging feedback.
- We developed two AWARE-affiliated groups in Larne and Kesh, which continue to provide vital support within local communities.
- We held our annual Volunteer Celebration Event in the Ulster Museum in Belfast, which was a wonderful opportunity in a beautiful setting to acknowledge the enormous contribution our highly-committed volunteers make to delivering our services.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Communications

Throughout the year, the Communications Team has played a vital role in promoting AWARE's services and raising awareness of mental health issues within the community. Consequently, AWARE has seen noticeable growth in our public profile and increased brand recognition. This progress is evident in the charity's rising website traffic, social media engagement, and press coverage. These achievements further reinforce AWARE's position as an industry leader and the most widely-followed mental health charity in Northern Ireland.

The dedication and hard work of the Communications Team have been pivotal in supporting AWARE NI's mission to advocate for mental health and provide essential services to those in need.

We have undertaken various successful campaigns throughout the year to generate awareness. During Mental Health Awareness Week 2022, we launched a digital video series entitled 'My Journey with Depression.' This impactful campaign featured young AWARE support group attendees and volunteers who bravely shared their personal experiences with mental ill-health and their paths to recovery. The campaign received significant engagement and positive feedback, inspiring more young people to reach out and seek help through our support groups.

Additionally, during Volunteers Week, the team ran a campaign highlighting the stories of volunteers from various departments within AWARE. These heartfelt narratives shed light on why these individuals choose to dedicate their time and energy to volunteer with AWARE, showcasing the immense impact of their contributions.

AWARE's Communications Team also collaborated with Dad's Voice, AWARE's affiliate support group in Ballymena, for a men's mental health campaign. The campaign focused on stories of fatherhood and mental health, providing a platform for fathers to share their experiences and challenges. By sharing these stories, we aimed to destigmatise men's mental health issues and encourage open conversations within the community.

During Children's Mental Health Week, we launched a campaign highlighting the impressive evaluation report for AWARE's Paws b primary school mindfulness programme. Additionally, we shared valuable content for parents and teachers, offering guidance on initiating conversations about mental health with children. These efforts aimed to create a supportive environment for young minds to understand and address their mental wellbeing.

The team worked with Holy Cross College to create a promotional video for AWARE's Mood Matters for Young People programme. This video featured staff and pupils, effectively conveying the programme's benefits and the importance of supporting young people in developing awareness of their mental health and emotional wellbeing.

In addition to these campaigns, the team successfully executed a rebranding initiative for AWARE's Mood Matters logo and visuals, creating a fresh and engaging look that aligns with the charity's current branding.

Furthermore, we established a TikTok channel, which has proven highly successful in attracting followers and delivering engaging video content. This strategic move has enabled AWARE to reach a broader audience, particularly among younger demographics. It has provided a platform to share valuable mental health information and resources in an accessible and entertaining format.

In October 2022, AWARE held its second Investors in Mental Health Awards at the Europa Hotel in Belfast. The event celebrated the contributions and support of businesses, schools, and community fundraisers, emphasising the significance of investing in mental health. The Communications Team eagerly anticipates the next Investors in Mental Health event in 2024, further enhancing meaningful collaborations and raising vital awareness.

Overall, during 2022-23

- Our website had 274,086 page views and 75,369 users
- Our network of Facebook followers has reached 26,668
- We now have 9,537 followers on Twitter
- Our Instagram community reached 6,181 followers
- Our YouTube channel was viewed 10,670 times
- AWARE appeared in 529 online & press articles
- We were featured in 18 radio & TV interviews
- Our LinkedIn following has reached 2,404, with 885 newsletter subscribers
- AWARE is now on TikTok! Our channel is steadily growing in followers and views.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Income Generation

Following the impact of the COVID-19 pandemic, AWARE experienced a surge in community engagement and financial support, leading to a highly successful fundraising year in 2021/22. However, the ongoing cost of living crisis has significantly affected organisational fundraising in 2022/23, resulting in lower-than-expected income. This decrease in fundraising income poses challenges for the charity's service delivery in 2023/24.

During 2022/23, fundraising generated £537,550 from the general public, AWARE fundraising events and our corporate partners. Although this is still a substantial amount raised, highlighting the generosity of the public and support for mental health, it represents a 20% decrease in fundraising income from 2021/22. The impact of the challenges faced over the past three years and how this affects charitable giving is evident.

Despite these financial challenges, AWARE remains deeply grateful for the overwhelming support from the general public, corporate partners, and volunteers. We have consistently adopted an innovative and creative approach, always prioritising the wellbeing of our beneficiaries and ensuring that we demonstrate the impact of the support from our donors.

AWARE's events continue to be a popular and engaging part of our fundraising strategy. Throughout the year, we organised ten events that saw the participation of 659 individuals. These events included exciting activities such as abseiling off Belfast Castle, sea splashing in Benone Strand and Ballyholme Beach, the Fermanagh Colour Run, a Sunset Climb in Cavehill, racing up the Lagan in Viking Boats, trekking to Cambodia, and walking 13 miles along the picturesque Causeway Coast in our inaugural Giant Steps event. Collectively, these events raised over £62,000. Although this figure represents a decrease in event income compared to the previous year, despite hosting more events with larger participant numbers, the cost of living crisis has impacted event sponsorship as individuals have less disposable income. Nonetheless, bringing people together, fostering connections, having fun, and raising vital funds for our services was heartening.

We are proud to have established several new partnerships this year, including MacBlair, Trouw Nutrition, Glanbia Cheese, Rutledge Group, AC Hotel, Davidson McDonnell, OneSource Virtual, and FinTrU. Danske Bank has also extended their partnership for a final year throughout 2023. Maxol, a dedicated and passionate supporter of AWARE, donated £17,000 to our cause through their 2022 Christmas Coffee Cup campaign. We continue to enjoy mutually beneficial corporate partnerships and extend our deepest gratitude to all of our partners for their unwavering dedication and commitment to promoting positive mental health in their workplaces and the wider community. Their support, engagement in workplace fundraising, and participation in AWARE events have generated substantial amounts of income.

Our income from Trusts and Foundations was also significantly reduced in 2022/23 totalling just £161,777. This includes income from

- Ground Works UK
- AE Harvey Charitable Trust
- Inner City Trust
- Victoria Homes Trust
- The Community Foundation for Northern Ireland

Our Community Fundraisers continue to astound us with their remarkable creativity, determination, and unwavering passion. Throughout the year 2022/23, our dedicated supporters went above and beyond, raising vital funds through a wide range of personal challenges and events. These included ladies' nights, vibrant colour runs, arduous marathons, thrilling treks in the Mourne, golf days, heartfelt wedding favours, and even all-night sleep-outs. We are profoundly grateful for the ongoing support we receive from schools, universities, churches, various community organisations, and sports clubs across Northern Ireland. Their fundraising efforts and generous donations contribute significantly to our cause. Additionally, we extend our gratitude to those who faithfully support us through monthly donations, those who donate in memory of a loved one, and those who graciously include AWARE in their Will, thus helping safeguard future generations' mental health.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

In February 2023, we were delighted to launch a partnership with the Belfast Northstars, a team competing in the Baseball Ireland adult league. We eagerly anticipate this collaboration's growth, which will raise awareness of mental health and contribute to fundraising efforts.

During 2022/23, we embarked on our first-ever Direct Mail campaign, focusing on developing AWARE's support groups for young adults and seeking small donations. Unfortunately, the campaign fell right amid the cost of living crisis. The campaign raised just under £1,200, which was lower than anticipated. Nonetheless, it provided a valuable opportunity to engage with our previous donors, supporters, and beneficiaries while highlighting the pressing need and future plans for expanding AWARE's services.

Lastly, we cannot express enough gratitude to our invaluable partners, supporters, event participants, and donors. Their passion, commitment, and dedication are a constant source of inspiration and humility. Without their continued support, we could not fulfil our mission. Now more than ever, we rely on their unwavering support as we strive to make a difference in the realm of mental health. The financial landscape may present challenges, but AWARE remains resolute in its mission to support individuals affected by mental health challenges. With the continued support and generosity of the community, we are determined to overcome these obstacles and continue making a positive impact on mental wellbeing in Northern Ireland.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Financial review

Total Income – £1,281,460

Comprising - Donations & Gifts – £537,550, Grant Funding – £442,122, Trusts & Foundations – £161,777, Workshops & Courses – £139,757, Investments - £254

Total Expenditure – £1,693,104

Comprising - Charitable Activities – £1,322,814, Raising Funds – £370,290

The spend on charitable activities was 78.13% of the total spend

Reserves

At 31st March 2023 AWARE holds total reserves of £855,683. During 2022/23, due to the lower income generated, we made use of reserves to the value of £411,644. This was spent on the development of the following key areas as planned:

- £12,000 for the further development of our eLearning platform.
- £32,000 for additional programme delivery staffing costs and £37,000 on additional administration support
- £48,110 for the delivery of community-based mental health awareness programmes, which include our Mood Matters and Living Life to the Full Programmes for schools, communities and workplaces.
- £15,500 to continue three support groups which had no statutory funding stream.
- £15,585 for the development of the Salesforce CRM system
- £4,238 for communications activity to support promotion and access to services, campaigning, and positive mental health messaging

Given the reduced fundraising income there was an updated plan for the use of reserves. We utilised and additional £247,211 of our reserves to subsidise core services as fundraising and sales income was lower than projected.

The Trustees were made aware of this position throughout the year in monthly management accounts and noted that this was an appropriate use of reserves within the context. However, they noted that a balanced budget was required for 2023/24, and continued use of reserves at this level would place the organisation in a precarious financial position.

The Trustees consider it prudent to hold monies in reserve if unforeseen circumstances lead to financial difficulties that might jeopardise the future of its employment capacity, users' wellbeing and general charitable work.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. The Trustees define free reserves as unrestricted income funds freely available for use as the charity determines and excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

Based on 2023/24 budgeted expenditure (excluding depreciation) and the Board update to our reserves policy, the target level of reserves is £557,674 to £836,511.

Within our current reserves, the charity holds total reserves to the value of £855,683 which includes £102,271 of redundancy contingency and £20,900 restricted reserves leaving free reserves of £732,512.

The total income for the year was £1,281,460 of which £442,122 was generated from contracts and grants, £139,757 from the sales of workshops and courses and £699,327 from donations, trusts and foundations, legacies and fundraising activities and £254 from investments. Total expenditure was £1,693,104 of which £1,322,814 was expended on direct charitable activities and £370,290 on raising funds.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Plans for future periods

As we enter the final year of our '2019-2024 Strategic Plan,' which outlines key themes and an ambitious programme to enhance our services, we have identified several priorities for this year:

- Securing funding to ensure the sustainability of our community-based mental health awareness services.
- Expanding our offerings to workplaces, reaching more individuals in professional settings.
- Extending our e-Learning platform to provide accessible mental health resources.
- Piloting our young adult support group model, tailoring our services to better serve this demographic.
- Introducing new programmes targeting primary schools and 11-14-year-olds, promoting early intervention and prevention.
- Raising awareness of mental health in NI through our Investors in Mental Health conference and campaign.
- Evaluating our services and identifying areas for improvement.

Our team plays a crucial role in the success of our organisation. We have fully staffed our team and will focus on their development and wellbeing, investing in their growth and satisfaction.

Continuing to invest in our infrastructure, we have achieved milestones such as deploying an enhanced VOIP phone network and updating our server environment during 2022/23.

We are dedicated to developing and implementing a new CRM system, which will enhance our programme management, promotion, and overall awareness-raising efforts.

Engaging with our stakeholders to shape the strategic plan for 2024-2029 will be a key priority for us this year, ensuring we align with their needs and expectations.

Cost of Living Crisis

Mindful of the cost of living crisis and its impact on household finances, AWARE took a conservative approach to estimate our fundraising income for 2022/23. However, even with these cautious projections, our income fell short of expectations. As we enter 2023/24, we have made even more conservative projections and will focus on delivering services only where income has already been secured. To mitigate these challenges, we are actively diversifying our income sources, particularly through Trusts & Foundations, and continue to value and rely on the support of our corporate partners.

Structure, governance and management

Aware Defeat Depression (trading as AWARE) is a company limited by guarantee and accepted as charitable by HMRC under reference XR 11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

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

Mr Owen Crilly

Dr Josephine Deehan

Ms Marianne Downing

(Appointed 9 February 2023)

Dr Maria Kee

Mr Joseph Mahon

Mr Bernard McAnaney

Ms Helen McDonnell

Dr Patrick McKeon

Ms Nicola Naughton

(Appointed 9 February 2023 and resigned 17 October 2023)

Mr Malachai O'Hara

(Resigned 27 September 2023)

Mr Robert Robinson

(Appointed 9 February 2023)

Mr Jarleth McCreanor

(Resigned 21 February 2023)

Ms Linda Megahey

(Resigned 13 August 2022)

Ms Alexandra Murdock

(Appointed 27 September 2023)

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees meet every 2 months as a full Board. We have sub committees for Clinical Governance and Finance. These sub committees meet quarterly. The terms of reference and chair of these groups are reviewed periodically.

Recruitment and Appointment of the Trustees

The charity Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of 9 years.

Corporate and Clinical Governance

The Board ensures the organisation complies with the relevant legislation and good practice. The Board supports a clinical governance and finance support group to support this. The Board also engages service users directly through our Advisory Council and Locality Planning structures. This council meets quarterly to reflect on the organisation's activities and provide input to the Board on the effectiveness and potential improvement of these services. Similarly, the Locality Planning groups meet regularly to review activities in local areas and with the staff team to suggest and explore development opportunities. The Board has a schedule for the regular review of all programmes of work, policies and procedures, including an ethical policy regarding our fundraising initiatives and partnerships. We have a schedule of all organisational policies reviewed on a 3-yearly cycle.

Organisational Structure

The Board of Trustees is responsible for the administration of the charity and meets on a bi-monthly basis. The Board has appointed a Chief Executive to manage the charity's day-to-day operations. Within the terms of delegated approval, the Chief Executive has delegated authority for operational matters, including employment, project delivery and budgetary management.

Directors' Induction and Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic Plan
- Descriptions of the role of Directors and/or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered additional training in, for example, committee skills, finance management, child protection, data protection, strategic planning and other relevant areas. During 2023/24 we plan to deliver specific training for the Board on Keeping Children & Adults Safe, Understanding Charity Finances and Understanding our Governing document.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and procedure and regularly completes risk assessments in relevant areas. A Corporate Risk Register has been drawn to prioritise the risks requiring action. The Risk Register is reviewed and updated bi-annually by the Board and quarterly within the Senior management team or as soon as a potential threat is identified. Analysis for each risk is detailed in the Risk Register, with the controls currently in place to mitigate the risk and the further actions required to minimise the risk. We have a streamlined Risk Action Plan, which the SMT reviews monthly to ensure action on priority tasks. This year we have specifically updated the policy and training on Lone Working.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Statement of Ttrustees' responsibilities

The Trustees, who are also the directors of Aware Defeat Depression for the purpose of company law, are responsible for preparing the Ttrustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

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


Auditor

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

Disclosure of information to the auditor

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

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



Mr Bernard McAnaney
Trustee

Date: 28/9/23

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Opinion

We have audited the financial statements of Aware Defeat Depression (the 'Charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the statement of financial position, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Responsibilities of Trustees

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

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2008 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and/or senior management, and from our commercial knowledge and experience of the sector;

We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including Companies Act 2006, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation

- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 2 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions;

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC and the company's legal advisors;

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Angela Craigan

**Angela Craigan (Senior Statutory Auditor)
for and on behalf of Harbinson Mulholland**

**Chartered Accountants
Statutory Auditor**

28/09/2023

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Centrepoint
24 Ormeau Avenue
Belfast
Co. Antrim
Northern Ireland
BT2 8HS

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Designated funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total As restated 2022 £
Income from:						
Donations and legacies	3	537,550	-	190,571	728,121	830,644
Charitable activities	4	139,757	-	413,328	553,085	544,984
Investments	5	254	-	-	254	76
Total income		<u>677,561</u>	<u>-</u>	<u>603,899</u>	<u>1,281,460</u>	<u>1,375,704</u>
Expenditure on:						
Raising funds	6	370,290	-	-	370,290	331,799
Charitable activities	7	536,463	171,952	614,399	1,322,814	1,052,221
Total expenditure		<u>906,753</u>	<u>171,952</u>	<u>614,399</u>	<u>1,693,104</u>	<u>1,384,020</u>
Net outgoing resources before transfers		(229,192)	(171,952)	(10,500)	(411,644)	(8,316)
Gross transfers between funds		131,887	(131,887)	-	-	-
Net expenditure for the year/ Net movement in funds		<u>(97,305)</u>	<u>(303,839)</u>	<u>(10,500)</u>	<u>(411,644)</u>	<u>(8,316)</u>
Fund balances at 1 April 2022 as restated		<u>829,817</u>	<u>406,110</u>	<u>31,400</u>	<u>1,267,327</u>	<u>1,275,643</u>
Fund balances at 31 March 2023		<u><u>732,512</u></u>	<u><u>102,271</u></u>	<u><u>20,900</u></u>	<u><u>855,683</u></u>	<u><u>1,267,327</u></u>

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

All income and expenditure derive from continuing activities.

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

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2023

	Notes	2023		2022 as restated	
		£	£	£	£
Fixed assets					
Tangible assets	12		33,326		30,252
Current assets					
Debtors	13	93,442		60,032	
Cash at bank and in hand		786,019		1,244,520	
			879,461		1,304,552
Creditors: amounts falling due within one year					
	14	(57,104)		(67,477)	
Net current assets			822,357		1,237,075
Total assets less current liabilities			855,683		1,267,327
Income funds					
Restricted funds	16		20,900		31,400
<u>Unrestricted funds</u>					
Designated funds	17	102,271		406,110	
General unrestricted funds		732,512		829,817	
			732,512		829,817
			855,683		1,267,327

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023, although an audit has been carried out under section 65 of the Charities Act (NI) 2008 .

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 28/09/2023


 Mr Joseph Mahon
 Trustee


 Mr Bernard McAnaney
 Trustee

Company registration number NI030447

AWARE DEFEAT DEPRESSION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash absorbed by operations	20		(442,390)		(98,270)
Investing activities					
Purchase of tangible fixed assets		(16,366)		(18,571)	
Investment income received		255		76	
Net cash used in investing activities			(16,111)		(18,495)
Net cash used in financing activities			-		-
Net decrease in cash and cash equivalents			(458,501)		(116,765)
Cash and cash equivalents at beginning of year			1,244,520		1,361,285
Cash and cash equivalents at end of year			<u>786,019</u>		<u>1,244,520</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Aware Defeat Depression is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Crawford Square, Derry/Londonderry, BT48 7HR.

1.1 Accounting convention

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

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

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

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

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

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

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

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

1.6 Tangible fixed assets

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

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

Fixtures and fittings	20% straight line
Computers	20% straight line
Motor vehicles	33.33% straight line
Office equipment	20% straight line

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

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 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.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

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.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	537,550	-	537,550	666,587	-	666,587
Grants for core activities	-	28,794	28,794	-	28,794	28,794
Trusts and Foundations	-	161,777	161,777	-	135,263	135,263
	<u>537,550</u>	<u>190,571</u>	<u>728,121</u>	<u>666,587</u>	<u>164,057</u>	<u>830,644</u>
Donations and gifts						
Donations	37,365	-	37,365	25,126	-	25,126
Events	321,293	-	321,293	382,789	-	382,789
Corporate	178,694	-	178,694	220,567	-	220,567
Schools	198	-	198	2,937	-	2,937
Legacies	-	-	-	33,568	-	33,568
Other	-	-	-	1,600	-	1,600
	<u>537,550</u>	<u>-</u>	<u>537,550</u>	<u>666,587</u>	<u>-</u>	<u>666,587</u>
Grants for core activities						
DHSSPS	-	28,794	28,794	-	28,794	28,794
	<u>-</u>	<u>28,794</u>	<u>28,794</u>	<u>-</u>	<u>28,794</u>	<u>28,794</u>
Trusts and Foundations						
Community Foundation	-	47,433	47,433	-	35,575	35,575
Inner City Trust	-	5,000	5,000	-	4,000	4,000
Belfast City Council	-	640	640	-	688	688
AE Harvey Charitable Trust	-	3,000	3,000	-	-	-
Victoria Homes	-	2,500	2,500	-	-	-
Groundwork UK	-	5,000	5,000	-	-	-
Other	-	98,204	98,204	-	95,000	95,000
	<u>-</u>	<u>161,777</u>	<u>161,777</u>	<u>-</u>	<u>135,263</u>	<u>135,263</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	Education and training 2023 £	Support services 2023 £	Total 2023 £	Education and training 2022 £	Support services 2022 £	Total 2022 £
Workshops and courses	139,757	-	139,757	131,526	-	131,526
Performance related grants	309,526	103,802	413,328	306,608	106,850	413,458
	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>	<u>438,134</u>	<u>106,850</u>	<u>544,984</u>
Analysis by fund						
Unrestricted funds	139,757	-	139,757	131,526	-	131,526
Restricted funds	309,526	103,802	413,328	306,608	106,850	413,458
	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>	<u>438,134</u>	<u>106,850</u>	<u>544,984</u>
Performance related grants						
Public Health Agency	206,569	-	206,569	176,900	-	176,900
Big Lottery	29,470	-	29,470	29,120	-	29,120
Perinatal Mental Health	4,130	-	4,130	4,048	-	4,048
Western Health and Social Care Trust	18,522	33,706	52,228	17,943	32,515	50,458
Belfast Health and Social Care Trust	19,514	23,379	42,893	19,018	23,980	42,998
Southern Health and Social Care Trust	2,016	25,187	27,203	6,090	20,880	26,970
South Eastern Health and Social Care Trust	12,655	21,530	34,185	9,939	25,475	35,414
Clear - Small Grants	-	-	-	10,000	-	10,000
Clear Project	10,600	-	10,600	11,200	-	11,200
Other	6,050	-	6,050	22,350	4,000	26,350
	<u>309,526</u>	<u>103,802</u>	<u>413,328</u>	<u>306,608</u>	<u>106,850</u>	<u>413,458</u>

5 Investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest receivable	<u>254</u>	<u>76</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
<u>Fundraising and publicity</u>		
Staging fundraising events and seeking donations, grants and legacies	73,201	74,222
Fundraising central premises costs	14,458	14,942
Fundraising central office costs	17,849	9,526
Other fundraising staff costs	6,313	5,826
Advertising	5,103	2,561
Staff costs	231,535	207,483
Depreciation and impairment	3,987	3,515
Support costs	17,844	13,724
	<u>370,290</u>	<u>331,799</u>
Fundraising and publicity	<u>370,290</u>	<u>331,799</u>

Costs allocated to raising funds represents salaries and wages to staff involved in staging fundraising events and seeking donations, grants and legacies and other associated costs.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

	Education and training 2023 £	Support services 2023 £	Communication and campaign 2023 £	Service development 2023 £	Total 2023 £	Total 2022 £
Staff costs	270,957	176,491	77,088	190,923	715,459	527,529
Depreciation and impairment	9,304	-	-	-	9,304	6,957
Other staff costs	436	127	465	8,662	9,690	9,440
Sessional workers	31,420	-	-	15,806	47,226	27,987
External trainers fees	47,142	-	-	123,384	170,526	164,642
Training resources	2,423	-	-	10,641	13,064	15,120
Room hire	160	19,854	114	2,226	22,354	13,107
Hospitality	3,952	2,939	6,076	224	13,191	1,225
Evaluation and quality assurance	-	3,000	-	1,000	4,000	7,000
Volunteers' travel and expenses	72	13,436	31	51	13,590	10,267
Marketing and publicity	5,084	10,060	9,645	3,165	27,954	20,691
External consultants fees	22,775	8,567	8,519	6,614	46,475	32,893
Staff travel	3,253	9,378	358	256	13,245	6,599
Printing costs	3,944	4,642	5,394	2,500	16,480	14,375
Central premises costs	11,245	11,780	4,819	8,032	35,876	37,231
Central office costs	8,725	14,152	5,119	6,232	34,228	28,370
Sundry expenses	9,670	5,389	5,873	3,004	23,936	33,832
	<u>430,562</u>	<u>279,815</u>	<u>123,501</u>	<u>382,720</u>	<u>1,216,598</u>	<u>957,265</u>
Share of support costs (see note 8)	23,792	47,583	5,948	23,793	101,116	77,772
Share of governance costs (see note 8)	1,200	2,400	300	1,200	5,100	17,184
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>	<u>1,052,221</u>
Analysis by fund						
Unrestricted funds	172,370	128,332	-	235,761	536,463	317,281
Endowment funds - designated	-	-	-	171,952	171,952	156,120
Restricted funds	<u>283,184</u>	<u>201,466</u>	<u>129,749</u>	<u>-</u>	<u>614,399</u>	<u>578,820</u>
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>	<u>1,052,221</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

(Continued)

For the year ended 31 March 2022

	Education and training £	Support services £	Communication and campaign £	Service development £	Total 2022 £
Staff costs	199,355	133,767	58,110	136,297	527,529
Depreciation and impairment	6,957	-	-	-	6,957
Other staff costs	498	1,249	95	7,598	9,440
Sessional workers	19,268	-	-	8,719	27,987
External trainers fees	53,708	-	-	110,934	164,642
Training resources	-	-	-	15,120	15,120
Room hire	133	12,808	33	133	13,107
Hospitality	130	933	32	130	1,225
Evaluation and quality assurance	-	-	-	7,000	7,000
Volunteers' travel and expenses	76	10,146	9	36	10,267
Marketing and publicity	1,493	3,698	14,729	771	20,691
External consultants fees	13,530	7,394	8,400	3,569	32,893
Staff travel	858	5,138	363	240	6,599
Printing costs	2,144	6,046	3,262	2,923	14,375
Central premises costs	11,622	12,271	5,037	8,301	37,231
Central office costs	7,098	13,102	3,111	5,059	28,370
Sundry expenses	9,412	3,395	18,705	2,320	33,832
	<u>326,282</u>	<u>209,947</u>	<u>111,886</u>	<u>309,150</u>	<u>957,265</u>
Share of support costs (see note 8)	18,300	36,600	4,572	18,300	77,772
Share of governance costs (see note 8)	4,043	8,087	1,011	4,043	17,184
	<u>348,625</u>	<u>254,634</u>	<u>117,469</u>	<u>331,493</u>	<u>1,052,221</u>
Analysis by fund					
Unrestricted funds	94,545	-	-	222,736	317,281
Endowment funds - designated	47,363	-	-	108,757	156,120
Restricted funds	206,717	254,634	117,469	-	578,820
	<u>348,625</u>	<u>254,634</u>	<u>117,469</u>	<u>331,493</u>	<u>1,052,221</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

8 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Staff costs	82,284	-	82,284	76,515	-	76,515
Other staff costs	1,281	-	1,281	2,446	-	2,446
Central premises costs	3,213	-	3,213	3,320	-	3,320
Central office costs	3,493	-	3,493	2,117	-	2,117
Marketing and publicity	1,134	-	1,134	308	-	308
IT Support	960	-	960	488	-	488
Volunteers' travel and expenses	341	-	341	182	-	182
External consultants fees	1,667	-	1,667	1,427	-	1,427
Room hire	46	-	46	-	-	-
Hospitality	89	-	89	650	-	650
Other general support costs	24,452	-	24,452	4,043	-	4,043
Audit fees	-	6,000	6,000	-	5,700	5,700
Legal and professional	-	1,680	1,680	-	14,516	14,516
	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>	<u>91,496</u>	<u>20,216</u>	<u>111,712</u>
Analysed between						
Fundraising	17,844	2,580	20,424	13,724	3,032	16,756
Charitable activities	101,116	5,100	106,216	77,772	17,184	94,956
	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>	<u>91,496</u>	<u>20,216</u>	<u>111,712</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year (2022: One was reimbursed £4,237).

10 Employees

The average monthly number of employees during the year was:

2023	2022
Number	Number
<u>32</u>	<u>28</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

10 Employees (Continued)

Employment costs	2023 £	2022 £
Wages and salaries	907,788	728,250
Social security costs	85,512	66,848
Other pension costs	35,978	16,429
	<u>1,029,278</u>	<u>811,527</u>

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

11 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.

12 Tangible fixed assets

	Fixtures and fittings £	Computers £	Motor vehicles £	Office equipment £	Total £
Cost					
At 1 April 2022	53,864	145,135	1,600	18,472	219,071
Additions	3,742	12,624	-	-	16,366
At 31 March 2023	<u>57,606</u>	<u>157,759</u>	<u>1,600</u>	<u>18,472</u>	<u>235,437</u>
Depreciation and impairment					
At 1 April 2022	50,978	118,836	533	18,472	188,819
Depreciation charged in the year	1,641	11,118	533	-	13,292
At 31 March 2023	<u>52,619</u>	<u>129,954</u>	<u>1,066</u>	<u>18,472</u>	<u>202,111</u>
Carrying amount					
At 31 March 2023	<u>4,987</u>	<u>27,805</u>	<u>534</u>	<u>-</u>	<u>33,326</u>
At 31 March 2022	<u>2,886</u>	<u>26,299</u>	<u>1,067</u>	<u>-</u>	<u>30,252</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Debtors

	2023	2022
		As restated
Amounts falling due within one year:	£	£
Other debtors	85,661	52,925
Prepayments and accrued income	7,781	7,107
	<u>93,442</u>	<u>60,032</u>

14 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	22,205	21,561
Trade creditors	18,899	40,211
Accruals and deferred income	16,000	5,705
	<u>57,104</u>	<u>67,477</u>

15 Retirement benefit schemes

Defined contribution schemes

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

The charge to profit or loss in respect of defined contribution schemes was £35,978 (2022 - £16,429).

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 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:

	As restated	Movement in funds		Balance at 31 March 2023 £
	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	
Public Health Agency	-	206,569	(193,219)	13,350
Big Lottery	-	29,470	(21,920)	7,550
Western Health and Social Care Trust	21,000	52,228	(73,228)	-
Belfast Health and Social Care Trust	-	42,893	(42,893)	-
Southern Health and Social Care Trust	-	27,203	(27,203)	-
South Eastern Health and Social Care Trust	-	34,185	(34,185)	-
DHSS&PS - Core	-	28,794	(28,794)	-
Clear Project	-	10,600	(10,600)	-
Perinatal Mental Health	-	4,130	(4,130)	-
Trusts and Foundations	10,400	161,777	(172,177)	-
Other	-	6,050	(6,050)	-
	<u>31,400</u>	<u>603,899</u>	<u>(614,399)</u>	<u>20,900</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Restricted funds

(Continued)

Nature of restricted funds

Public Health Agency

Funding for the provision of education and training workshops and courses

Big Lottery

Funding for the provision for education and training workshops and courses in partnership with TinyLife

Western Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Belfast Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Southern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

South Eastern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

DHSS&PS - Core

Funding for the salary of the charity's Chief Executive

Clear Project

Funding for the provision of education and training workshops and courses

Perinatal Mental Health

Action on Postpartum Psychosis funding re Maternal/Paternal Mental Health Alliance - Everyone's Business Campaign

Trust and Foundations

Funding received to enable the charity to enhance its educational services and support services.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

17 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2022	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£
Staff recruitment fund	87,000	-	(87,000)	-
Redundancy fund	105,000	-	(2,729)	102,271
Service expansion fund	214,110	(171,952)	(42,158)	-
	<u>406,110</u>	<u>(171,952)</u>	<u>(131,887)</u>	<u>102,271</u>

Redundancy fund - as a result of the current factors impacting the charitable section, the Trustees consider it necessary to set aside funds should the charity have to adapt a substantially different operating model to ensure its future sustainability.

18 Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total	As restated Total
	2023	2023	2023	2023	2022
	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:					
Tangible assets	33,326	-	-	33,326	30,252
Current assets/(liabilities)	699,186	102,271	20,900	822,357	1,237,075
	<u>732,512</u>	<u>102,271</u>	<u>20,900</u>	<u>855,683</u>	<u>1,267,327</u>

19 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023	2022
	£	£
Aggregate compensation	<u>214,172</u>	<u>218,677</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20	Cash generated from operations	2023	2022
		£	£
	Deficit for the year	(411,644)	(8,316)
	Adjustments for:		
	Investment income recognised in statement of financial activities	(254)	(76)
	Depreciation and impairment of tangible fixed assets	13,291	10,471
	Movements in working capital:		
	(Increase) in debtors	(33,408)	(130,938)
	(Decrease)/increase in creditors	(10,375)	30,589
	Cash absorbed by operations	(442,390)	(98,270)

21 Analysis of changes in net funds
The Charity had no debt during the year.

22 Prior period adjustment

Changes to the statement of financial position

	At 31 March 2022		
	As previously reported	Adjustment	As restated
	£	£	£
Current assets			
Debtors due within one year	155,032	(95,000)	60,032
Capital funds			
Income funds			
Restricted funds	126,400	(95,000)	31,400
Designated funds	406,110	-	406,110
Unrestricted funds	829,817	-	829,817
Total equity	1,362,327	(95,000)	1,267,327

The prior year financial statements have been adjusted to reflect the correct debtor and fund balance as at 31 March 2022.

Aware Defeat Depression

Northern Ireland - Charity number 100561

Annual return

Charity registration number NIC100561

Company registration number NI030447 (Northern Ireland)

**AWARE DEFEAT DEPRESSION
ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

AWARE DEFEAT DEPRESSION

LEGAL AND ADMINISTRATIVE INFORMATION

Trustees	Mr Owen Crilly Dr Josephine Deehan Ms Marianne Downing Dr Maria Kee Mr Joseph Mahon Mr Bernard McAnaney Ms Helen McDonnell Dr Patrick McKeon Mr Robert Robinson Ms Alexandra Murdock	(Appointed 9 February 2023) (Appointed 9 February 2023) (Appointed 27 September 2023)
Secretary	Mr Joseph Mahon	
Charity number	NIC100561	
Company number	NI030447	
Registered office	2 Crawford Square Derry/Londonderry BT48 7HR	
Auditor	Harbinson Mulholland Centrepoint 24 Ormeau Avenue Belfast Co. Antrim Northern Ireland BT2 8HS	
Bankers	Bank of Ireland 27 Culmore Road Londonderry BT48 8JB	

AWARE DEFEAT DEPRESSION

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AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT

FOR THE YEAR ENDED 31 MARCH 2023

As we reflect on the past year, it becomes evident why AWARE has been busier than ever. Mental health issues have constantly been in the headlines, whether it's a well-known personality speaking out about their struggles or the alarming lack of resources to meet the ever-growing demand for support services.

In April 2022, the Mental Health Foundation published a report indicating that 70% of our adult population had experienced a mental health problem in the last 12 months. Additionally, a joint report with the London School of Economics and Political Science revealed that diagnosable mental health problems cost the Northern Irish economy £3.4 billion annually, while the Northern Ireland Mental Health Strategy 2021-2031 called for a £1.2 billion investment over 10 years. Unfortunately, the lack of an Executive and the funding deficit in Northern Ireland's public services put the strategy at risk, not just currently, but for the next decade as well.

More than ever, the support and services provided by our volunteers and staff continue to make a positive difference to our communities recovering from the Covid pandemic and now struggling with the cost of living hikes. As detailed in this report, all our departments were exceptionally busy.

The Education and Training team reached over 17,000 participants during the year, and it was encouraging to see the reintroduction of face-to-face service delivery. The growth of our programmes for schools and young people has been remarkable, with over 10,000 young individuals participating in the 'Mood Matters Young People' programme alone. Notably, the 'Back to Life, Back to Normality' project has been instrumental in handling the heavy caseloads of GP mental health cases.

Despite the challenges faced during Covid, our Support Groups managed to stay active, thanks to the dedication of the Support Services team and our volunteer group facilitators. Encouraging young adults to engage with our Support Groups has been a challenge, but we plan to build on the success of the Newtownards Young Adult (18-30yrs) group, redesigning the model based on valuable feedback from focus groups. Recognising the importance of our peer-led support groups, we have initiated a research project in partnership with the University of Ulster to study their benefits.

You'll find us everywhere! AWARE's reach has expanded significantly, thanks to our Communications team. We are the most widely followed mental health charity in Northern Ireland, with a presence on platforms like our website, Facebook, Twitter, YouTube, Instagram, Billboards, and now even TikTok. One of the highlights of the year was the Investors in Mental Health Awards, where we celebrated the contributions of schools, businesses, and fundraisers to promoting good mental health with 200 guests.

The award-winning Fundraising team has been successful in attracting generous corporate sponsors and creating exciting events like Giant Steps along the Causeway Coast. However, the community's capacity for giving has been affected by the cost of living crisis, resulting in lower-than-predicted funds raised. Going forward, AWARE's spending plans will need to consider the challenges faced by fundraisers in the current financial environment.

All of the accomplishments mentioned above come at a cost. In 2022/23, our total income was £1.28 million, while our total expenditure was £1.69 million, resulting in a deficit of approximately £400,000. Although the charity's reserves covered this overspend, it's clear that such levels of deficit cannot be sustained in the future. The incoming year will bring significant financial challenges for staff, senior management, and the Board.

This year, we bid farewell to some long-standing contributors to AWARE. Tom McEaney retired after 26 years of loyal service. Through his legendary networking skills and knowledge of the third sector, he made a lasting contribution to the development of the charity. Brendan Armstrong, a trustee for many years, significantly shaped our programmes with his experience as a Cognitive Behaviour Therapist and teacher. Jarlath McCreanor, who openly shared his own mental health journey, provided invaluable contributions during the Covid pandemic and remains an esteemed member of the AWARE team.

AWARE DEFEAT DEPRESSION

CHAIRMAN'S STATEMENT (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

On a positive note, we welcomed three new trustees, Nicola Foy, Marianne Downey, and Alan Robinson, whose diverse skill sets will enhance the effectiveness of the Board.

Lastly, I want to extend heartfelt thanks and gratitude, on behalf of our staff, sessional workers, and fellow trustees, to the AWARE army of volunteers who tirelessly run support groups and raise funds year in and year out. Without your dedication, there would be no AWARE, so please continue to make a difference.



.....
Mr Bernard McAnaney
Chairman

Date: 28/09/2023
.....

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees present their annual report and financial statements for the year ended 31 March 2023.

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

Objectives and activities

Our Vision, Mission and Values

AWARE has been working since 1996 to support all those in Northern Ireland affected by depression, anxiety and bipolar disorder.

Our **Vision** is for a future where everyone can openly discuss their mental health, access services appropriate to their needs, and develop the skills and knowledge to maintain positive mental health.

Our **Mission** is to:

- Promote emotional health and wellbeing
- Help people build resilience and maintain positive mental health
- Ensure people with depression, anxiety, and bipolar disorder are aware of and can access appropriate support
- Increase public understanding of depression and reduce the stigma surrounding the illness

Our **Values** are that, above all else, we value our service users. We will treat everyone with dignity, respect and compassion. We are transparent in all our work and accountable to our stakeholders.

- **Dignity, respect and empathy** - We will treat each other and our service users with dignity, respect and empathy.
- **Integrity, professionalism and transparency** - We are committed to the highest standards of professionalism, honesty and openness in all aspects of our work.
- **Innovation and Excellence** - We are committed to providing high-quality services and to being innovative for the benefit of people using our services.

User-Led

Those who best understand the challenges faced by people affected by depression, anxiety or bipolar disorder are those who have been affected by it themselves. Therefore, we promote a strong user-led, self-help approach, and the organisation's culture is based on the active involvement of its service users, staff, and volunteers.

Volunteering

We place a high value on the importance of our volunteers who give up their time without financial gain to support others. We actively promote and reward volunteering across the work of the organisation.

Clinical Standards

The clinical excellence of our programmes is paramount to our service delivery. Clinical governance of all our programmes and external messages is rigorous, ongoing and embedded within the organisational culture.

Partnership working

We are committed to working with a wide range of groups, including those based in local communities, those representing a particular community of interest and other sectoral organisations working with people experiencing mental health problems.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Our Behaviours

- We will respect everyone we come into contact with
- We will listen non-judgmentally
- We will be positive, polite and professional in our dealings with people
- We will do what we say we will do
- We will foster a culture that is caring and compassionate.

As stated in the Memorandum of Association, the charity's objectives are to improve the quality of life of people with, or at risk, of depression and their carers in Northern Ireland. This is to be achieved by

- Relieving conditions of depression, bipolar and other mood disorders by the provision of mutual support, fellowship and counselling for persons who are or who have been suffering from such illnesses and their relatives
- Educating the public regarding depressive illnesses by promoting and encouraging public awareness of such illnesses
- Promoting research into the causes, treatment and prevention of depressive illnesses and the dissemination of the valuable results of such research
- Acting as a national organisation for all matters concerning the relief of sufferers of depression and manic depressive illnesses and their families

AWARE was founded by people with personal experience of depression, its negative impact on their lives and the lack of understanding and support available in the community at the time. This user-led ethos remains a key driver of the charity's work.

The charity's work currently includes:

- Mental health peer support groups in most main towns in Northern Ireland
- Online support groups
- Email support services
- A wide range of free resources and literature on various mental health issues
- Free public talks and other events on depression and related issues
- Information outreach events in communities across Northern Ireland
- Living Life to the Full, a unique life skills programme based on CBT concepts
- Mood Matters, an education programme delivered in schools, workplaces and community settings
- Mental Health First Aid training programme
- Mindfit, a programme provided to sporting organisations
- Mindfulness programmes, including Paws b, delivered in primary schools
- My Mind & Me - a newly-developed primary school wellbeing programme based on the 'Take 5 Steps to Wellbeing' principles
- An interactive website offering information and resources

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

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Achievements and performance

Education and Training

AWARE's Education and Training department plays a vital role in raising awareness of common mental health issues and equipping people with tools to look after their emotional wellbeing. We have had a successful year, expanding our programme offerings and reach. As we approached the retirement of our esteemed Head of Education and Training, Pat Lynch, in May, we adapted the leadership structure of our team to adopt a regional approach to delivering services. We warmly welcomed Stephen McCrudden as our new Head of Education & Training (West), working out of our Derry/Londonderry office. Stephen works alongside Marina McCully, who manages the Education and Training team in the East from our Belfast office. We expanded our team further and now comprises seven training officers and five administrative staff members. Additionally, we recruited and trained 18 talented sessional trainers to deliver our programmes.

During 2022/23, we achieved the following:

In schools

- Delivered 75 'Paws b' mindfulness programmes to 1,500 pupils in primary schools.
- Introduced 2 'My Mind and Me' programmes for primary schools.
- Conducted 22 '.breathe' mindfulness programmes for post-primary schools, reaching 550 pupils.
- Delivered 540 'Mood Matters Young People' programmes to over 10,000 young individuals in schools and other suitable settings
- Trained 29 teachers in an 8-week mindfulness programme.
- Provided 'Paws b' training to 5 teachers and classroom assistants, enabling the integration of mindfulness practice into the school culture.
- Organised two teacher focus groups to support teachers with 'Paws b' delivery in schools.

In the community

- Conducted 73 'Living Life to the Full' programmes for over 565 participants in community settings.
- Delivered 90 'Mental Health First Aid' programmes to over 950 participants.
- Delivered two 'Mindfit' programmes.
- Offered 117 mindfulness programmes to over 790 adults.
- Delivered 96 'Mood Matters Adult' programmes for over 800 people in local communities.
- Ran 83 'Mood Matters Parent and Baby' programmes for over 400 parents and expectant parents.
- Delivered 15 educational talks to 340 people.

In workplaces

- Delivered 42 'Mental Health First Aid' programmes to workplaces.
- Conducted 108 'Mood Matters in the Workplace' programmes for more than 1,600 employees.
- Provided 6 'Supporting Employee Wellbeing' programmes to 168 people.

Overall, we reached over 17,000 participants with our Education & Training programmes during 2022/23. While we conducted many community and workplace programmes via Zoom, we gradually resumed face-to-face delivery, a trend we anticipate will continue in the upcoming year.

We took great pride in introducing new mindfulness programmes for adults, parents, and school pupils. The 'Mindful Parenting' programme for parents of 5-12 year-olds received fantastic feedback. We look forward to delivering more of these in the coming year. Additionally, we successfully provided the 4-week '.breathe' programme for 9-14 year-olds in 20 post-primary schools and secured funding to further expand this programme in 2023/24.

The team developed a new 'Feel Good' programme, incorporating mindfulness practices and '5 Ways to Wellbeing' concepts. This is a follow-on for parents, adults, and primary school children. Under the Positive Minds for Premature Parents project, we plan to roll out more of these in 2023/24.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

We also developed 'My Mind & Me', a programme designed for P3-P7 pupils, enhanced with engaging activities to help this age group understand concepts around mental health and emotional wellbeing. Thanks to the generous support of our partner Belfast City Airport, we could pilot this in seven primary schools this year.

We successfully delivered the second year of The Community Foundation Mental Health Support project to provide our 'Back to Life, Back to Normality' programme, which consists of six weeks of Living Life to the Full and six weeks of mindfulness. This project supports five GP Federations across NI that have Mental Health Leads. Referrals are made by GP practices in these federations to help people on the current waiting list for services. We built strong relationships with the GP Federation mental health leads and their respective teams, regularly meeting and sharing findings with them.

In collaboration with the Public Health Agency, we completed the review of Northern Ireland's Mental Health First Aid programme and successfully delivered the revised version. AWARE was also involved in training 37 new Mental Health First Aid trainers, 10 of whom are affiliated with AWARE as staff or sessional trainers. This increased capacity positions us well for future MHFA delivery.

Throughout the year, partnership work remained a prominent feature of our work. We collaborated with organisations such as Tynylife, Diabetes UK, Macmillan Cancer, WRDA (Women's Resource Development Agency), and MAS (Maternal Advocacy Support) to develop and adapt our programmes and cater to their client groups. We continued to advocate for expectant and new parents by participating in steering and implementation groups focused on infant and maternal mental health. We guided health professionals supporting new and expectant parents through the specialist perinatal section of our website. Our perinatal mental health resource is in high demand and distributed in antenatal units and Sure Starts.

The team worked hard this year to develop our workplace mental health training programme portfolio. We developed a new half-day manager's programme, 'Supporting Employee Wellbeing', to educate managers and team leaders on supporting their employees during challenging and stressful times. We piloted the programme, reviewed and adapted it based on feedback. We also rolled out an introductory module for our e-Learning platform, iAmAWARE, to 236 participants. This comprehensive suite of workplace programmes suits the new hybrid way of working, and we hope it will help businesses across Northern Ireland invest in their staff's mental health and wellbeing.

In addition to our fundraising activities, the sales of our programmes, primarily to the business community, contribute significantly to AWARE's income. The Education & Training team plays a vital role in establishing connections with workplaces, cultivating relationships, and delivering training programmes. They work closely with our fundraising team to engage the business community and attract sponsorship, Charity of the Year initiatives, and general fundraising efforts. These endeavours raise awareness of mental health and the importance of mental wellbeing in the workplace. Notably, post-Covid-19, there has been a significant increase in interest and attention to mental health within workplaces, leading to higher programme sales and improved understanding of mental wellbeing.

In the 2022/23 period, AWARE generated £142,860 through programme sales, with the Mental Health First Aid and Mood Matters Workplace programmes contributing significantly to this income. These funds are used to expand and sustain our support groups and outreach services.

Support Services and Community Outreach

AWARE's Support Services department remains committed to providing essential and unique support to individuals affected by depression, anxiety, and bipolar disorder. This year, the team experienced a transition in leadership as Rhonda Murphy took over as the new Head of Department following the retirement of Tom McEaney in September 2022. Rhonda's strong community background has already proven invaluable to the team, and we eagerly anticipate the positive impact she will bring in the years to come.

We are pleased to announce the reopening of two support groups in Cookstown and Enniskillen. These groups offer a safe and supportive space for individuals with mental health challenges to connect with others who share similar experiences, allowing them to discuss their feelings and exchange coping strategies.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

A primary focus this year has been developing our support group model for young adults, building on the success of our flagship 18-30s group in Newtownards. Through a series of focus groups with young support group members and external youth organisations, we have gathered valuable insights to redesign our support group model, ensuring it meets the specific needs of young people. We are excited to continue this work to provide meaningful support to even more young individuals.

Volunteers play a crucial role in our services, and we were thrilled to welcome new volunteer facilitators for our support groups this year. Their dedication and commitment significantly contribute to the success and effectiveness of our services.

In collaboration with UU (Ulster University) and QUB (Queen's University Belfast), we continue to offer placements to postgraduate students in PWP (Psychological Wellbeing Practitioner) and CBT (Cognitive Behavioural Therapy) courses. Additionally, we initiated an academic research project with UU, which examines the benefits of peer group support. We eagerly await the findings and recommendations that will further enhance our services.

To better understand the experiences and perspectives of our support group members, we conducted a Support Group Survey, gathering valuable feedback on the benefits of attending support groups. The feedback was incredibly positive, and this information allows us to implement suggestions and share the findings to continually improve our services.

To ensure effective planning and tailored service delivery, we established Locality Planning Meetings in each Trust Area, fostering connection and collaboration among facilitators. These meetings have facilitated valuable discussions and actionable steps for service planning and implementation.

As active advocates within the Maternal Mental Health Alliance, we have been dedicated to promoting the mental health needs of local women and babies, particularly in our campaigning and lobbying efforts for a Mother and Baby Unit (MBU) in Northern Ireland.

Our Community Outreach team has been incredibly busy throughout the year, engaging with various statutory, community, and public sectors. With a strong presence in all Trust areas, we have successfully promoted our services, raised awareness, reduced stigma, and offered advice and support. In total, we delivered 116 Information Outreach events, reaching approximately 78,000 participants and significantly impacting our community.

The Support Services department's unwavering dedication and hard work have allowed us to continue providing crucial support, raising awareness, and fostering a supportive environment for those affected by mental health challenges. We remain committed to promoting wellbeing and improving the lives of individuals in Northern Ireland.

- We have 25 support groups, including two online and one young adult group (18 -30 years)
- We held 1,243 support group meetings during this year
- We recorded 6,555 attendances at the support groups
- We responded to 2,008 support emails
- We answered 1,299 Support calls this year
- We delivered 116 Information Outreach events, some via Zoom or through the provision of literature, with an approximate reach of 78,000 participants.
- We held five public talks throughout the year in Derry, Belfast, Coleraine, Strabane and Newry in partnership with The Royal College of Psychiatry. These events had different topics such as Young People and Mental Health, Addictions and Mental Health and Menopause and Mental Health, and we were supported by partner agencies such as PIPS, ARC Recovery and Causeway Coast GP Federation. These public talks were well-attended, with highly encouraging feedback.
- We developed two AWARE-affiliated groups in Larne and Kesh, which continue to provide vital support within local communities.
- We held our annual Volunteer Celebration Event in the Ulster Museum in Belfast, which was a wonderful opportunity in a beautiful setting to acknowledge the enormous contribution our highly-committed volunteers make to delivering our services.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Communications

Throughout the year, the Communications Team has played a vital role in promoting AWARE's services and raising awareness of mental health issues within the community. Consequently, AWARE has seen noticeable growth in our public profile and increased brand recognition. This progress is evident in the charity's rising website traffic, social media engagement, and press coverage. These achievements further reinforce AWARE's position as an industry leader and the most widely-followed mental health charity in Northern Ireland.

The dedication and hard work of the Communications Team have been pivotal in supporting AWARE NI's mission to advocate for mental health and provide essential services to those in need.

We have undertaken various successful campaigns throughout the year to generate awareness. During Mental Health Awareness Week 2022, we launched a digital video series entitled 'My Journey with Depression.' This impactful campaign featured young AWARE support group attendees and volunteers who bravely shared their personal experiences with mental ill-health and their paths to recovery. The campaign received significant engagement and positive feedback, inspiring more young people to reach out and seek help through our support groups.

Additionally, during Volunteers Week, the team ran a campaign highlighting the stories of volunteers from various departments within AWARE. These heartfelt narratives shed light on why these individuals choose to dedicate their time and energy to volunteer with AWARE, showcasing the immense impact of their contributions.

AWARE's Communications Team also collaborated with Dad's Voice, AWARE's affiliate support group in Ballymena, for a men's mental health campaign. The campaign focused on stories of fatherhood and mental health, providing a platform for fathers to share their experiences and challenges. By sharing these stories, we aimed to destigmatise men's mental health issues and encourage open conversations within the community.

During Children's Mental Health Week, we launched a campaign highlighting the impressive evaluation report for AWARE's Paws b primary school mindfulness programme. Additionally, we shared valuable content for parents and teachers, offering guidance on initiating conversations about mental health with children. These efforts aimed to create a supportive environment for young minds to understand and address their mental wellbeing.

The team worked with Holy Cross College to create a promotional video for AWARE's Mood Matters for Young People programme. This video featured staff and pupils, effectively conveying the programme's benefits and the importance of supporting young people in developing awareness of their mental health and emotional wellbeing.

In addition to these campaigns, the team successfully executed a rebranding initiative for AWARE's Mood Matters logo and visuals, creating a fresh and engaging look that aligns with the charity's current branding.

Furthermore, we established a TikTok channel, which has proven highly successful in attracting followers and delivering engaging video content. This strategic move has enabled AWARE to reach a broader audience, particularly among younger demographics. It has provided a platform to share valuable mental health information and resources in an accessible and entertaining format.

In October 2022, AWARE held its second Investors in Mental Health Awards at the Europa Hotel in Belfast. The event celebrated the contributions and support of businesses, schools, and community fundraisers, emphasising the significance of investing in mental health. The Communications Team eagerly anticipates the next Investors in Mental Health event in 2024, further enhancing meaningful collaborations and raising vital awareness.

Overall, during 2022-23

- Our website had 274,086 page views and 75,369 users
- Our network of Facebook followers has reached 26,668
- We now have 9,537 followers on Twitter
- Our Instagram community reached 6,181 followers
- Our YouTube channel was viewed 10,670 times
- AWARE appeared in 529 online & press articles
- We were featured in 18 radio & TV interviews
- Our LinkedIn following has reached 2,404, with 885 newsletter subscribers
- AWARE is now on TikTok! Our channel is steadily growing in followers and views.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Income Generation

Following the impact of the COVID-19 pandemic, AWARE experienced a surge in community engagement and financial support, leading to a highly successful fundraising year in 2021/22. However, the ongoing cost of living crisis has significantly affected organisational fundraising in 2022/23, resulting in lower-than-expected income. This decrease in fundraising income poses challenges for the charity's service delivery in 2023/24.

During 2022/23, fundraising generated £537,550 from the general public, AWARE fundraising events and our corporate partners. Although this is still a substantial amount raised, highlighting the generosity of the public and support for mental health, it represents a 20% decrease in fundraising income from 2021/22. The impact of the challenges faced over the past three years and how this affects charitable giving is evident.

Despite these financial challenges, AWARE remains deeply grateful for the overwhelming support from the general public, corporate partners, and volunteers. We have consistently adopted an innovative and creative approach, always prioritising the wellbeing of our beneficiaries and ensuring that we demonstrate the impact of the support from our donors.

AWARE's events continue to be a popular and engaging part of our fundraising strategy. Throughout the year, we organised ten events that saw the participation of 659 individuals. These events included exciting activities such as abseiling off Belfast Castle, sea splashing in Benone Strand and Ballyholme Beach, the Fermanagh Colour Run, a Sunset Climb in Cavehill, racing up the Lagan in Viking Boats, trekking to Cambodia, and walking 13 miles along the picturesque Causeway Coast in our inaugural Giant Steps event. Collectively, these events raised over £62,000. Although this figure represents a decrease in event income compared to the previous year, despite hosting more events with larger participant numbers, the cost of living crisis has impacted event sponsorship as individuals have less disposable income. Nonetheless, bringing people together, fostering connections, having fun, and raising vital funds for our services was heartening.

We are proud to have established several new partnerships this year, including MacBlair, Trouw Nutrition, Glanbia Cheese, Rutledge Group, AC Hotel, Davidson McDonnell, OneSource Virtual, and FinTrU. Danske Bank has also extended their partnership for a final year throughout 2023. Maxol, a dedicated and passionate supporter of AWARE, donated £17,000 to our cause through their 2022 Christmas Coffee Cup campaign. We continue to enjoy mutually beneficial corporate partnerships and extend our deepest gratitude to all of our partners for their unwavering dedication and commitment to promoting positive mental health in their workplaces and the wider community. Their support, engagement in workplace fundraising, and participation in AWARE events have generated substantial amounts of income.

Our income from Trusts and Foundations was also significantly reduced in 2022/23 totalling just £161,777. This includes income from

- Ground Works UK
- AE Harvey Charitable Trust
- Inner City Trust
- Victoria Homes Trust
- The Community Foundation for Northern Ireland

Our Community Fundraisers continue to astound us with their remarkable creativity, determination, and unwavering passion. Throughout the year 2022/23, our dedicated supporters went above and beyond, raising vital funds through a wide range of personal challenges and events. These included ladies' nights, vibrant colour runs, arduous marathons, thrilling treks in the Mourne, golf days, heartfelt wedding favours, and even all-night sleep-outs. We are profoundly grateful for the ongoing support we receive from schools, universities, churches, various community organisations, and sports clubs across Northern Ireland. Their fundraising efforts and generous donations contribute significantly to our cause. Additionally, we extend our gratitude to those who faithfully support us through monthly donations, those who donate in memory of a loved one, and those who graciously include AWARE in their Will, thus helping safeguard future generations' mental health.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

In February 2023, we were delighted to launch a partnership with the Belfast Northstars, a team competing in the Baseball Ireland adult league. We eagerly anticipate this collaboration's growth, which will raise awareness of mental health and contribute to fundraising efforts.

During 2022/23, we embarked on our first-ever Direct Mail campaign, focusing on developing AWARE's support groups for young adults and seeking small donations. Unfortunately, the campaign fell right amid the cost of living crisis. The campaign raised just under £1,200, which was lower than anticipated. Nonetheless, it provided a valuable opportunity to engage with our previous donors, supporters, and beneficiaries while highlighting the pressing need and future plans for expanding AWARE's services.

Lastly, we cannot express enough gratitude to our invaluable partners, supporters, event participants, and donors. Their passion, commitment, and dedication are a constant source of inspiration and humility. Without their continued support, we could not fulfil our mission. Now more than ever, we rely on their unwavering support as we strive to make a difference in the realm of mental health. The financial landscape may present challenges, but AWARE remains resolute in its mission to support individuals affected by mental health challenges. With the continued support and generosity of the community, we are determined to overcome these obstacles and continue making a positive impact on mental wellbeing in Northern Ireland.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Financial review

Total Income – £1,281,460

Comprising - Donations & Gifts – £537,550, Grant Funding – £442,122, Trusts & Foundations – £161,777, Workshops & Courses – £139,757, Investments - £254

Total Expenditure – £1,693,104

Comprising - Charitable Activities – £1,322,814, Raising Funds – £370,290

The spend on charitable activities was 78.13% of the total spend

Reserves

At 31st March 2023 AWARE holds total reserves of £855,683. During 2022/23, due to the lower income generated, we made use of reserves to the value of £411,644. This was spent on the development of the following key areas as planned:

- £12,000 for the further development of our eLearning platform.
- £32,000 for additional programme delivery staffing costs and £37,000 on additional administration support
- £48,110 for the delivery of community-based mental health awareness programmes, which include our Mood Matters and Living Life to the Full Programmes for schools, communities and workplaces.
- £15,500 to continue three support groups which had no statutory funding stream.
- £15,585 for the development of the Salesforce CRM system
- £4,238 for communications activity to support promotion and access to services, campaigning, and positive mental health messaging

Given the reduced fundraising income there was an updated plan for the use of reserves. We utilised and additional £247,211 of our reserves to subsidise core services as fundraising and sales income was lower than projected.

The Trustees were made aware of this position throughout the year in monthly management accounts and noted that this was an appropriate use of reserves within the context. However, they noted that a balanced budget was required for 2023/24, and continued use of reserves at this level would place the organisation in a precarious financial position.

The Trustees consider it prudent to hold monies in reserve if unforeseen circumstances lead to financial difficulties that might jeopardise the future of its employment capacity, users' wellbeing and general charitable work.

The Trustees have examined the charity's requirements for reserves in light of the main risks to the organisation and established a formal policy which stipulates that free reserves be maintained at a level which ensures that the charity's core activity could continue during a period of unforeseen difficulty. The Trustees define free reserves as unrestricted income funds freely available for use as the charity determines and excludes any funds committed, invested in tangible fixed assets held by the charity and restricted or designated funds.

Based on 2023/24 budgeted expenditure (excluding depreciation) and the Board update to our reserves policy, the target level of reserves is £557,674 to £836,511.

Within our current reserves, the charity holds total reserves to the value of £855,683 which includes £102,271 of redundancy contingency and £20,900 restricted reserves leaving free reserves of £732,512.

The total income for the year was £1,281,460 of which £442,122 was generated from contracts and grants, £139,757 from the sales of workshops and courses and £699,327 from donations, trusts and foundations, legacies and fundraising activities and £254 from investments. Total expenditure was £1,693,104 of which £1,322,814 was expended on direct charitable activities and £370,290 on raising funds.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

Plans for future periods

As we enter the final year of our '2019-2024 Strategic Plan,' which outlines key themes and an ambitious programme to enhance our services, we have identified several priorities for this year:

- Securing funding to ensure the sustainability of our community-based mental health awareness services.
- Expanding our offerings to workplaces, reaching more individuals in professional settings.
- Extending our e-Learning platform to provide accessible mental health resources.
- Piloting our young adult support group model, tailoring our services to better serve this demographic.
- Introducing new programmes targeting primary schools and 11-14-year-olds, promoting early intervention and prevention.
- Raising awareness of mental health in NI through our Investors in Mental Health conference and campaign.
- Evaluating our services and identifying areas for improvement.

Our team plays a crucial role in the success of our organisation. We have fully staffed our team and will focus on their development and wellbeing, investing in their growth and satisfaction.

Continuing to invest in our infrastructure, we have achieved milestones such as deploying an enhanced VOIP phone network and updating our server environment during 2022/23.

We are dedicated to developing and implementing a new CRM system, which will enhance our programme management, promotion, and overall awareness-raising efforts.

Engaging with our stakeholders to shape the strategic plan for 2024-2029 will be a key priority for us this year, ensuring we align with their needs and expectations.

Cost of Living Crisis

Mindful of the cost of living crisis and its impact on household finances, AWARE took a conservative approach to estimate our fundraising income for 2022/23. However, even with these cautious projections, our income fell short of expectations. As we enter 2023/24, we have made even more conservative projections and will focus on delivering services only where income has already been secured. To mitigate these challenges, we are actively diversifying our income sources, particularly through Trusts & Foundations, and continue to value and rely on the support of our corporate partners.

Structure, governance and management

Aware Defeat Depression (trading as AWARE) is a company limited by guarantee and accepted as charitable by HMRC under reference XR 11534. The company was incorporated on 7th February 1996. The company was established under a Memorandum of Association which established the objects and powers of the company and is governed by its Articles of Association. The liability of members is limited in that every member of the company undertakes to contribute an amount not exceeding £1 in the event of the company being wound up.

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

Mr Owen Crilly	
Dr Josephine Deehan	
Ms Marianne Downing	(Appointed 9 February 2023)
Dr Maria Kee	
Mr Joseph Mahon	
Mr Bernard McAnaney	
Ms Helen McDonnell	
Dr Patrick McKeon	
Ms Nicola Naughton	(Appointed 9 February 2023 and resigned 17 October 2023)
Mr Malachai O'Hara	(Resigned 27 September 2023)
Mr Robert Robinson	(Appointed 9 February 2023)
Mr Jarleth McCreanor	(Resigned 21 February 2023)
Ms Linda Megahey	(Resigned 13 August 2022)
Ms Alexandra Murdock	(Appointed 27 September 2023)

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

The Trustees meet every 2 months as a full Board. We have sub committees for Clinical Governance and Finance. These sub committees meet quarterly. The terms of reference and chair of these groups are reviewed periodically.

Recruitment and Appointment of the Trustees

The charity Trustees are also Directors of the company. A Trustee is initially elected for a term of three years in accordance with the Memorandum and Articles of Association. Trustees may be re-elected if they are so willing and accepted by the Board, serving up to a maximum of 9 years.

Corporate and Clinical Governance

The Board ensures the organisation complies with the relevant legislation and good practice. The Board supports a clinical governance and finance support group to support this. The Board also engages service users directly through our Advisory Council and Locality Planning structures. This council meets quarterly to reflect on the organisation's activities and provide input to the Board on the effectiveness and potential improvement of these services. Similarly, the Locality Planning groups meet regularly to review activities in local areas and with the staff team to suggest and explore development opportunities. The Board has a schedule for the regular review of all programmes of work, policies and procedures, including an ethical policy regarding our fundraising initiatives and partnerships. We have a schedule of all organisational policies reviewed on a 3-yearly cycle.

Organisational Structure

The Board of Trustees is responsible for the administration of the charity and meets on a bi-monthly basis. The Board has appointed a Chief Executive to manage the charity's day-to-day operations. Within the terms of delegated approval, the Chief Executive has delegated authority for operational matters, including employment, project delivery and budgetary management.

Directors' Induction and Training

All new Directors are given an induction by the Chairperson and Chief Executive and provided with an induction pack which includes the following documents:

- Strategic Plan
- Descriptions of the role of Directors and/or Office Bearers
- Profile of the charity
- Charity literature
- Staff profiles and biographies

In addition, Directors are offered additional training in, for example, committee skills, finance management, child protection, data protection, strategic planning and other relevant areas. During 2023/24 we plan to deliver specific training for the Board on Keeping Children & Adults Safe, Understanding Charity Finances and Understanding our Governing document.

Risk Management

In accordance with good practice, the charity has developed a Risk Management Policy and procedure and regularly completes risk assessments in relevant areas. A Corporate Risk Register has been drawn to prioritise the risks requiring action. The Risk Register is reviewed and updated bi-annually by the Board and quarterly within the Senior management team or as soon as a potential threat is identified. Analysis for each risk is detailed in the Risk Register, with the controls currently in place to mitigate the risk and the further actions required to minimise the risk. We have a streamlined Risk Action Plan, which the SMT reviews monthly to ensure action on priority tasks. This year we have specifically updated the policy and training on Lone Working.

AWARE DEFEAT DEPRESSION

TTRUSTEES' REPORT (INCLUDING DIRECTORS' REPORT) (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2023

Statement of Ttrustees' responsibilities

The Trustees, who are also the directors of Aware Defeat Depression for the purpose of company law, are responsible for preparing the Ttrustees' Report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

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

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

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Charity will continue in operation.

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


Auditor

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

Disclosure of information to the auditor

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

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



Mr Bernard McAnaney
Trustee

Date: 28/9/23

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT

TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Opinion

We have audited the financial statements of Aware Defeat Depression (the 'Charity') for the year ended 31 March 2023 which comprise the statement of financial activities, the statement of financial position, the statement of cash flows and notes to the financial statements, including significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

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

Basis for opinion

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

Conclusions relating to going concern

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

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

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

Other information

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

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters in relation to which the Charities (Accounts and Reports) Regulations 2008 require us to report to you if, in our opinion:

- the information given in the financial statements is inconsistent in any material respect with the Trustees' report; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records; or
- we have not received all the information and explanations we require for our audit.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Responsibilities of Trustees

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

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2008 and report in accordance with the Act and relevant regulations made or having effect thereunder.

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

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Our approach to identifying and assessing the risks of material misstatement in respect of irregularities, including fraud and non-compliance with laws and regulations, was as follows:

- the engagement partner ensured that the engagement team collectively had the appropriate competence, capabilities and skills to identify or recognise non-compliance with applicable laws and regulations;
- we identified the laws and regulations applicable to the company through discussions with directors and/or senior management, and from our commercial knowledge and experience of the sector;

We focused on specific laws and regulations which we considered may have a direct material effect on the financial statements or the operations of the company, including Companies Act 2006, taxation legislation, data protection, anti-bribery, employment, environmental and health and safety legislation

- we assessed the extent of compliance with the laws and regulations identified above through making enquiries of management and inspecting legal correspondence; and
- identified laws and regulations were communicated within the audit team regularly and the team remained alert to instances of non-compliance throughout the audit.

We assessed the susceptibility of the company's financial statements to material misstatement, including obtaining an understanding of how fraud might occur, by:

- making enquiries of management as to where they considered there was susceptibility to fraud, their knowledge of actual, suspected and alleged fraud; and
- considering the internal controls in place to mitigate risks of fraud and non-compliance with laws and regulations;

To address the risk of fraud through management bias and override of controls, we:

- performed analytical procedures to identify any unusual or unexpected relationships;
- tested journal entries to identify unusual transactions;
- assessed whether judgements and assumptions made in determining the accounting estimates set out in Note 2 were indicative of potential bias; and
- investigated the rationale behind significant or unusual transactions;

In response to the risk of irregularities and non-compliance with laws and regulations, we designed procedures which included, but were not limited to:

- agreeing financial statement disclosures to underlying supporting documentation;
- reading the minutes of meetings of those charged with governance;
- enquiring of management as to actual and potential litigation and claims; and
- reviewing correspondence with HMRC and the company's legal advisors;

Use of our report

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

AWARE DEFEAT DEPRESSION

INDEPENDENT AUDITOR'S REPORT (CONTINUED) TO THE TRUSTEES OF AWARE DEFEAT DEPRESSION

Angela Craigan

**Angela Craigan (Senior Statutory Auditor)
for and on behalf of Harbinson Mulholland**

**Chartered Accountants
Statutory Auditor**

28/09/2023

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Centrepoint
24 Ormeau Avenue
Belfast
Co. Antrim
Northern Ireland
BT2 8HS

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	Unrestricted funds 2023 £	Designated funds 2023 £	Restricted funds 2023 £	Total 2023 £	Total As restated 2022 £
Income from:						
Donations and legacies	3	537,550	-	190,571	728,121	830,644
Charitable activities	4	139,757	-	413,328	553,085	544,984
Investments	5	254	-	-	254	76
Total income		<u>677,561</u>	<u>-</u>	<u>603,899</u>	<u>1,281,460</u>	<u>1,375,704</u>
Expenditure on:						
Raising funds	6	370,290	-	-	370,290	331,799
Charitable activities	7	536,463	171,952	614,399	1,322,814	1,052,221
Total expenditure		<u>906,753</u>	<u>171,952</u>	<u>614,399</u>	<u>1,693,104</u>	<u>1,384,020</u>
Net outgoing resources before transfers		(229,192)	(171,952)	(10,500)	(411,644)	(8,316)
Gross transfers between funds		131,887	(131,887)	-	-	-
Net expenditure for the year/ Net movement in funds		<u>(97,305)</u>	<u>(303,839)</u>	<u>(10,500)</u>	<u>(411,644)</u>	<u>(8,316)</u>
Fund balances at 1 April 2022 as restated		<u>829,817</u>	<u>406,110</u>	<u>31,400</u>	<u>1,267,327</u>	<u>1,275,643</u>
Fund balances at 31 March 2023		<u><u>732,512</u></u>	<u><u>102,271</u></u>	<u><u>20,900</u></u>	<u><u>855,683</u></u>	<u><u>1,267,327</u></u>

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

All income and expenditure derive from continuing activities.

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

AWARE DEFEAT DEPRESSION

STATEMENT OF FINANCIAL POSITION

AS AT 31 MARCH 2023

	Notes	2023		2022 as restated	
		£	£	£	£
Fixed assets					
Tangible assets	12		33,326		30,252
Current assets					
Debtors	13	93,442		60,032	
Cash at bank and in hand		786,019		1,244,520	
			879,461		1,304,552
Creditors: amounts falling due within one year					
	14	(57,104)		(67,477)	
Net current assets			822,357		1,237,075
Total assets less current liabilities			855,683		1,267,327
Income funds					
Restricted funds	16		20,900		31,400
<u>Unrestricted funds</u>					
Designated funds	17	102,271		406,110	
General unrestricted funds		732,512		829,817	
			732,512		829,817
			855,683		1,267,327


The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2023, although an audit has been carried out under section 65 of the Charities Act (NI) 2008 .

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements under the requirements of the Companies Act 2006, for the year in question in accordance with section 476.

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

The financial statements were approved by the Trustees on 28/09/2023


 Mr Joseph Mahon
 Trustee


 Mr Bernard McAnaney
 Trustee

Company registration number NI030447

AWARE DEFEAT DEPRESSION

STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED 31 MARCH 2023

	Notes	2023 £	£	2022 £	£
Cash flows from operating activities					
Cash absorbed by operations	20		(442,390)		(98,270)
Investing activities					
Purchase of tangible fixed assets		(16,366)		(18,571)	
Investment income received		255		76	
Net cash used in investing activities			(16,111)		(18,495)
Net cash used in financing activities			-		-
Net decrease in cash and cash equivalents			(458,501)		(116,765)
Cash and cash equivalents at beginning of year			1,244,520		1,361,285
Cash and cash equivalents at end of year			<u>786,019</u>		<u>1,244,520</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

Charity information

Aware Defeat Depression is a private company limited by guarantee incorporated in Northern Ireland. The registered office is 2 Crawford Square, Derry/Londonderry, BT48 7HR.

1.1 Accounting convention

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

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

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

1.2 Going concern

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

1.3 Charitable funds

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

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

Endowment funds are subject to specific conditions by donors that the capital must be maintained by the Charity.

1.4 Income

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

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

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

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

1.5 Expenditure

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

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

1.6 Tangible fixed assets

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

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

Fixtures and fittings	20% straight line
Computers	20% straight line
Motor vehicles	33.33% straight line
Office equipment	20% straight line

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

1.7 Impairment of fixed assets

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

1.8 Cash and cash equivalents

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

1.9 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.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies

(Continued)

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.

2 Critical accounting estimates and judgements

In the application of the Charity's accounting policies, the Trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

3 Donations and legacies

	Unrestricted funds	Restricted funds	Total	Unrestricted funds	Restricted funds	Total
	2023	2023	2023	2022	2022	2022
	£	£	£	£	£	£
Donations and gifts	537,550	-	537,550	666,587	-	666,587
Grants for core activities	-	28,794	28,794	-	28,794	28,794
Trusts and Foundations	-	161,777	161,777	-	135,263	135,263
	<u>537,550</u>	<u>190,571</u>	<u>728,121</u>	<u>666,587</u>	<u>164,057</u>	<u>830,644</u>
Donations and gifts						
Donations	37,365	-	37,365	25,126	-	25,126
Events	321,293	-	321,293	382,789	-	382,789
Corporate	178,694	-	178,694	220,567	-	220,567
Schools	198	-	198	2,937	-	2,937
Legacies	-	-	-	33,568	-	33,568
Other	-	-	-	1,600	-	1,600
	<u>537,550</u>	<u>-</u>	<u>537,550</u>	<u>666,587</u>	<u>-</u>	<u>666,587</u>
Grants for core activities						
DHSSPS	-	28,794	28,794	-	28,794	28,794
	<u>-</u>	<u>28,794</u>	<u>28,794</u>	<u>-</u>	<u>28,794</u>	<u>28,794</u>
Trusts and Foundations						
Community Foundation	-	47,433	47,433	-	35,575	35,575
Inner City Trust	-	5,000	5,000	-	4,000	4,000
Belfast City Council	-	640	640	-	688	688
AE Harvey Charitable Trust	-	3,000	3,000	-	-	-
Victoria Homes	-	2,500	2,500	-	-	-
Groundwork UK	-	5,000	5,000	-	-	-
Other	-	98,204	98,204	-	95,000	95,000
	<u>-</u>	<u>161,777</u>	<u>161,777</u>	<u>-</u>	<u>135,263</u>	<u>135,263</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

4 Charitable activities

	Education and training 2023 £	Support services 2023 £	Total 2023 £	Education and training 2022 £	Support services 2022 £	Total 2022 £
Workshops and courses	139,757	-	139,757	131,526	-	131,526
Performance related grants	309,526	103,802	413,328	306,608	106,850	413,458
	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>	<u>438,134</u>	<u>106,850</u>	<u>544,984</u>
Analysis by fund						
Unrestricted funds	139,757	-	139,757	131,526	-	131,526
Restricted funds	309,526	103,802	413,328	306,608	106,850	413,458
	<u>449,283</u>	<u>103,802</u>	<u>553,085</u>	<u>438,134</u>	<u>106,850</u>	<u>544,984</u>
Performance related grants						
Public Health Agency	206,569	-	206,569	176,900	-	176,900
Big Lottery	29,470	-	29,470	29,120	-	29,120
Perinatal Mental Health	4,130	-	4,130	4,048	-	4,048
Western Health and Social Care Trust	18,522	33,706	52,228	17,943	32,515	50,458
Belfast Health and Social Care Trust	19,514	23,379	42,893	19,018	23,980	42,998
Southern Health and Social Care Trust	2,016	25,187	27,203	6,090	20,880	26,970
South Eastern Health and Social Care Trust	12,655	21,530	34,185	9,939	25,475	35,414
Clear - Small Grants	-	-	-	10,000	-	10,000
Clear Project	10,600	-	10,600	11,200	-	11,200
Other	6,050	-	6,050	22,350	4,000	26,350
	<u>309,526</u>	<u>103,802</u>	<u>413,328</u>	<u>306,608</u>	<u>106,850</u>	<u>413,458</u>

5 Investments

	Unrestricted funds 2023 £	Unrestricted funds 2022 £
Interest receivable	<u>254</u>	<u>76</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

6 Raising funds

	Unrestricted funds	Unrestricted funds
	2023	2022
	£	£
<u>Fundraising and publicity</u>		
Staging fundraising events and seeking donations, grants and legacies	73,201	74,222
Fundraising central premises costs	14,458	14,942
Fundraising central office costs	17,849	9,526
Other fundraising staff costs	6,313	5,826
Advertising	5,103	2,561
Staff costs	231,535	207,483
Depreciation and impairment	3,987	3,515
Support costs	17,844	13,724
	<u>370,290</u>	<u>331,799</u>
Fundraising and publicity	<u>370,290</u>	<u>331,799</u>

Costs allocated to raising funds represents salaries and wages to staff involved in staging fundraising events and seeking donations, grants and legacies and other associated costs.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

	Education and training 2023 £	Support services 2023 £	Communication and campaign 2023 £	Service development 2023 £	Total 2023 £	Total 2022 £
Staff costs	270,957	176,491	77,088	190,923	715,459	527,529
Depreciation and impairment	9,304	-	-	-	9,304	6,957
Other staff costs	436	127	465	8,662	9,690	9,440
Sessional workers	31,420	-	-	15,806	47,226	27,987
External trainers fees	47,142	-	-	123,384	170,526	164,642
Training resources	2,423	-	-	10,641	13,064	15,120
Room hire	160	19,854	114	2,226	22,354	13,107
Hospitality	3,952	2,939	6,076	224	13,191	1,225
Evaluation and quality assurance	-	3,000	-	1,000	4,000	7,000
Volunteers' travel and expenses	72	13,436	31	51	13,590	10,267
Marketing and publicity	5,084	10,060	9,645	3,165	27,954	20,691
External consultants fees	22,775	8,567	8,519	6,614	46,475	32,893
Staff travel	3,253	9,378	358	256	13,245	6,599
Printing costs	3,944	4,642	5,394	2,500	16,480	14,375
Central premises costs	11,245	11,780	4,819	8,032	35,876	37,231
Central office costs	8,725	14,152	5,119	6,232	34,228	28,370
Sundry expenses	9,670	5,389	5,873	3,004	23,936	33,832
	<u>430,562</u>	<u>279,815</u>	<u>123,501</u>	<u>382,720</u>	<u>1,216,598</u>	<u>957,265</u>
Share of support costs (see note 8)	23,792	47,583	5,948	23,793	101,116	77,772
Share of governance costs (see note 8)	1,200	2,400	300	1,200	5,100	17,184
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>	<u>1,052,221</u>
Analysis by fund						
Unrestricted funds	172,370	128,332	-	235,761	536,463	317,281
Endowment funds - designated	-	-	-	171,952	171,952	156,120
Restricted funds	<u>283,184</u>	<u>201,466</u>	<u>129,749</u>	<u>-</u>	<u>614,399</u>	<u>578,820</u>
	<u>455,554</u>	<u>329,798</u>	<u>129,749</u>	<u>407,713</u>	<u>1,322,814</u>	<u>1,052,221</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

7 Charitable activities

(Continued)

For the year ended 31 March 2022

	Education and training £	Support services £	Communication and campaign £	Service development £	Total 2022 £
Staff costs	199,355	133,767	58,110	136,297	527,529
Depreciation and impairment	6,957	-	-	-	6,957
Other staff costs	498	1,249	95	7,598	9,440
Sessional workers	19,268	-	-	8,719	27,987
External trainers fees	53,708	-	-	110,934	164,642
Training resources	-	-	-	15,120	15,120
Room hire	133	12,808	33	133	13,107
Hospitality	130	933	32	130	1,225
Evaluation and quality assurance	-	-	-	7,000	7,000
Volunteers' travel and expenses	76	10,146	9	36	10,267
Marketing and publicity	1,493	3,698	14,729	771	20,691
External consultants fees	13,530	7,394	8,400	3,569	32,893
Staff travel	858	5,138	363	240	6,599
Printing costs	2,144	6,046	3,262	2,923	14,375
Central premises costs	11,622	12,271	5,037	8,301	37,231
Central office costs	7,098	13,102	3,111	5,059	28,370
Sundry expenses	9,412	3,395	18,705	2,320	33,832
	<u>326,282</u>	<u>209,947</u>	<u>111,886</u>	<u>309,150</u>	<u>957,265</u>
Share of support costs (see note 8)	18,300	36,600	4,572	18,300	77,772
Share of governance costs (see note 8)	4,043	8,087	1,011	4,043	17,184
	<u>348,625</u>	<u>254,634</u>	<u>117,469</u>	<u>331,493</u>	<u>1,052,221</u>
Analysis by fund					
Unrestricted funds	94,545	-	-	222,736	317,281
Endowment funds - designated	47,363	-	-	108,757	156,120
Restricted funds	206,717	254,634	117,469	-	578,820
	<u>348,625</u>	<u>254,634</u>	<u>117,469</u>	<u>331,493</u>	<u>1,052,221</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

8 Support costs

	Support costs	Governance costs	2023	Support costs	Governance costs	2022
	£	£	£	£	£	£
Staff costs	82,284	-	82,284	76,515	-	76,515
Other staff costs	1,281	-	1,281	2,446	-	2,446
Central premises costs	3,213	-	3,213	3,320	-	3,320
Central office costs	3,493	-	3,493	2,117	-	2,117
Marketing and publicity	1,134	-	1,134	308	-	308
IT Support	960	-	960	488	-	488
Volunteers' travel and expenses	341	-	341	182	-	182
External consultants fees	1,667	-	1,667	1,427	-	1,427
Room hire	46	-	46	-	-	-
Hospitality	89	-	89	650	-	650
Other general support costs	24,452	-	24,452	4,043	-	4,043
Audit fees	-	6,000	6,000	-	5,700	5,700
Legal and professional	-	1,680	1,680	-	14,516	14,516
	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>	<u>91,496</u>	<u>20,216</u>	<u>111,712</u>
Analysed between						
Fundraising	17,844	2,580	20,424	13,724	3,032	16,756
Charitable activities	101,116	5,100	106,216	77,772	17,184	94,956
	<u>118,960</u>	<u>7,680</u>	<u>126,640</u>	<u>91,496</u>	<u>20,216</u>	<u>111,712</u>

9 Trustees

None of the Trustees (or any persons connected with them) received any remuneration or benefits from the Charity during the year (2022: One was reimbursed £4,237).

10 Employees

The average monthly number of employees during the year was:

2023	2022
Number	Number
<u>32</u>	<u>28</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

10 Employees (Continued)

Employment costs	2023 £	2022 £
Wages and salaries	907,788	728,250
Social security costs	85,512	66,848
Other pension costs	35,978	16,429
	<u>1,029,278</u>	<u>811,527</u>

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

11 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.

12 Tangible fixed assets

	Fixtures and fittings £	Computers £	Motor vehicles £	Office equipment £	Total £
Cost					
At 1 April 2022	53,864	145,135	1,600	18,472	219,071
Additions	3,742	12,624	-	-	16,366
At 31 March 2023	<u>57,606</u>	<u>157,759</u>	<u>1,600</u>	<u>18,472</u>	<u>235,437</u>
Depreciation and impairment					
At 1 April 2022	50,978	118,836	533	18,472	188,819
Depreciation charged in the year	1,641	11,118	533	-	13,292
At 31 March 2023	<u>52,619</u>	<u>129,954</u>	<u>1,066</u>	<u>18,472</u>	<u>202,111</u>
Carrying amount					
At 31 March 2023	<u>4,987</u>	<u>27,805</u>	<u>534</u>	<u>-</u>	<u>33,326</u>
At 31 March 2022	<u>2,886</u>	<u>26,299</u>	<u>1,067</u>	<u>-</u>	<u>30,252</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

13 Debtors

	2023	2022
		As restated
Amounts falling due within one year:	£	£
Other debtors	85,661	52,925
Prepayments and accrued income	7,781	7,107
	<u>93,442</u>	<u>60,032</u>

14 Creditors: amounts falling due within one year

	2023	2022
	£	£
Other taxation and social security	22,205	21,561
Trade creditors	18,899	40,211
Accruals and deferred income	16,000	5,705
	<u>57,104</u>	<u>67,477</u>

15 Retirement benefit schemes

Defined contribution schemes

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

The charge to profit or loss in respect of defined contribution schemes was £35,978 (2022 - £16,429).

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 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:

	As restated	Movement in funds		Balance at 31 March 2023 £
	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	
Public Health Agency	-	206,569	(193,219)	13,350
Big Lottery	-	29,470	(21,920)	7,550
Western Health and Social Care Trust	21,000	52,228	(73,228)	-
Belfast Health and Social Care Trust	-	42,893	(42,893)	-
Southern Health and Social Care Trust	-	27,203	(27,203)	-
South Eastern Health and Social Care Trust	-	34,185	(34,185)	-
DHSS&PS - Core	-	28,794	(28,794)	-
Clear Project	-	10,600	(10,600)	-
Perinatal Mental Health	-	4,130	(4,130)	-
Trusts and Foundations	10,400	161,777	(172,177)	-
Other	-	6,050	(6,050)	-
	<u>31,400</u>	<u>603,899</u>	<u>(614,399)</u>	<u>20,900</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

16 Restricted funds

(Continued)

Nature of restricted funds

Public Health Agency

Funding for the provision of education and training workshops and courses

Big Lottery

Funding for the provision for education and training workshops and courses in partnership with TinyLife

Western Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Belfast Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

Southern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

South Eastern Health and Social Care Trust

Funding for the provision of support services and the provision of education and training workshops and courses.

DHSS&PS - Core

Funding for the salary of the charity's Chief Executive

Clear Project

Funding for the provision of education and training workshops and courses

Perinatal Mental Health

Action on Postpartum Psychosis funding re Maternal/Paternal Mental Health Alliance - Everyone's Business Campaign

Trust and Foundations

Funding received to enable the charity to enhance its educational services and support services.

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

17 Designated funds

The income funds of the charity include the following designated funds which have been set aside out of unrestricted funds by the trustees for specific purposes:

	Balance at 1 April 2022	Resources expended	Transfers	Balance at 31 March 2023
	£	£	£	£
Staff recruitment fund	87,000	-	(87,000)	-
Redundancy fund	105,000	-	(2,729)	102,271
Service expansion fund	214,110	(171,952)	(42,158)	-
	<u>406,110</u>	<u>(171,952)</u>	<u>(131,887)</u>	<u>102,271</u>

Redundancy fund - as a result of the current factors impacting the charitable section, the Trustees consider it necessary to set aside funds should the charity have to adapt a substantially different operating model to ensure its future sustainability.

18 Analysis of net assets between funds

	Unrestricted funds	Designated funds	Restricted funds	Total	As restated Total
	2023	2023	2023	2023	2022
	£	£	£	£	£
Fund balances at 31 March 2023 are represented by:					
Tangible assets	33,326	-	-	33,326	30,252
Current assets/(liabilities)	699,186	102,271	20,900	822,357	1,237,075
	<u>732,512</u>	<u>102,271</u>	<u>20,900</u>	<u>855,683</u>	<u>1,267,327</u>

19 Related party transactions

Remuneration of key management personnel

The remuneration of key management personnel is as follows.

	2023	2022
	£	£
Aggregate compensation	<u>214,172</u>	<u>218,677</u>

AWARE DEFEAT DEPRESSION

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)

FOR THE YEAR ENDED 31 MARCH 2023

20	Cash generated from operations	2023	2022
		£	£
	Deficit for the year	(411,644)	(8,316)
	Adjustments for:		
	Investment income recognised in statement of financial activities	(254)	(76)
	Depreciation and impairment of tangible fixed assets	13,291	10,471
	Movements in working capital:		
	(Increase) in debtors	(33,408)	(130,938)
	(Decrease)/increase in creditors	(10,375)	30,589
	Cash absorbed by operations	(442,390)	(98,270)

21 Analysis of changes in net funds
The Charity had no debt during the year.

22 Prior period adjustment

Changes to the statement of financial position

	At 31 March 2022		
	As previously reported	Adjustment	As restated
	£	£	£
Current assets			
Debtors due within one year	155,032	(95,000)	60,032
Capital funds			
Income funds			
Restricted funds	126,400	(95,000)	31,400
Designated funds	406,110	-	406,110
Unrestricted funds	829,817	-	829,817
Total equity	1,362,327	(95,000)	1,267,327

The prior year financial statements have been adjusted to reflect the correct debtor and fund balance as at 31 March 2022.

