

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	(Appointed 9 February 2023)
	Dr Maria Kee	
	Mr Joseph Mahon	
	Mr Bernard McAnaney	
	Ms Helen McDonnell	
	Dr Patrick McKeon	
	Mr Robert Robinson	(Appointed 9 February 2023)
	Ms Alexandra Murdock	(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 Centrepont 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

TRUSTEES' 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 Tinylife, 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 McEneaney 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.

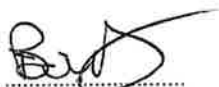
Auditor

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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Centrepont
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

		2023		2022 as restated	
	Notes	£	£	£	£
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			786,019		1,244,520

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
	430,562	279,815	123,501	382,720	1,216,598	957,265
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
	455,554	329,798	129,749	407,713	1,322,814	1,052,221
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	283,184	201,466	129,749	-	614,399	578,820
	455,554	329,798	129,749	407,713	1,322,814	1,052,221

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
	326,282	209,947	111,886	309,150	957,265
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
	348,625	254,634	117,469	331,493	1,052,221
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
	348,625	254,634	117,469	331,493	1,052,221

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
	<u>57,606</u>	<u>157,759</u>	<u>1,600</u>	<u>18,472</u>	<u>235,437</u>
At 31 March 2023	57,606	157,759	1,600	18,472	235,437
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
	<u>52,619</u>	<u>129,954</u>	<u>1,066</u>	<u>18,472</u>	<u>202,111</u>
At 31 March 2023	52,619	129,954	1,066	18,472	202,111
Carrying amount					
At 31 March 2023	4,987	27,805	534	-	33,326
	<u>2,886</u>	<u>26,299</u>	<u>1,067</u>	<u>-</u>	<u>30,252</u>
At 31 March 2022	2,886	26,299	1,067	-	30,252

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 1 April 2022	Incoming resources	Resources expended 31 March 2023	Balance at 31 March 2023
	£	£	£	£
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.

