

Yellow Ribbon Suicide Prevention Programme

Northern Ireland · Charity number 101002

Details

Known as Yellow Ribbon Ask 4 Help

Status Received

Registered 2014-11-06

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

Contact

Address 10 Hawthorn Hill
Portadown
Craigavon
County Armagh
BT63 5xu
BT63 5XU

Phone 02838-394365 07894 519059

Email yellow-ribbon76@hotmail.com

Website www.yellowribbon-ni.org.uk

Activities

Purposes: The Association is established for the advancement of education relating to suicide prevention, the relief of suffering and the saving of lives and the promotion, protection and preservation of the mental and physical health and wellbeing of the community resident (hereinafter called the “beneficiaries”) in the Craigavon area and its environs of Co.Armagh, in particular but not exclusively (hereinafter called the “area of benefit”) by associating the statutory authorities, service users, carers, healthcare providers and community and voluntary organisations in a common effort to advance education and promote health and the saving of lives with the object of improving the conditions of life for the said beneficiaries and in particular to: (a) to relieve suffering, promote the savings of lives and promote and protect the physical and mental health of those who are suicidal or at risk of suicide in the area of benefit through the provision of advocacy services, advice, support, respite, befriending, crisis support, training, information and practical advice and assistance in an effort to prevent or reduce instances of suicide and promote positive mental health amongst the beneficiaries; (b) to advance education and promote awareness among the general public and amongst statutory agencies, carers and healthcare providers in the area of benefit in relation to suicide bereavement and the effects, prevention, management, treatment, and support of depression, suicide and other related mental health illness in an effort to improve and promote the management, care and recovery of those at risk of suicide; (c) to alleviate distress and relieve the suffering of those persons who have suffered suicide related bereavement in particular by the death of a family member, dependant or friend, primarily but not exclusively through the provision of bereavement support, listening, advice and appropriate psychosocial and psychological support systems; (d) to provide and foster an inclusive and mutually supportive forum for those at risk of suicide and their families and friends or carers in order to encourage them to provide mutual support and encouragement to each other; (e) to support by means of financial assistance research into the causes, prevention and treatment of suicide and related mental health illness and the dissemination of the useful results of such research for the public benefit; (f) to advance any other exclusively charitable purpose relating to the care of those at risk of suicide as the Committee, may from time to time, decide in accordance with the law of charity

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

How the charity works: Advice/advocacy/information, Community development, Counselling/support, Cultural , Education/training, Medical/health/sickness, Research/evaluation, Rural development, Volunteer development, Welfare/benevolent

Who the charity helps: Adult training, Carers, Ethnic minorities, General public, Men, Mental health, Older people, Parents, Sexual orientation, Unemployed/low income, Victim support, Voluntary and community sector, Volunteers, Women, Youth (14-25 year olds)

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£2,703	£4,041	£0	0

Trustees

Name	Role	Appointed
Dr. Arthur Cassidy B.Sc,B.Sc, Ph.D,C.Psychol, Afbpss		
Michael Bower		
Mr David Francis Jess		
Mr Patrick Devlin		
Mr William Magrath		
Mrs Hilary Knight		

Yellow Ribbon Suicide Prevention Programme

Northern Ireland - Charity number 101002

Accounts

THE YELLOW RIBBON ASK 4 HELP
NORTHERN IRELAND CHARITY COMMISSION
REGISTRATION NUMBER NIC 101002
RECEIPTS & PAYMENTS ACCOUNT FOR THE
YEAR ENDED 31 MARCH 2025

S D BROWN & COMPANY
CHARTERED CERTIFIED ACCOUNTANTS
PORTADOWN

THE YELLOW RIBBON ASK 4 HELP

Committee Members

Dr. Arthur Cassidy	-	Chair
Gerard McVeigh	-	Vice Chair
Patrick Devlin		Honorary Secretary
David Jess	-	Honorary Treasurer
Hilary Knight	-	Committee Member
Bill Magrath	-	Committee Member

Trustees' Annual Report for the year ended 31 March 2025

The trustees present their annual report and Statement of Receipts & Payments & Assets & Liabilities for the year ended 31/03/2025.

The Yellow Ribbon Ask 4 Help Objectives and Activities

The Charity operates a 24 hour helpline and psychological clinic providing therapy and emotional support for those in distress from suicide, depression and self harm. The Charity is a cross community based intervention providing education and training in suicide prevention for the community.

Financial Review

The income in The Yellow Ribbon Ask 4 Help from various sources was £2,703 (2024-£4,515) - with outgoings of £6,744 (2024 - £9,148) giving a deficit of £4,041 (2024 - £4,633 deficit).

The Bank and Cash in Hand Balance as at 31 March 2025 was £18,152 (2024 - £22,193). It is the Trustees' Policy to hold sufficient reserves to cover unexpected emergencies, to enhance funds to pay for future projects and to further the Objectives and Activities of The Yellow Ribbon Ask 4 Help.

Going Concern

The Trustees have reviewed Yellow Ribbon Ask 4 Help planned expenditure for the year ahead and are satisfied that there are adequate funds in place to ensure that the Charity can continue its activities and the financial statements for the year ended 31 March 2025, can be signed off as a going concern.

Trustees' Annual Report for the year ended 31 March 2025 (continued)

Compliance with Public Benefit

The Trustees' have given careful consideration to the Charity Commission for Northern Ireland's guidance on the public benefit to ensure that the activities entered into during the year have helped to achieve The Yellow Ribbon Ask 4 Help objective and activities, as well as providing public benefit.

Statement of Trustees' Responsibilities

The Trustees' are responsible for preparing the Trustees' Report and the statement of receipts and payments and statement of assets and liabilities in accordance with applicable law and regulations.

The law applicable to Charities in Northern Ireland with Income of less than £250,000 requires the Trustees to prepare a statement of receipts and payments and a statement of assets and liabilities for each financial year.

The Trustees' are responsible for keeping accounting records that are sufficient to show and explain the Charity transactions and disclose with reasonable accuracy at any time the assets and liabilities of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on Behalf of the Trustees

Trustee 1

A handwritten signature in cursive script, appearing to read "Ann Cassidy", written over a horizontal line.

Trustee 2

A handwritten signature in cursive script, appearing to read "David Jones", written over a horizontal line.

Date:

26th March 2026

Independent Examiner's Report to the Charity Trustees of The Yellow Ribbon Ask 4 Help

I report on the accounts of the Charity for the year ended 31 March 2025, which are set out on pages 5 to 6.

Respective Responsibilities of Charity Trustee and Examiner

As the Charity's Trustees you are responsible for the preparation of the Accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

I have examined your Charity Accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Name: S. D. Brown
Samuel David Brown
For S.D. Brown & Company

Relevant professional qualification or body: Chartered Certified Accountant

Address: 25-27 Edward Street, Portadown, Co. Armagh, BT62 3NE

Date: 26th March 2026

THE YELLOW RIBBON ASK 4 HELP
RECEIPTS AND PAYMENTS ACCOUNT YEAR ENDED 31 MARCH 2025

<u>Receipts</u>	<u>Total</u> <u>Y.E.</u> <u>31.3.25</u> <u>£</u>	<u>Total</u> <u>Y.E.</u> <u>31.3.24</u> <u>£</u>
General Donations	2,068	-
Mark Neilly – Strictly Come Dancing	-	1,000
Portadown College	-	400
Blythwood Ireland	-	2,000
ABC Council Mayor	-	100
Family Late James Castles	-	537
Paula Leigh McLaughlin Donation	50	50
Knocknamuckley Parish Church and Organisations	<u>585</u>	<u>428</u>
Total Receipts	<u>2,703</u>	<u>4,515</u>
<u>Payments</u>		
Stationery, Advertising & Promotion	601	671
Repairs & Renewals	252	473
Insurance	308	276
Professional Indemnity Insurance	192	180
Computer/Website/Facebook Costs	803	1,623
Legal Fees	-	600
Accountancy Fees	480	480
Donations/Emergency Support	-	400
Bank Fees	107	108
Telephone	896	791
Sundries	1,605	2,046
Rent	<u>1,500</u>	<u>1,500</u>
Total Payments	<u>6,744</u>	<u>9,148</u>
Surplus/(Deficit) year ended 31 March 2025	<u>(4,041)</u>	<u>(4,633)</u>

THE YELLOW RIBBON ASK 4 HELP

Statement of Balances as at 31 March 2025

	<u>Total</u> <u>31.3.25</u> £	<u>Total</u> <u>31.3.24</u> £
<u>Bank</u>		
Opening Balance	22,193	26,826
Surplus/(Deficit) for year	<u>(4,041)</u>	<u>(4,633)</u>
Closing Balance	<u>£18,152</u>	<u>£22,193</u>
<u>Reserves</u>		
General Funds	<u>£18,152</u>	<u>£22,193</u>

All Funds held at 31 March 2025 are unrestricted.

Yellow Ribbon Suicide Prevention Programme

Northern Ireland - Charity number 101002

Accounts

THE YELLOW RIBBON ASK 4 HELP
NORTHERN IRELAND CHARITY COMMISSION
REGISTRATION NUMBER NIC 101002
RECEIPTS & PAYMENTS ACCOUNT FOR THE
YEAR ENDED 31 MARCH 2024

S D BROWN & COMPANY
CHARTERED CERTIFIED ACCOUNTANTS
PORTADOWN

THE YELLOW RIBBON ASK 4 HELP

Committee Members

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Gerard McVeigh	-	Vice Chair
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The Yellow Ribbon Ask 4 Help Objectives and Activities

The Charity operates a 24 hour helpline and psychological clinic providing therapy and emotional support for those in distress from suicide, depression and self harm. The Charity is a cross community based intervention providing education and training in suicide prevention for the community.

Financial Review

The income in The Yellow Ribbon Ask 4 Help from various sources was £4,515 (2023-£2,807) - with outgoings of £9,148 (2023 - £9,769) giving a deficit of £4,633 (2023 - £6,962 deficit).

The Bank and Cash in Hand Balance as at 31 March 2024 was £22,193 (2023 - £26,826). It is the Trustees' Policy to hold sufficient reserves to cover unexpected emergencies, to enhance funds to pay for future projects and to further the Objectives and Activities of The Yellow Ribbon Ask 4 Help.

Going Concern

The Trustees have reviewed Yellow Ribbon Ask 4 Help planned expenditure for the year ahead and are satisfied that there are adequate funds in place to ensure that the Charity can continue its activities and the financial statements for the year ended 31 March 2024, can be signed off as a going concern.

Trustees' Annual Report for the year ended 31 March 2024 (continued)

Compliance with Public Benefit

The Trustees' have given careful consideration to the Charity Commission for Northern Ireland's guidance on the public benefit to ensure that the activities entered into during the year have helped to achieve The Yellow Ribbon Ask 4 Help objective and activities, as well as providing public benefit.

Statement of Trustees' Responsibilities

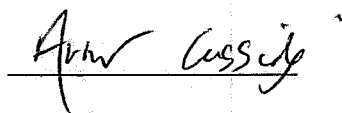
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The law applicable to Charities in Northern Ireland with Income of less than £250,000 requires the Trustees to prepare a statement of receipts and payments and a statement of assets and liabilities for each financial year.

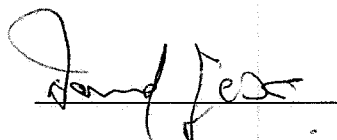
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Signed on Behalf of the Trustees

Trustee 1



Trustee 2



Date:

18 February 2025

Independent Examiner's Report to the Charity Trustees of The Yellow Ribbon Ask 4 Help

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Respective Responsibilities of Charity Trustee and Examiner

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- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

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My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

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4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Name:



Samuel David Brown
For S.D. Brown & Company

Relevant professional qualification or body: Chartered Certified Accountant

Address: 25-27 Edward Street, Portadown, Co. Armagh, BT62 3NE

Date: 18 February 2025

THE YELLOW RIBBON ASK 4 HELP
RECEIPTS AND PAYMENTS ACCOUNT YEAR ENDED 31 MARCH 2024

<u>Receipts</u>	<u>Total</u> <u>Y.E.</u> <u>31.3.24</u> <u>£</u>	<u>Total</u> <u>Y.E.</u> <u>31.3.23</u> <u>£</u>
General Donations	-	-
Mark Neilly – Strictly Come Dancing	1,000	-
Portadown College	400	-
Sarah Fletcher	-	384
Portadown Rugby Club	-	300
Blythswood Ireland	2,000	1,000
ABC Council Mayor	100	-
Seagoe Parish Church	-	400
Family Late James Castles	537	-
Paula Leigh McLaughlin Donation	50	60
Knocknamackley Parish Church and Organisations	<u>428</u>	<u>663</u>
Total Receipts	<u>4,515</u>	<u>2,807</u>
<u>Payments</u>		
Stationery, Advertising & Promotion	671	1,479
Repairs & Renewals	473	1,509
Insurance	276	255
Professional Indemnity Insurance	180	172
Computer/Website/Facebook Costs	1,623	809
Legal Fees	600	-
Accountancy Fees	480	480
Donations/Emergency Support	400	65
Bank Fees	108	203
Telephone	791	621
Sundries	2,046	1,676
Rent	<u>1,500</u>	<u>2,500</u>
Total Payments	<u>9,148</u>	<u>9,769</u>
Surplus/(Deficit) year ended 31 March 2024	<u>(4,633)</u>	<u>(6,962)</u>

THE YELLOW RIBBON ASK 4 HELP

Statement of Balances as at 31 March 2024

	<u>Total</u> <u>31.3.24</u> £	<u>Total</u> <u>31.3.23</u> £
<u>Bank</u>		
Opening Balance	26,826	33,788
Surplus/(Deficit) for year 31/3/24	<u>(4,633)</u>	<u>(6,962)</u>
Closing Balance	<u>£22,193</u>	<u>£26,826</u>
<u>Reserves</u>		
General Funds	<u>£22,193</u>	<u>£26,826</u>

All Funds held at 31 March 2024 are unrestricted.

Yellow Ribbon Suicide Prevention Programme

Northern Ireland - Charity number 101002

Annual report

Yellow Ribbon Annual General Report : January 2025..

First and foremost I would like to say a sincere thanks to Cllr. Margaret Tinsley for chairing another AGM for our mental health charity. In addition, the ongoing work of saving lives and improving the quality of the community's mental health and wellbeing would be impossible had it not been for the ongoing help throughout the year from my committee. To each of you a very sincere thanks. Since our beginning some fourteen years ago David Brown has not only audited our finances but has been immensely helpful in giving advice and preparing our reports for the Charity commission. Above all else we wish to thank the Rector and select vestry of St. Matthias for their generosity over the past two years in the provision of accommodation here in their parish halls.

University of Ulster Psychology students

Last year we had the University of Ulster School of Psychology placement students from the Faculty of Life & Health Sciences at Coleraine working alongside me in our psychological clinic. Hannah, Ellie, Kelsey, Anna and Courtney were immensely productive in a broad range of clinical and organizational duties. They assist me in the administration of the various psychometric assessments of GP referrals, but also in clinical note taking, and health psychology education for the surrounding colleges and schools. Their professional competences and self confidence has increased significantly over their placement year. They have been real ambassadors for Yellow Ribbon year after year. They have accompanied me to student health exhibitions at Southern Regional College Portadown and Lurgan Campus, beside Banbridge and Armagh student health Fairs. I would also on behalf of my committee to say a sincere thank you to Hilary for the training sessions she has completed year after after year with the students. They have enjoyed the AWARE Living Life to The Full booklets and course training, besides CBT introduction and associated materials.



Yellow Ribbon
Mental Health & Wellbeing Centre

76 Bleary Road,
Portadown, BT63 5NF

Tel: 02837 240951 and
24 Hr Emergency Helpline - 079 9993 9220

e: yellow-ribbon76@hotmail.com
www.yellowribbon-ri.org.uk

Site is of F4xxxxxx & Toilet

Psychological Support for

- Cyberbullying
- Social Networking Issues
- Internet Trolls
- Suicidal Thoughts & F
- Anxiety
- Bereavement by Su
- Stress Management
- The Farming Commu
- College & University

We Provide:

- Research into Cyberabu
- Identity Exploration Res
- Mindfulness Training
- Police Training
- Suicide Prevention
in Organizations
- Bespoke Youth Leader Tra
- Multisensory Environments
- Family Support and Advice
in Social Networking

Stress Test



Blood Pressure Test
Anxiety Measure

Stress Test



STRESS TEST

I'M SO STRESSED

Yellow Ribbon

Yellow Ribbon

Yellow Ribbon

Finances

The year 2023 to 2024 has seen a substantial decrease in donations received, and both I and the students have been utilizing Enthuse professional fundraising advice to encourage the community to consider giving what they can afford. However, with cost of living crises and government austerity measures we are utterly dependent on generous financial help from Knocknamuckley Parish church, Seagoe Parish and Portadown College each year. Capt. Mike Bower Merchant Navy now a good friend of our charity has saved us in the region of one thousand pounds

by his volunteer bi monthly cleaning of the Tropical aquarium and cleaning of filters. Mike on behalf of our committee a very sincere thanks.

Social Media

With the increase in numbers receiving client centred therapy, mostly males, we have seen GP referrals for 430 clinical health sessions last year, from September 2023 until May 2024. In order to carry out therapeutic intervention using social media, the students have begun to apply health psychology principles to help educate the public. They are creative in producing eye catching videos for Tik Tok and Instagram to reach out to teenagers and young people with mental health issues. At Portadown College they produced video presentations on examination stress and coping, besides social media addiction and anxiety disorders

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Storm Eowyn

On Friday 24th January 2025 hundreds of thousands lost power across the UK and Ireland with the hurricane -force winds across the province. Students and patients were advised to remain at home in order to be safe. The Church suffered extensive damage on its roof, as did the roof above our own rooms and the adjacent roof and windows. As a result of the huge beech tree in the Church grounds crashing down across the road, it brought down power cables

which were dangerous to anyone who was in the vicinity. With no electricity our tropical fish all died due to lack of oxygen and hypothermia. We had to drain the aquarium in the meantime until all potential storms have passed.

The World health Organization's recent report (2024) has indicated the serious health concern social media has become for teenagers.

Teens, screens and mental health

Sep 25, 2024,

New data from the WHO Regional Office for Europe reveals a sharp rise in problematic social media use among adolescents, with rates increasing from 7% in 2018 to 11% in 2022. This, coupled with findings that 12% of adolescents are at risk of problematic gaming, raises urgent concerns about the impact of digital technology on the mental health and well-being of young people. These findings come from the Health Behaviour in School-aged Children (HBSC) study, which surveyed almost 280 000 young people aged 11, 13 and 15 across 44 countries and regions in Europe, central Asia and Canada in 2022.



Prof Siobhan O'Neill

“As Northern Ireland’s Mental Health Champion, one of my key goals is to increase awareness of the needs of those who are struggling, and the factors affecting mental health and wellbeing here. Accurate information and data is vital, not only to allow us to plan effective mental health services, but also to increase knowledge and understanding about the structural factors and inequalities that influence mental health and wellbeing. This is necessary to drive changes in the broader areas of policy, including in Justice, Communities, and Education, that can have an important impact on outcomes. NI has long been characterised as a population with a high level of need, and this report helps us to understand the nature of our needs, the origins of these difficulties, and actions that we must take to improve everyone’s lives. Importantly, it also highlights some of our strengths as a society, and positive changes in our perceptions of mental illness, stigma and helpseeking. Through the analysis of the correlates of poor mental health, the report highlights how early adversity, trauma, poverty, experience of education and exposure to violence can have such a huge impact on mental health. It also identifies important groups who are at higher risk, including carers, disabled people, people with health conditions, and LGBTQIA+ people. The report helps us understand the needs of those from minority ethnic groups, refugees and asylum seekers. As such the report is a guide to the aspects of policy which if addressed in a timely manner, would reduce the burden of suffering, and also the

economic costs. Far too often mental illness, trauma and distress result in addiction, self-harm and death by suicide. **By understanding the nature and extent of these issues we are better placed to provide responsive services, and importantly, to direct resources to earlier intervention and prevention.** Whilst public awareness of mental health is growing, and there is a welcome increase in the understanding of mental health and illness, there is also however much misinformation and inaccurate information. This report provides the accurate information that we need to make decisions going forward and is particularly helpful as we progress on our journey to reform mental health services and create a better future for future generations.

Dr Arthur Cassidy

1st February 2025

Yellow Ribbon Suicide Prevention Programme

Northern Ireland - Charity number 101002

Annual return

THE YELLOW RIBBON ASK 4 HELP
NORTHERN IRELAND CHARITY COMMISSION
REGISTRATION NUMBER NIC 101002
RECEIPTS & PAYMENTS ACCOUNT FOR THE
YEAR ENDED 31 MARCH 2023

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CHARTERED CERTIFIED ACCOUNTANTS
PORTADOWN

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Committee Members

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Financial Review

The income in The Yellow Ribbon Ask 4 Help from various sources was £2,807 (2022-£16,065) - with outgoings of £9,769 (2022 - £11,463) giving a deficit of £6,962 (2022 - £4,602 surplus).

The Bank and Cash in Hand Balance as at 31 March 2023 was £26,826 (2022 - £33,788). It is the Trustees' Policy to hold sufficient reserves to cover unexpected emergencies, to enhance funds to pay for future projects and to further the Objectives and Activities of The Yellow Ribbon Ask 4 Help.

Going Concern

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Trustees' Annual Report for the year ended 31 March 2023 (continued)

Compliance with Public Benefit

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Signed on Behalf of the Trustees

Trustee 1 Arthur Cassidy

Trustee 2 Pauline Vigney

Date: 27th February 2024

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Name: S.D. Brown
Samuel David Brown
For S.D. Brown & Company

Relevant professional qualification or body: Chartered Certified Accountant

Address: 25-27 Edward Street, Portadown, Co. Armagh, BT62 3NE

Date: 27th February 2024

THE YELLOW RIBBON ASK 4 HELP
RECEIPTS AND PAYMENTS ACCOUNT YEAR ENDED 31 MARCH 2023

<u>Receipts</u>	<u>Total</u> <u>Y.E.</u> <u>31.3.23</u> <u>£</u>	<u>Total</u> <u>Y.E.</u> <u>31.3.22</u> <u>£</u>
General Donations	-	8,665
St Marks Parish	-	54
David McIntosh Fundraiser	-	4,409
Sarah Fletcher	384	-
Portadown Rugby Club	300	100
Blythswood Ireland	1,000	1,000
TRU Corp Ltd	-	1,000
Seagoe Parish Church	400	200
Craigavon Christian Youth	-	200
Paula Leigh McLaughlin Donation	60	50
Knocknamackley Parish Church and BB	<u>663</u>	<u>387</u>
Total Receipts	<u>2,807</u>	<u>16,065</u>
<u>Payments</u>		
Stationery, Advertising & Promotion	1,479	683
Repairs & Renewals	1,509	1,607
Insurance	255	248
Professional Indemnity Insurance	172	169
Computer/Website/Facebook Costs	809	1,421
Volunteer/Fundraising Costs	-	268
Accountancy Fees	480	456
Donations	65	50
Water Rates	-	38
Bank Fees	203	144
Telephone	621	1,004
Electricity & Gas	-	922
Training, Books & Resources	-	567
Security Installation	-	2,952
Sundries	1,676	934
Rent	<u>2,500</u>	<u>-</u>
Total Payments	<u>9,769</u>	<u>11,463</u>
Surplus/(Deficit) year ended 31 March 2023	<u>(6,962)</u>	<u>4,602</u>

THE YELLOW RIBBON ASK 4 HELP

Statement of Balances as at 31 March 2023

	<u>Total</u> <u>31.3.23</u> £	<u>Total</u> <u>31.3.22</u> £
<u>Bank</u>		
Opening Balance	33,788	29,186
Surplus/(Deficit) for year 31/3/23	<u>(6,962)</u>	<u>4,602</u>
Closing Balance	<u>£26,826</u>	<u>£33,788</u>
<u>Reserves</u>		
General Funds	<u>£26,826</u>	<u>£33,788</u>

All Funds held at 31 March 2023 are unrestricted.

Yellow Ribbon Suicide Prevention Programme

Northern Ireland - Charity number 101002

Accounts

THE YELLOW RIBBON ASK 4 HELP
NORTHERN IRELAND CHARITY COMMISSION
REGISTRATION NUMBER NIC 101002
RECEIPTS & PAYMENTS ACCOUNT FOR THE
YEAR ENDED 31 MARCH 2023

S D BROWN & COMPANY
CHARTERED CERTIFIED ACCOUNTANTS
PORTADOWN

THE YELLOW RIBBON ASK 4 HELP

Committee Members

Dr. Arthur Cassidy	-	Chair
Gerard McVeigh	-	Vice Chair
Patrick Devlin		Honorary Secretary
David Jess	-	Honorary Treasurer
Hilary Knight	-	Committee Member
Bill Magrath	-	Committee Member

Trustees' Annual Report for the year ended 31 March 2023

The trustees present their annual report and Statement of Receipts & Payments & Assets & Liabilities for the year ended 31/03/2023.

The Yellow Ribbon Ask 4 Help Objectives and Activities

The Charity operates a 24 hour helpline and psychological clinic providing therapy and emotional support for those in distress from suicide, depression and self harm. The Charity is a cross community based intervention providing education and training in suicide prevention for the community.

Financial Review

The income in The Yellow Ribbon Ask 4 Help from various sources was £2,807 (2022-£16,065) - with outgoings of £9,769 (2022 - £11,463) giving a deficit of £6,962 (2022 - £4,602 surplus).

The Bank and Cash in Hand Balance as at 31 March 2023 was £26,826 (2022 - £33,788). It is the Trustees' Policy to hold sufficient reserves to cover unexpected emergencies, to enhance funds to pay for future projects and to further the Objectives and Activities of The Yellow Ribbon Ask 4 Help.

Going Concern

The Trustees have reviewed Yellow Ribbon Ask 4 Help planned expenditure for the year ahead and are satisfied that there are adequate funds in place to ensure that the Charity can continue its activities and the financial statements for the year ended 31 March 2023, can be signed off as a going concern.

Trustees' Annual Report for the year ended 31 March 2023 (continued)

Compliance with Public Benefit

The Trustees' have given careful consideration to the Charity Commission for Northern Ireland's guidance on the public benefit to ensure that the activities entered into during the year have helped to achieve The Yellow Ribbon Ask 4 Help objective and activities, as well as providing public benefit.

Statement of Trustees' Responsibilities

The Trustees' are responsible for preparing the Trustees' Report and the statement of receipts and payments and statement of assets and liabilities in accordance with applicable law and regulations.

The law applicable to Charities in Northern Ireland with Income of less than £250,000 requires the Trustees to prepare a statement of receipts and payments and a statement of assets and liabilities for each financial year.

The Trustees' are responsible for keeping accounting records that are sufficient to show and explain the Charity transactions and disclose with reasonable accuracy at any time the assets and liabilities of the Charity. They are also responsible for safeguarding the assets of the Charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on Behalf of the Trustees

Trustee 1 Arthur Cassidy

Trustee 2 Pauline Vigney

Date: 27th February 2024

Independent Examiner's Report to the Charity Trustees of The Yellow Ribbon Ask 4 Help

I report on the accounts of the Charity for the year ended 31 March 2023, which are set out on pages 5 to 6.

Respective Responsibilities of Charity Trustee and Examiner

As the Charity's Trustees you are responsible for the preparation of the Accounts in accordance with the Charities Act (Northern Ireland) 2008.

It is my responsibility to:

- examine the accounts under section 65 of the Charities Act
- follow the procedures laid down in the general Directions given by the Commission under section 65(9)(b) of the Charities Act
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

I have examined your Charity Accounts as required under section 65 of the Charities Act and my examination was carried out in accordance with the general Directions given by the Charity Commission for Northern Ireland under section 65(9)(b) of the Charities Act.

My examination included a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also included consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as charity trustees concerning any such matters.

My role is to state whether any material matters have come to my attention giving me cause to believe:

1. That accounting records were not kept in accordance with section 63 of the Charities Act
2. That the accounts do not accord with those accounting records.
3. That the accounts do not comply with the accounting requirements of the Charities Act
4. That there is further information needed for a proper understanding of the accounts to be reached.

Independent Examiner's Statement

I have completed my examination and have no concerns in respect of the matters (1) to (4) listed above and, in connection with following the Directions of the Charity Commission for Northern Ireland, I have found no matters that require drawing to your attention.

Name: S.D. Brown
Samuel David Brown
For S.D. Brown & Company

Relevant professional qualification or body: Chartered Certified Accountant

Address: 25-27 Edward Street, Portadown, Co. Armagh, BT62 3NE

Date: 27th February 2024

THE YELLOW RIBBON ASK 4 HELP
RECEIPTS AND PAYMENTS ACCOUNT YEAR ENDED 31 MARCH 2023

<u>Receipts</u>	<u>Total</u> <u>Y.E.</u> <u>31.3.23</u> <u>£</u>	<u>Total</u> <u>Y.E.</u> <u>31.3.22</u> <u>£</u>
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Surplus/(Deficit) year ended 31 March 2023	<u>(6,962)</u>	<u>4,602</u>

THE YELLOW RIBBON ASK 4 HELP

Statement of Balances as at 31 March 2023

	<u>Total</u> <u>31.3.23</u> £	<u>Total</u> <u>31.3.22</u> £
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General Funds	<u>£26,826</u>	<u>£33,788</u>

All Funds held at 31 March 2023 are unrestricted.

Yellow Ribbon Suicide Prevention Programme

Northern Ireland - Charity number 101002

Annual report

YELLOW RIBBON SUICIDE PREVENTION PROGRAMME ANNUAL GENERAL REPORT

AGM Tuesday :26th February 2024

SUMMARY :

First of all I wish to thank each member of my Committee for all their help and support throughout the past year, without their commitment and input week after week, we could not function effectively as a registered charity. In addition I wish to thank our Chartered Accountant David Brown for his cooperation advice and guidance year after year in the preparation of our accounts for the NI Charity Commission. During our past year from September 2022 until present, we have had another very successful year seeing GP referrals from mostly Orchard Practice in Portadown Health Centre (Dr Claire Williamson's Practice) besides taking a small number of referrals from Pat McKeown Nurse practitioner in charge at Trasna House Lurgan, Southern Trust. This has eased the pressures from Trasna house especially those with more complex psychological needs ie suicidal behaviours, chronic depression anxiety and PTSD.

Bereavement : During the month of December 2022, our esteemed colleague and long term close friend Denis Hollywood passed away after a short illness in January 2023. Denis had been a keen men's hockey player and had played with me and also with Willie Magrath in Portadown Men's Hockey teams. He was also a close friend of David's through their daily work. Denis had always been willing to come to our assistance as a mental health charity when we needed any plumbing done in our original premises in Church street. Our sincere sympathy is extended to his wife Jenny and family at this time. We welcome Bill Magrath to the Committee of Yellow Ribbon.

Placement Students University of Ulster

Last year we had the pleasure of having Caitlin Nelson, Sarah Fletcher, Bernadette Dynes Holly Adamson and Caolan McCann with us until May 2023. My professional health psychology work would be impossible without the significant and vital input from each student in recording clinical notes and assisting me with patients psychological assessments, besides data protection and maintenance of the office accommodation. During the year they carried out research work on suicides in NI and UK and focused on the weaknesses of current therapeutic interventions. A significant development was the current research into suicides and children's exposure to traumatic experiences on watching avatars in highly addictive circumstances. In addition they prepared several psychological presentations for surrounding Colleges on social media in today world. These presentations were given to Portadown College fifth and sixth formers besides students attending Southern Regional college in Portadown and at the Armagh and Banbridge

campuses. The students also were present at the health Education fair at SRC Armagh where they were taking students blood Pressures and engaging in various discussions on mental health and social media. They are now progressing onto their MSc Degree programme in Psychological Therapies at the University of Ulster

PSNI

During the past year we were privileged to have an officer from our local PSNI present to discuss the impact of Mental health in the community and the impact this can have on serving police officers lives. We were able to explain to the Police how we work all year round in terms of increasing locals psychological health and wellbeing besides seeing suicidally vulnerable clients. Having given out Yellow Ribbon flyers and our “ be a link and save a life “cards to PSNI, we felt enriched learning on how we can as psychologists train local police in understanding mental health issues in our community.

Living Life to The Full

We wish to extend our sincere thanks to our valued committee member Hilary Knight for her role in running this well known course of training in positive mental health. Our current students and some members of the public attended the short course and we intend to run it again this new year. On behalf of the committee we extend our gratitude to Hilary for the organization and presentation of this programme once again in a few months time.

Local GP's Feedback and CAMHS

A few local GP's who refer some patients to us have praised the work of Yellow Ribbon in the weekly provision of psychological emotional support and structured guidance for their patients as they recover from many psychological issues that can precipitate self harm or suicidal depression. Most of this past year's referrals were middle aged men suffering from anxiety problems, chronic or suicidal depression and self harming via alcohol or narcotic abuse as a result of loss of employment, death of a parent, or relationship breakdown. A small number of around twenty individuals called in for help spontaneously. There is a small rise in the number of young women attending for help with relationship difficulties or alcohol dependence, especially foreign nationals from Europe. Since February last year there have been some parents attending each month seeking help with being informed about social media Apps which they consider dangerous to their children's mental health. These children had attended CAMS at Craigavon Hospital but found it was not working for them. We were able to teach them some useful psychological techniques to overcome these addictions and how to deal with issues such as dealing with internet trolls, online

threats and ethics of online behaviour as minors besides current legislation from PSNI.

Update on Suicide Rates in Northern Ireland 2002 – 2022 (Full Report from NISRA)

This report presents the finalised suicide statistical series in Northern Ireland for 2002 to 2022. Suicide death statistics and mortality statistics more generally are published by NISRA as the number of deaths registered within a calendar year, rather than the number of deaths that occurred in that period. This method ensures annual data do not continuously change; however, it introduces a limitation to the statistics as registration-based figures build in delays in procedural systems and processes and do not enable occurrence-based analyses which may be important in informing operational and policy responses.

Key points • **There were 203 suicide deaths registered in 2022.** While this represents a decrease of 34 (14.3 per cent) from the 237 suicide deaths registered in 2021, it is important to remember that annual fluctuations in registration-based figures build in procedural delays. The three-year rolling average of suicide deaths has remained relatively stable since 2017.

- The age-standardised suicide rate in Northern Ireland reduced from 14.3 deaths per 100,000 in 2021 to 12.3 deaths per 100,000 in 2022.
- **156 (76.8 per cent) of the 203 total suicide deaths in 2022 were males and 47 (23.2 per cent) were females.** The rate for males decreased from 21.6 per 100,000 males in 2021 to 19.2 in 2022, while for females, the equivalent rate decreased from 7.2 per 100,000 females in 2021 to 5.7 in 2022.
- The crude death rate per 100,000 population was higher for those suicide deaths in 2022 with a marital status of divorced (20.8) or single (17.7), compared to those recorded as widowed (11.4) or married (9.5).
- The percentage of suicides in 2022 from Northern Ireland's most deprived areas (31.0percent) was over three times that of the least deprived areas (9.4 %)

NOTE: The Belfast Trust had the highest number of suicides in 2022 (51) followed by the Southern Trust (43)

Dr Arthur Cassidy C.Psychol, AFBPsS.

Yellow Ribbon Suicide Prevention Programme

Northern Ireland - Charity number 101002

Annual return

THE YELLOW RIBBON ASK 4 HELP
NORTHERN IRELAND CHARITY COMMISSION
REGISTRATION NUMBER NIC 101002
RECEIPTS & PAYMENTS ACCOUNT FOR THE
YEAR ENDED 31 MARCH 2023

S D BROWN & COMPANY
CHARTERED CERTIFIED ACCOUNTANTS
PORTADOWN

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Trustees' Annual Report for the year ended 31 March 2023 (continued)

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Trustee 1 Arthur Cassidy

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Name: S.D. Brown
Samuel David Brown
For S.D. Brown & Company

Relevant professional qualification or body: Chartered Certified Accountant

Address: 25-27 Edward Street, Portadown, Co. Armagh, BT62 3NE

Date: 27th February 2024

THE YELLOW RIBBON ASK 4 HELP
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THE YELLOW RIBBON ASK 4 HELP

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