

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 Ms Rachael Lees Mr Thomas Monteith	(Appointed 30 April 2024) (Appointed 26 November 2024) (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 LLTTF 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

	Notes	2025 £	£	2024 £	£
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	
		913,735		1,041,133	
Creditors: amounts falling due within one year	14	(93,142)		(126,429)	
Net current assets			820,593		914,704
Total assets less current liabilities			836,952		941,341
The funds of the Charity					
Endowment funds - Designated	17	403,442		434,181	
Unrestricted funds	16	433,510		507,160	
		836,952		941,341	

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	
Net cash generated from/(used in) investing activities			7,074		(6,175)
Net cash generated from financing activities			-		-
Net (decrease)/increase in cash and cash equivalents			(67,075)		141,585
Cash and cash equivalents at beginning of year			927,603		786,018
Cash and cash equivalents at end of year			860,528		927,603

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 Number	2024 Number
<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>

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>

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 1 April 2024	Incoming resources	Resources expended	Balance at 31 March 2025
	£	£	£	£
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
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

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
	434,181	-	(30,739)	403,442
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
	102,271	(212,098)	544,008	434,181

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>