

Ballymena Substance User Support Group

Northern Ireland · Charity number 100562

Details

Known as PAUSE

Status Received

Registered 2014-09-24

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

Contact

Address 14
Woodcroft Brae
Old Park Road
Ballymena
County Antrim
Bt42 1fy
BT42 1FY

Phone 07761 412503

Email pausebmena@gmail.com

Activities

Purposes: The Group is established for the advancement of health or the saving of lives amongst those adversely affected by substance use without distinction of age, gender sexual orientation race, political religious or disability by all or any charitable means, but in particular, through: (a) Offering empathy and support to those recovering or seeking to recover from substance abuse (b) Offering a holistic range of support and advice relating to health issues around substance dependence (c) Building social networks within the community to develop understanding of substance dependency issues (d) Offering support to families and guardians of those who are substance users or recovering from substance use

What the charity does: The advancement of health or the saving of lives

How the charity works: Advice/advocacy/information,Community development,Counselling/support

Who the charity helps: Addictions (drug/solvent/alcohol abuse),General public,Men,Mental health,Older people,Women

Finances

Period end	Income	Expenditure	Assets	Employees
2026-03-31	£388	£7,940	£0	0
2025-03-31	£9,377	£6,309	£0	0

Trustees

Name	Role	Appointed
Mr John Keenan		
Mr Martin Mcmanus		

Ballymena Substance User Support Group

Northern Ireland - Charity number 100562

Accounts

BALLYMENA SUBSTANCE USER SUPPORT GROUP

ANNUAL ACCOUNTS
FOR THE YEAR ENDING
31 MARCH 2026

REGISTERED CHARITY NO. NIC 100562

RECEIPTS AND PAYMENTS ACCOUNTS

For the period from 1-4-2025 to 31-3-2026

Section A: Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & legacies	385	-	-	385	329
Grants	-	-	-	-	9,045
Fundraising activities	-	-	-	-	-
Interest on deposit account	3	-	-	3	3
Dividend on investments	-	-	-	-	-
Members' subscriptions	-	-	-	-	-
Charitable trading receipts	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-
Other charitable receipts	-	-	-	-	-
<i>A1 Sub total (Gross income for the Annual Return)</i>	388	-	-	388	9,377
A2 Asset and investment sales (see tables 1 and 2 in section 7 of the guidance).					
Proceeds from sale of fixed asset	-	-	-	-	-
Loan repayments received	-	-	-	-	-
<i>A2 Sub total</i>	-	-	-	-	-
<i>Total receipts</i>	388	-	-	388	9,377
A3 Payments					
Cost of fundraising events	-	-	-	-	-
Gross trading payments	-	-	-	-	-
Investment management costs	-	-	-	-	-
Direct charitable activity	-	7,714	-	7,714	6,083
Grants & donations paid	-	-	-	-	-
Governance costs	-	-	-	-	-
Other costs:	-	-	-	-	-
Bank Charges	90	-	-	90	90
Telephones	136	-	-	136	136
	-	-	-	-	-
	-	-	-	-	-
<i>A3 Sub total</i>	226	7,714	-	7,940	6,309
A4 Asset and investment purchases (see tables 1 and 2 in section 7 of the guidance)					
Purchase of investments	-	-	-	-	-
Loans made	-	-	-	-	-
<i>A4 Sub total</i>	-	-	-	-	-
<i>Total payments</i>	226	7,714	-	7,940	6,309
<i>Net of receipts/(payments)</i>	162	- 7,714	-	- 7,552	3,068
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	8,136	-	8,136	5,068
<i>Cash funds this year end</i>	162	422	-	584	8,136

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B1 Cash funds	Current account	162	422	-	584	8,136
		-	-	-	-	-
		-	-	-	-	-
	Total cash funds	162	422	-	584	8,136
	(agree balances with receipts and payments account(s))	OK	OK	OK	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £	Total funds to nearest £	Last year to nearest £
B2 Other monetary assets		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
		-	-	-	-	-
			-	-	-	-
				Total	-	-

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B4 Assets retained for the charity's own use			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			Total	-	-

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
B5 Liabilities		0		-	-
				-	-
				-	-
				-	-
			Total		-

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

Signature

Print Name

Date of approval

John Keenan
Martin McManus

John Keenan

17/04/2026

Martin McManus

17/04/2026

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

Unrestricted funds are used solely for direct charitable activities which are not covered by restricted funds grants received . It generally covers the cost of telephones, bank charges, etc, and is used to bridge the gap between completion and re-application of grant funding. Restricted funds are used solely within the budget headlines directed by the Grant Funder. All restricted fund transactions are monitored, approved and available for audit purposes by the appropriate funder.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

C3 Trustee remuneration - details

Authority under which paid	£
Nil	0
	0
	0
	0
	0

C4 Trustee expenses - details

	Number of trustees	£
Nil	0	0
	0	0
	0	0
	0	0
	0	0

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)
N/a		0	0
		0	0
		0	0
		0	0
		0	0

C6 Other information

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Anonymous donations.	385	-	-	-	385	329
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total	385	-	-	-	385	329
	OK	OK	#	OK	#	OK

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
National Lottery Community Fund. Project I.D. 20246395	-	-	-	-
National Lottery Community Fund. Project ID: 20303990	-	-	-	9,045
	-	-	-	-
	-	-	-	-
Total	-	-	-	9,045
	OK	OK	OK	OK

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Donations	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total	-	-	-	-	-	-
	OK	OK	OK	OK	OK	OK

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Big Lottery Grant (Ref. Project ID: 20246395 Received Sept 2023	-	-	-	-	-	4,753
Big Lottery Grant (Ref. Project ID: 20303990 Received March 2025	-	7,714	-	-	7,714	1,330
Co-op Community Fund	-	-	-	-	-	-
Room Hire	-	-	-	-	-	-
Catering	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total	-	7,714	-	-	7,714	6,083
	OK	OK	OK	OK	OK	OK

Additional analysis (2)

5 Breakdown of restricted funds

	Restricted fund 1 - Enter name of fund below	Restricted fund 2 - Enter name of fund below	Restricted fund 3 - Enter name of fund below	Restricted fund 4 - Enter name of fund below	Total restricted funds	Total restricted funds last period
					£	£
Receipts						
Donations	-	-	-	-	-	-
Legacies	-	-	-	-	-	-
National Lottery Community Fund. Project I.D. 20246395						
National Lottery Community Fund. Project ID: 20303990	-	-	-	-	-	9,045
Receipts from fundraising activities	-	-	-	-	-	-
Gross trading receipts	-	-	-	-	-	-
Income from investments other than land and buildings	-	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-	-
Gross receipts from other charitable activities	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	9,045
					OK	
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-	-	-	-	-	-
Proceeds from sale of investments	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	-
					OK	
<i>Total receipts</i>	-	-	-	-	-	9,045
					OK	
Payments						
Expenses for fundraising activities	-	-	-	-	-	-
Gross trading payments	-	-	-	-	-	-
Investment management costs	-	-	-	-	-	-
Payments relating directly to charitable activities	-	7,714	-	-	7,714	6,083
Grants and donations	-	-	-	-	-	-
Governance costs:	-	-	-	-	-	-
Audit / independent examination	-	-	-	-	-	-
Preparation of annual accounts	-	-	-	-	-	-
Legal costs	-	-	-	-	-	-
<i>Sub total</i>	-	7,714	-	-	7,714	6,083
					OK	
Payments relating to asset and investment movements						
Purchases of fixed assets	-	-	-	-	-	-
Purchase of investments	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	-
					OK	
<i>Total payments</i>	-	7,714	-	-	7,714	6,083
					OK	
<i>Net receipts / (payments)</i>	-	(7,714)	-	-	(7,714)	2,962
					OK	
Transfers to / (from) funds						
	-	-	-	-	-	-
<i>Surplus / (deficit) for year</i>	-	(7,714)	-	-	(7,714)	2,962
					OK	

Nature and purpose of funds

Big Lottery Grant (Ref. No. 20303990) "The Art of Recovery" Project :- One year grant received during the year 2024/2025 with project completed during the year 2025/2026. The Big Lottery Community Fund had once more supported us by providing a grant for a much needed project within our local community. Their continued support for our work is massively appreciated by all involved. During the lifetime of this project we embarked on an activity based project using art as the chosen activity. Through the good guidance of an approved Art Therapist we embarked of various forms of art therapy in which participants were able to work on projects at home as well as at our weekly group art classes. Recovery can be a long lonely road for many people so this project was designed to promote an improved quality of life of the participants exploring self awareness, hidden talents, determination, and supporting each other, empathising and being prepared to help others along that road. Art Therapy has proved a major success within the group and is one more tool in our box to provide activity based support and also maintaining good mental health.

Ballymena Substance User Support Group

Northern Ireland - Charity number 100562

Accounts

BALLYMENA SUBSTANCE USER SUPPORT GROUP

ANNUAL ACCOUNTS
FOR THE YEAR ENDING
31 MARCH 2025

REGISTERED CHARITY NO. NIC 100562

RECEIPTS AND PAYMENTS ACCOUNTS

For the period from 1-4-2024 to 31-3-2025

Section A: Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & legacies	329	-	-	329	-
Grants	-	9,045	-	9,045	8,830
Fundraising activities	-	-	-	-	-
Interest on deposit account	3	-	-	3	2
Dividend on investments	-	-	-	-	-
Members' subscriptions	-	-	-	-	-
Charitable trading receipts	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-
Other charitable receipts	-	-	-	-	-
<i>A1 Sub total (Gross income for the Annual Return)</i>	332	9,045	-	9,377	8,832
A2 Asset and investment sales (see tables 1 and 2 in section 7 of the guidance).					
Proceeds from sale of fixed asset	-	-	-	-	-
Loan repayments received	-	-	-	-	-
<i>A2 Sub total</i>	-	-	-	-	-
<i>Total receipts</i>	332	9,045	-	9,377	8,832
A3 Payments					
Cost of fundraising events	-	-	-	-	-
Gross trading payments	-	-	-	-	-
Investment management costs	-	-	-	-	-
Direct charitable activity	-	6,083	-	6,083	4,646
Grants & donations paid	-	-	-	-	-
Governance costs	-	-	-	-	-
Other costs:	-	-	-	-	-
Bank Charges	90	-	-	90	90
Telephones	136	-	-	136	136
	-	-	-	-	-
	-	-	-	-	-
<i>A3 Sub total</i>	226	6,083	-	6,309	4,872
A4 Asset and investment purchases (see tables 1 and 2 in section 7 of the guidance)					
Purchase of investments	-	-	-	-	-
Loans made	-	-	-	-	-
<i>A4 Sub total</i>	-	-	-	-	-
<i>Total payments</i>	226	6,083	-	6,309	4,872
<i>Net of receipts/(payments)</i>	106	2,962	-	3,068	3,960
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	5,068	-	5,068	1,108
<i>Cash funds this year end</i>	106	8,030	-	8,136	5,068

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

Categories	Details	Unrestricted funds		Restricted funds		Endowment funds	Total funds	Last year
		to nearest £	£	to nearest £	£	to nearest £	to nearest £	to nearest £
B1 Cash funds	Current account	106		8,030		-	8,136	5,068
		-		-		-	-	-
		-		-		-	-	-
	Total cash funds	106		8,030		-	8,136	5,068
	(agree balances with receipts and payments account(s))	OK		OK		OK	OK	OK

Categories	Details	Unrestricted funds		Restricted funds		Endowment funds	Total funds	Last year
		to nearest £	£	to nearest £	£	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-		-		-	-	-
		-		-		-	-	-
		-		-		-	-	-
		-		-		-	-	-
		-		-		-	-	-
	Total							

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B4 Assets retained for the charity's own use			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
		Total		-	-

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
B5 Liabilities		0		-	-
				-	-
				-	-
				-	-
	Total			-	-

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

Signature

Print Name

Date of approval

John Keenan
Martin McManus

John Keenan

17/10/2025

Martin McManus

17/10/2025

Section C Notes to the Accounts

C1 Nature and purpose of funds (may be stated on analysis of funds worksheets)

Unrestricted funds are used solely for direct charitable activities which are not covered by restricted funds grants received . It generally covers the cost of telephones, bank charges, etc, and is used to bridge the gap between completion and re-application of grant funding. Restricted funds are used solely within the budget headlines directed by the Grant Funder. All restricted fund transactions are monitored, approved and available for audit purposes by the appropriate funder.

C2 Grants

Type of activity or project supported	Individual / institution	Number of grants made	£
Total			-

C3 Trustee remuneration - details

Authority under which paid	£
Nil	0
	0
	0
	0
	0

C4 Trustee expenses - details

	Number of trustees	£
Nil	0	0
	0	0
	0	0
	0	0
	0	0

C5 Transactions with trustees and connected persons

Nature of relationship	Nature of transaction	Transaction amount (£)	Balance outstanding at period end (£)
N/a		0	0
		0	0
		0	0
		0	0
		0	0

C6 Other information

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Additional analysis (2)

5 Breakdown of restricted funds

	Restricted fund 1 - Enter name of fund below	Restricted fund 2 - Enter name of fund below	Restricted fund 3 - Enter name of fund below	Restricted fund 4 - Enter name of fund below	Total restricted funds	Total restricted funds last period
					£	£
Receipts						
Donations	-	-	-	-	-	-
Legacies	-	-	-	-	-	-
National Lottery Community Fund. Project I.D. 20246395						8,830
National Lottery Community Fund. Project ID: 20303990	9,045	-	-	-	9,045	-
Receipts from fundraising activities	-	-	-	-	-	-
Gross trading receipts	-	-	-	-	-	-
Income from investments other than land and buildings	-	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-	-
Gross receipts from other charitable activities	-	-	-	-	-	-
<i>Sub total</i>	9,045	-	-	-	9,045	8,830
					<i>OK</i>	
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-	-	-	-	-	-
Proceeds from sale of investments	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	-
					<i>OK</i>	
<i>Total receipts</i>	9,045	-	-	-	9,045	8,830
					<i>OK</i>	
Payments						
Expenses for fundraising activities	-	-	-	-	-	-
Gross trading payments	-	-	-	-	-	-
Investment management costs	-	-	-	-	-	-
Payments relating directly to charitable activities	-	6,083	-	-	6,083	4,077
Grants and donations	-	-	-	-	-	-
Governance costs:	-	-	-	-	-	-
Audit / independent examination	-	-	-	-	-	-
Preparation of annual accounts	-	-	-	-	-	-
Legal costs	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
<i>Sub total</i>	-	6,083	-	-	6,083	4,077
					<i>OK</i>	
Payments relating to asset and investment movements						
Purchases of fixed assets	-	-	-	-	-	-
Purchase of investments	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	-
					<i>OK</i>	
<i>Total payments</i>	-	6,083	-	-	6,083	4,077
					<i>OK</i>	
<i>Net receipts / (payments)</i>	9,045	(6,083)	-	-	2,962	4,753
					<i>OK</i>	
Transfers to / (from) funds						
	-	-	-	-	-	-
<i>Surplus / (deficit) for year</i>	9,045	(6,083)	-	-	2,962	4,753
					<i>OK</i>	

Nature and purpose of funds

Big Lottery Grant (Ref. No. 20303990) "The Art of Recovery" Project :- Received during the year 2024/2025 with work continuing into year 2025/2026. The Big Lottery Community Fund has once more supported us by providing a grant for a much needed project within our local community. Their continued support for our work is massively appreciated by all involved. As a theme for this project we decided to put forward an activity based project using art as the chosen activity. Through the good guidance of an approved Art Therapist we have embarked of various forms of art which participants can work on at home as well as at our weekly group art classes. Recovery doesn't end when the individual stops using substances . Indeed recovery only begins at that point. In order to maintain that new found quality of life it takes courage, self awareness, determination, honesty on behalf of the individual and in addition the support of other like minded individuals who understand, empathise and are prepared to help others along that road. Art Therapy is one more tool in our box to provide activity based support and also helpful in maintaining good mental health.

Ballymena Substance User Support Group

Northern Ireland - Charity number 100562

Accounts

BALLYMENA SUBSTANCE USER SUPPORT GROUP

ANNUAL ACCOUNTS
FOR THE YEAR ENDING
31 MARCH 2024

REGISTERED CHARITY NO. NIC 100562

RECEIPTS AND PAYMENTS ACCOUNTS

For the period from 1-4-2023 to 31-3-2024

Section A: Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & legacies	-	-	-	-	661
Grants	-	8,830	-	8,830	-
Fundraising activities	-	-	-	-	-
Interest on deposit account	2	-	-	2	3
Dividend on investments	-	-	-	-	-
Members' subscriptions	-	-	-	-	-
Charitable trading receipts	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-
Other charitable receipts	-	-	-	-	-
A1 Sub total (Gross income for the Annual Return)	2	8,830	-	8,832	664
A2 Asset and investment sales (see tables 1 and 2 in section 7 of the guidance).					
Proceeds from sale of fixed asset	-	-	-	-	-
Loan repayments received	-	-	-	-	-
A2 Sub total	-	-	-	-	-
Total receipts	2	8,830	-	8,832	664
A3 Payments					
Cost of fundraising events	-	-	-	-	-
Gross trading payments	-	-	-	-	-
Investment management costs	-	-	-	-	-
Direct charitable activity	569	4,077	-	4,646	6,068
Grants & donations paid	-	-	-	-	-
Governance costs	-	-	-	-	-
Other costs:	-	-	-	-	-
Bank Charges	90	-	-	90	90
Telephones	136	-	-	136	109
	-	-	-	-	-
	-	-	-	-	-
A3 Sub total	795	4,077	-	4,872	6,267
A4 Asset and investment purchases (see tables 1 and 2 in section 7 of the guidance)					
Purchase of investments	-	-	-	-	-
Loans made	-	-	-	-	-
A4 Sub total	-	-	-	-	-
Total payments	795	4,077	-	4,872	6,267
Net of receipts/(payments)	- 793	4,753	-	3,960	- 5,603
A5 Transfers between funds					
A6 Cash funds last year end	1,108			1,108	6,711
Cash funds this year end	315	4,753		5,068	1,108

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

Categories	Details	Unrestricted funds		Restricted funds		Endowment funds	Total funds	Last year
		to nearest £	£	to nearest £	£	to nearest £	to nearest £	to nearest £
B1 Cash funds	Current account	315		4,753		-	5,068	1,108
		-		-		-	-	-
		-		-		-	-	-
	Total cash funds	315		4,753		-	5,068	1,108
	(agree balances with receipts and payments account(s))	OK		OK		OK	OK	OK

Categories	Details	Unrestricted funds		Restricted funds		Endowment funds	Total funds	Last year
		to nearest £	£	to nearest £	£	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-		-		-	-	-
		-		-		-	-	-
		-		-		-	-	-
		-		-		-	-	-
		-		-		-	-	-
		Total						

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B4 Assets retained for the charity's own use			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
		Total			

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
B5 Liabilities		0		-	-
				-	-
				-	-
				-	-
		Total			

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

Signature

Print Name

Date of approval

John Keenan
Martin McManus

John Keenan

23/09/2024

Martin McManus

23/09/2024

Additional analysis (1)

Analysis of receipts and payments

1 Donations

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Anonymous donations.	-	-	-	-	-	661
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total	-	-	-	-	-	661
	OK	OK	#	OK	#	OK

2 Grants

	Unrestricted funds to nearest £	Restricted funds to nearest £	Total current period to nearest £	Total last period to nearest £
National Lottery Community Fund. Project I.D. 20246395	-	8,830	8,830	-
	-	-	-	-
	-	-	-	-
Total	-	8,830	8,830	-
	OK	OK	OK	OK

3 Gross receipts from other charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Donations	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total	-	-	-	-	-	-
	OK	OK	OK	OK	OK	OK

4 Payments relating directly to charitable activities

	Unrestricted funds to nearest £	Restricted funds to nearest £	Expendable endowment funds to nearest £	Permanent endowment funds to nearest £	Total current period to nearest £	Total last period to nearest £
Big Lottery Grant (Ref. Project ID: 20246395 Received Sept 2023)	-	4,077	-	-	4,077	6,068
Co-op Community Fund	-	-	-	-	-	-
Room Hire	180	-	-	-	180	-
Catering	389	-	-	-	389	-
	-	-	-	-	-	-
	-	-	-	-	-	-
Total	569	4,077	-	-	4,646	6,068
	OK	OK	OK	OK	OK	OK

Additional analysis (2)

5 Breakdown of restricted funds

	Restricted fund 1 - Enter name of fund below	Restricted fund 2 - Enter name of fund below	Restricted fund 3 - Enter name of fund below	Restricted fund 4 - Enter name of fund below	Total restricted funds	Total restricted funds last period
					£	£
Receipts						
Donations	-	-	-	-	-	-
Legacies	-	-	-	-	-	-
Big Lottery Grant (Ref. Project ID: 20246395 Received Sept 2023)	8,830	-	-	-	8,830	-
Receipts from fundraising activities	-	-	-	-	-	-
Gross trading receipts	-	-	-	-	-	-
Income from investments other than land and buildings	-	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-	-
Gross receipts from other charitable activities	-	-	-	-	-	-
Sub total	8,830	-	-	-	8,830	-
					OK	
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-	-	-	-	-	-
Proceeds from sale of investments	-	-	-	-	-	-
Sub total	-	-	-	-	-	-
					OK	
Total receipts	8,830	-	-	-	8,830	-
					OK	
Payments						
Expenses for fundraising activities	-	-	-	-	-	-
Gross trading payments	-	-	-	-	-	-
Investment management costs	-	-	-	-	-	-
Payments relating directly to charitable activities	-	4,077	-	-	4,077	6,068
Grants and donations	-	-	-	-	-	-
Governance costs:	-	-	-	-	-	-
Audit / independent examination	-	-	-	-	-	-
Preparation of annual accounts	-	-	-	-	-	-
Legal costs	-	-	-	-	-	-
Sub total	-	4,077	-	-	4,077	6,068
					OK	
Payments relating to asset and investment movements						
Purchases of fixed assets	-	-	-	-	-	-
Purchase of investments	-	-	-	-	-	-
Sub total	-	-	-	-	-	-
					OK	
Total payments	-	4,077	-	-	4,077	6,068
					OK	
Net receipts / (payments)	8,830	(4,077)	-	-	4,753	(6,068)
					OK	
Transfers to / (from) funds	-	-	-	-	-	-
Surplus / (deficit) for year	8,830	(4,077)	-	-	4,753	(6,068)
					OK	

Ballymena Substance User Support Group

Northern Ireland - Charity number 100562

Annual report

Ballymena Substance User Support Group
(Working Name P.A.U.S.E.)

Chairpersons Annual Report For The Year 2023/2024
on behalf of the Trustees

I am pleased to say that this year has been another both busy and positive year for the PAUSE group. In the aftermath of the pandemic we have seen our attendances start to increase significantly, and extend a warm welcome all new members of the group. Of course the down side of this increase of activity may be reflective in some way of the increase of addiction problems throughout the community. It does for us however mean that more and more people are engaging in treatment and support. That can only be a good thing.

The group tends to be demographically older and so life's age related health issues continue to be dealt with. As always we place a great deal of emphasis on treating the whole person, not just the addiction. We spend a lot of time looking at health related issues with particular attention to the mental health aspect of addiction. We try to promote and create a different mindset about quality of life and personal happiness.

Our volunteers have as always, been enthusiastic, energetic and generous with their time and patience. I thank them once more for all their hard work. It seems as the pandemic recedes and statutory services resources are stretched, as mentioned before, the demand we are experiencing has increased quite significantly. Referrals to our group have increased sharply and we see each week the effects perhaps that the last few years have had on the whole issue of addiction.

I would like to take this opportunity to thank the National Lottery Community Fund, for their continued support of our projects. Without their support we would find it extremely difficult to continue the work we do within the community and indeed at the level we provide. I would also like to thank the North Area Community Network who also provides fantastic support, both through information and signposting to various community issues and events that are relevant to our program of support. I would like to also extend the gratitude of all our group members who have regained their health and their place back in the community family as a result of this support.

As long as we treat each other with patience, respect and understanding and we continue to see each other as people with huge potential and talent which deserves to be appreciated, I think we can look forward to another year of growth and learning under these difficult times.

Thank you all,

John Keenan

(Chair PAUSE - Ballymena Substance User's Support Group)
on behalf of the Trustees)

Ballymena Substance User Support Group

Northern Ireland - Charity number 100562

Annual return

INDEPENDENT FINANCIAL REVIEW

**BALLYMENA SUBSTANCE USERS SUPPORT GROUP (PAUSE)
(NIC 100562)**

**ANNUAL ACCOUNTS
FOR THE PERIOD 1st April 2023 to 31st March 2024**

I have examined the Annual Accounts of PAUSE for the year 2023/2024 and confirm that they are a true and accurate record of the charity's financial position.

Signed



Date 20th Sept 2024

Colum Best
14 Carnburn Park,
Ballymena.
Co. Antrim.
BT43 5NU

Project Manager
Dunclug Partnership
Ballymena

Ballymena Substance User Support Group

Northern Ireland - Charity number 100562

Accounts

BALLYMENA SUBSTANCE USER SUPPORT GROUP

ANNUAL ACCOUNTS
FOR THE YEAR ENDING
31 MARCH 2023

REGISTERED CHARITY NO. NIC 100562

RECEIPTS AND PAYMENTS ACCOUNTS

For the period from 1-4-2022 to 31-3-2023

Section A: Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & legacies	661	-	-	661	-
Grants	-	-	-	-	8,130
Fundraising activities	-	-	-	-	-
Interest on deposit account	3	-	-	3	2
Dividend on investments	-	-	-	-	-
Members' subscriptions	-	-	-	-	-
Charitable trading receipts	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-
Other charitable receipts	-	-	-	-	-
<i>A1 Sub total (Gross income for the Annual Return)</i>	664	-	-	664	8,132
A2 Asset and investment sales (see tables 1 and 2 in section 7 of the guidance).					
Proceeds from sale of fixed asset	-	-	-	-	-
Loan repayments received	-	-	-	-	-
<i>A2 Sub total</i>	-	-	-	-	-
<i>Total receipts</i>	664	-	-	664	8,132
A3 Payments					
Cost of fundraising events	-	-	-	-	-
Gross trading payments	-	-	-	-	-
Investment management costs	-	-	-	-	-
Direct charitable activity	-	6,068	-	6,068	4,693
Grants & donations paid	-	-	-	-	-
Governance costs	-	-	-	-	-
Other costs:	-	-	-	-	-
Bank Charges	90	-	-	90	90
Telephones	109	-	-	109	398
	-	-	-	-	-
	-	-	-	-	-
<i>A3 Sub total</i>	199	6,068	-	6,267	5,181
A4 Asset and investment purchases (see tables 1 and 2 in section 7 of the guidance)					
Purchase of investments	-	-	-	-	-
Loans made	-	-	-	-	-
<i>A4 Sub total</i>	-	-	-	-	-
<i>Total payments</i>	199	6,068	-	6,267	5,181
<i>Net of receipts/(payments)</i>	465	6,068	-	5,603	2,951
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	6,711	-	-	6,711	3,760
<i>Cash funds this year end</i>	7,176	6,068	-	1,108	6,711

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

Categories	Details	Unrestricted funds		Restricted funds		Endowment funds	Total funds	Last year
		to nearest £	£	to nearest £	£	to nearest £	to nearest £	to nearest £
B1 Cash funds	Current account	7,176	-	6,068	-	-	1,108	6,711
		-	-	-	-	-	-	-
		-	-	-	-	-	-	-
	Total cash funds	7,176	-	6,068	-	-	1,108	6,711
	(agree balances with receipts and payments account(s))	OK		OK		OK		OK

Categories	Details	Unrestricted funds		Restricted funds		Endowment funds	Total funds	Last year
		to nearest £	£	to nearest £	£	to nearest £	to nearest £	to nearest £
B2 Other monetary assets		-	-	-	-	-	-	-
		-	-	-	-	-	-	-
		-	-	-	-	-	-	-
		-	-	-	-	-	-	-
		-	-	-	-	-	-	-
	Total							

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

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)	Last year
B4 Assets retained for the charity's own use			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
			-	-	-
	Total		-	-	-

Categories	Details	Fund to which liability relates	When due (optional)	Amount due (optional)	Last year
B5 Liabilities		0		-	-
				-	-
				-	-
				-	-
	Total			-	-

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

Signature

Print Name

Date of approval

John Keenan
Martin McManus

John Keenan

12/06/2023

Martin McManus

12/06/2023

Additional analysis (2)

5 Breakdown of restricted funds

	Restricted fund 1 - Enter name of fund below	Restricted fund 2 - Enter name of fund below	Restricted fund 3 - Enter name of fund below	Restricted fund 4 - Enter name of fund below	Total restricted funds	Total restricted funds last period
					£	£
Receipts						
Donations	-	-	-	-	-	-
Legacies	-	-	-	-	-	-
Grants	-	-	-	-	-	8,130
Receipts from fundraising activities	-	-	-	-	-	-
Gross trading receipts	-	-	-	-	-	-
Income from investments other than land and buildings	-	-	-	-	-	-
Rents from land & buildings	-	-	-	-	-	-
Gross receipts from other charitable activities	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	8,130
					OK	
Receipts from asset & investment sales						
Proceeds from sale of fixed assets	-	-	-	-	-	-
Proceeds from sale of investments	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	-
					OK	
<i>Total receipts</i>	-	-	-	-	-	8,130
					OK	
Payments						
Expenses for fundraising activities	-	-	-	-	-	-
Gross trading payments	-	-	-	-	-	-
Investment management costs	-	-	-	-	-	-
Payments relating directly to charitable activities	-	6,068	-	-	6,068	2,062
Grants and donations	-	-	-	-	-	-
Governance costs:	-	-	-	-	-	-
Audit / independent examination	-	-	-	-	-	-
Preparation of annual accounts	-	-	-	-	-	-
Legal costs	-	-	-	-	-	-
	-	-	-	-	-	-
	-	-	-	-	-	-
<i>Sub total</i>	-	6,068	-	-	6,068	2,062
					OK	
Payments relating to asset and investment movements						
Purchases of fixed assets	-	-	-	-	-	-
Purchase of investments	-	-	-	-	-	-
<i>Sub total</i>	-	-	-	-	-	-
					OK	
<i>Total payments</i>	-	6,068	-	-	6,068	2,062
					OK	
<i>Net receipts / (payments)</i>	-	(6,068)	-	-	(6,068)	6,068
					OK	
Transfers to / (from) funds	-	-	-	-	-	-
<i>Surplus / (deficit) for year</i>	-	(6,068)	-	-	(6,068)	6,068
					OK	

Nature and purpose of funds

Big Lottery Grant (Ref. No. 20194453) "Maintaining Recovery" Project :- Received during the year 2021/2022. The expenditure of the remaining balance of this grant is reflected in this years accounts. The Big Lottery had once more supported us by providing a grant for a much needed project within our local community. Their continued support for our work is massively appreciated by all involved. As a theme for this project we decided to concentrate on the long term support and maintenance required on the road of recovery. Recovery doesn't end when the individual stops using substances. Indeed recovery only begins at that point. In order to maintain that new found quality of life it takes courage, self awareness, determination, honesty on behalf of the individual and in addition the support of other like minded individuals who understand, empathise and are prepared to help others along that road. Through our volunteers we do our best to offer that long- term support to those who attend our group meetings, who are too often living on the edge of society. Through our support and their determination we can help to bring these individuals back into society, offering a healthier life style.

Ballymena Substance User Support Group

Northern Ireland - Charity number 100562

Annual report

Report of Trustees for P.A.U.S.E. Group for year 2022/3

Needless to say this has been a difficult year for the public in general but more so for our group members, who do not look forward to isolation because of the dangers that exist with aloneness.

Nevertheless the group kept going with contact and support and after Covid restrictions were slackened they quickly got the group back to face to face meetings which was greatly appreciated.

There obviously was no opportunity for away days or celebrations, so there will be a greater emphasis in the coming times for some social activities and fun events.

The group tends to be demographically older and so there are also the age related infirmities and health issues to be dealt with. Sadly we lost another member of the group this year who had lived alone and was discovered by a family member.

We have a custom in the group that in the event of a members death we have a memorial service where all the late members are remembered. This gives a feeling of togetherness and support and a chance to appreciate our own state of being and be thankful for the progress we have made.

We place a great deal of emphasis on treating the whole person not just the addiction.

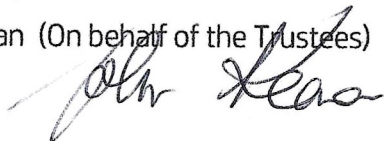
We spend a lot of time looking at related health issues and especially on the mental aspect of addiction and how to create a different mindset about life and happiness.

We use a kind of book club approach where we treat excerpts of books as a discussion topic and then look for ways of applying the topic to our own condition. It has proved very popular and interesting. Not everything in life is about addiction and we like to help people understand life outside of addiction.

All in all it has been a good year and we continually look for new members to join us and leave the group open to anyone who wants help.

We want to thank the Big Lottery Fund for their funding and support and want to assure them of the gratitude of all the members who have regained their health and renewed hope for a better life.

John Keenan (On behalf of the Trustees)



Ballymena Substance User Support Group

Northern Ireland - Charity number 100562

Annual return

INDEPENDENT FINANCIAL REVIEW

**BALLYMENA SUBSTANCE USERS SUPPORT GROUP (PAUSE)
(NIC 100562)**

**ANNUAL ACCOUNTS
FOR THE PERIOD 1st April 2022 to 31st March 2023**

I have examined the Annual Accounts of PAUSE for the year 2022/2023 and confirm that they are a true and accurate record of the charity's financial position.

Signed



Date 16th June 2023

Colum Best
14 Carnburn Park,
Ballymena.
Co. Antrim.
BT43 5NU

Project Manager
Dunclug Partnership
Ballymena